Catholic Education
CURRICULUM ACTIVITY RISK ASSESSMENT

School/College	Shalom College		
Curriculum Activity (Attach the EQ Activity Guidelines to this document)	Cross Country Carnival		
Risk Level	MEDIUM		
Details of Activity	Cross Country - Running Event		
Teachers / Leaders of Activity	Simon Gills		
Year Levels Involved	7-12		
Start Date	28 / 04 / 2021	**End Date**	28 / 043 / 2021
Approximate Supervision Ratio	1:20		
Venue	Shalom College		

Minimum supervision requirements met (as per Education Queensland Curriculum Activity Risk Management Guideline)	☒ Yes	☐ No
A registered teacher will be present to take overall control	☒ Yes	☐ No
Minimum qualification requirements met (as per Education Queensland Curriculum Activity Risk Management Guideline)	☒ Yes	☐ No
Current first aid qualifications including Cardio Pulmonary Resuscitation (CPR) or ready access to first aid facilities, including qualified personnel	☒ Yes	☐ No
Blue Card requirements met	☒ Yes	☐ No
Minimum Equipment / Facilities Requirements met (as per Education Queensland Curriculum Activity Risk Management Guideline)	☒ Yes	☐ No

If NO for any of the above, risk will be managed through the following				
Suggested control measures have been met (as per Education Queensland Curriculum Activity Risk Management Guideline)			☒ Yes	☐ No
If NO, risk will be managed through the following				
Is parental permission required for this activity?	☒ Yes ☐ No	**If YES has it been gained?**	☒ Yes	☐ No
Extra Information	Course has been walked through multiple times for safety. Staff are positioned throughout course as marshals. There are some 'obstacles' to negotiate but it would not be a Cross Country if it wasn't run through some 'scrub'. Majority of course is marked with a BLUE line for runners to follow.			

Submitted by	Simon Gills	Date	19 / 04 / 2021

APPROVAL		
☒	Approved as submitted	
☐	Approved with the following condition(s)	
☐	Not approved for the following reason(s)	
By: Paul Thompson		Designation: BDSSS Chair
Signed:		Date: 20 / 4 / 21

Teachers / Leaders of this activity who have been trained in these procedures and read the relevant Education Queensland Activity Guidelines.	

Monitor and Review		
Are the control measures still effective?	☐ Yes	☐ No
Have there been any changes?	☐ Yes	☐ No
Are further actions required?	☐ Yes	☐ No
Details:		
Completed By		Date / /

Cross country



The planning considerations that are common to all curriculum activities can be found in the CARA generic template. These must be considered as well as the activity-specific considerations outlined below.

Activity scope

This guideline relates to student participation in cross country running as a curriculum activity, including skills development, training and competitions.

Mandatory/special considerations

Mandatory requirements must be met for the activity to be conducted. Special requirements are to be considered in the planning and delivery of this activity.

Hearing protection is to be worn by anyone using starting pistols or air horns. Consider, where possible, alternatives to starter pistols (e.g. electronic starting pistol, gas powered horn, whistle, portable PA system).

Carry starter caps in a rigid container. Don't carry starter caps loose in pocket or hand. Caps are explosives which are sensitive to ignition from friction and impact, especially in contact with hard surfaces. Limit the quantity of caps to the immediate number needed. Make sure the starter gun is only loaded when it is about to be used. Refer to the Department of Natural Resouces and Mines Explosives Safety Alert.

Guidelines/codes of practice are established for this activity. Refer to International Association of Athletics Federation (IAAF), and Athletics Australia.

Risk Level

- Medium risk: Teaching of cross country running skills, training and competitions.

Minimum supervision requirements

- Directly control and supervise road and/or water crossings.

Minimum qualifications for supervisors

- A registered teacher with competence (knowledge and skills) in the teaching of running events.

  OR

- A registered teacher or other activity leader with Level 2 Intermediate Coach accreditation from Athletics Australia. This course may be undertaken through the Get Active Queensland Accreditation Program.

Minimum requirements for equipment/facilities

- A starting/staging area that has sufficient space to avoid trips/falls/pushing at start of event, and a straight section that provides ample opportunity for the field of athletes to spread.
- A course that is:
  - clear of obstacles and spectators;
  - clearly marked on both sides with markers; and
  - safe, well-defined and avoids public roads.
- Water available at the start and finish area.
- Appropriate footwear for the course.

Sprint to the Finish, File #:4123326 iStockphoto © Ken Vander Putten

Queensland Government

Version: Cross country v2.0
Date: July 2017

Hazards and controls

Hazards	Control measures
Environmental conditions	• Inspect the course before the event. • Mark and manage specific local hazards. • Allocate staff around the course to ensure adequate supervision and direction and ensure they are clearly briefed on roles. • Brief students on sun safety expectations and heat stroke/fatigue/dehydration management. • Ensure sunscreen is readily available for competitors.
Physical exertion	• Ensure the course selection caters for capabilities and fitness levels of participants. • Instruct students to proceed 'at their own pace' to avoid over exertion. • Ensure students have undertaken sufficient training before competing in distance events.
Student Considerations	• Encourage students to consume fluids prior to and on completion of events. • Ensure that where possible, there is vehicular access to all sections of the course.
Vehicles	• When courses expose students to traffic and/or roads, ensure they have been instructed to be aware of vehicles and adhere to pedestrian road rules.

Additional links

- Athletics Australia Facilities and Equipment http://www.iaaf.org/about-iaaf/documents/technical
- Australian Track and Field Coaches Association http://www.atfca.com.au/
- Health and Safety Fact Sheet - Managing Noise in Manual Arts/Industrial Technology and Design Workshops http://education.qld.gov.au/health/pdfs/healthsafety/hearing-protection-factsheet.pdf
- International Association of Athletics Federations Competition Rules http://www.iaaf.org/about-iaaf/documents/rules-regulations
- Managing noise and preventing hearing loss at work – Code of Practice 2011 https://www.worksafe.qld.gov.au/__data/assets/pdf_file/0009/58176/Noise-preventing-hearing-loss-COP-2011.pdf
- Queensland Athletics Coach Education Overview http://www.qldathletics.org.au/Coaches/Coach-Education
- Queensland School Sport Unit https://queenslandschoolsport.eq.edu.au/Pages/default.aspx
- Sports Medicine Australia Injury Fact Sheets http://sma.org.au/resources-advice/injury-fact-sheets/

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