
Overview

Health and safety is important in sport as it is in any other type of work. You are responsible for your own health and safety and that of the people around you. In particular you need to be aware of possible hazards in the environment in which you train and compete. You also need to work and behave in a healthy and safe manner. When emergencies occur you also need to know how to respond to these.

It is important that you:

- have up-to-date information on the health and safety requirements for the environment in which you train and compete, and the person responsible for health and safety
- follow the relevant health and safety and safeguarding policies and procedures
- have an awareness of potential hazards for the environment in which you train and compete
- identify and deal with these hazards according to the situation and your level of responsibility
- pass on suggestions for improving health and safety where appropriate
- remain calm and follow the correct procedures when there is an emergency
- protect other people involved from further harm
- call for qualified assistance and give them the information they need
- report what has happened

This standard is divided into two parts. The first part describes the two things you have to do. These are:

- 1. Work in a healthy and safe way**
- 2. Respond to emergencies**

The second part covers the knowledge and understanding you must have.

Target Group

This standard is for athletes who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level.

Work in a healthy and safe way whilst seeking to achieve excellence in your sport

Performance criteria

Work in a healthy and safe way

You must be able to:

- P1 make sure you have up-to-date information on the **health and safety requirements** for your workplace and the person responsible for health and safety
- P2 follow the relevant **health and safety requirements** for your work
- P3 follow the organisation's safeguarding policy for children and other vulnerable groups
- P4 actively look for potential **hazards** in your workplace
- P5 identify **hazards** in the workplace
- P6 take the appropriate action to deal with **hazards** according to the level of risk and your level of responsibility
- P7 pass on suggestions for improving **health and safety** to the person responsible

Respond to emergencies

You must be able to:

- P8 remain calm and follow the correct procedures for the **emergency**
- P9 try to protect others from harm, without endangering yourself
- P10 if necessary, call for assistance from **other people**
- P11 provide reassurance and comfort to those involved
- P12 give the **other people** clear and accurate information they need to deal with the situation
- P13 report the incident as required

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Knowledge and understanding

You need to know and understand:

- K1 the requirements for health and safety that are relevant to your role
- K2 guidelines and instructions for the use of equipment
- K3 why health and safety is important in a sport and activity environment
- K4 the person responsible for health and safety when you train and compete
- K5 your organisation's safeguarding policy, its location and personnel responsible
- K6 why it is important to follow safeguarding procedures for children and other vulnerable groups

Work in a healthy and safe way

You need to know and understand:

- K7 the health, safety and security checks you should follow
- K8 the type of hazards that are likely to be present in your area of work and how to identify them
- K9 how to carry out basic risk assessment of the type of hazards that may be present
- K10 why it is important to get advice if you are unsure about hazards where you train and compete and who you should ask
- K11 documents relating to health and safety that you may have to complete and how to complete them correctly
- K12 why you should encourage your colleagues and others to behave in a safe and responsible manner
- K13 why it is important to make suggestions about health and safety issues and how to do so

Deal with emergencies

You need to know and understand:

- K14 the emergency procedures for the places where you train and compete
- K15 how to respond to emotional distress
- K16 how to deal with emergencies before qualified assistance arrives, according to your training
- K17 who is the on-site first aider and how to contact them
- K18 the procedures you should follow to contact the emergency services
- K19 why it is important to protect others involved from further harm and how to do so
- K20 why it is important to provide comfort and reassurance and how to do so
- K21 your responsibilities for reporting incidents and the procedures you should follow

Additional Information

Scope/range

1 Health and safety requirements

- 1.1. use of facilities and equipment
- 1.2. manual handling
- 1.3. behaviour
- 1.4. clothing and personal protective equipment
- 1.5. hygiene
- 1.6. travel.

2 Hazards

- 2.1. unsafe equipment and facilities
- 2.2. unsafe working practices
- 2.3. unsafe behaviour
- 2.4. security breaches.

3 Emergency

- 3.1. accidents
- 3.2. situations requiring evacuation.

4 Other people

- 4.1. qualified first aider
- 4.2. person responsible for health and safety
- 4.3. emergency services.

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Work in a healthy and safe way whilst seeking to achieve excellence in your sport

Links to other NOS This standard links closely with SKAES11, SKAES12, SKAES13 and SKAES14.

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Suite Achieving Excellence in Sports Performance

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