

Module 8: Personal & Public Safety

Overview



This module will cover:

- 1) Personal & public safety
 - i) Getting ready for the day
 - ii) Tips on the day
 - iii) Some facts
- 2) Hazard Identification

You have two roles around health and safety:

- 1) To keep yourself healthy and safe.
- 2) To know who can help with individuals or manage physical hazards during the Tournament.

New Zealanders take health and safety very seriously. We are all responsible for keeping ourselves and each other safe and healthy during the Tournament.

As you go through this module please note: Your priority is your own safety. This module cannot cover off every eventuality that you may be presented with. Listen to your gut. If you are in a situation and feel you are in personal danger, then remove yourself and go directly to your team leader.

Isolate, eliminate, minimise and escalate

Isolate, eliminate, minimise and escalate. These four words provide you with a risk management framework to help you to think about a situation you may be faced with. Consider:

- A lost child – isolate them by taking them aside and minimise risk by escalating to the appropriate person
- An overflowing rubbish bin – eliminate by escalating to someone to empty it
- Risk of dehydration – minimise by drinking plenty of water
- Risk of sunburn – minimise by applying sunscreen and wearing protective clothing

**Dame Lois Muir's
list**

Dame Lois Muir's (former coach of the Silver Ferns) list is below.

- Get the right amount of sleep
- Set your attitude in the 'zone'
- Eat the right food
- Have the uniforms laid out ready
- Have game bags packed
- Have a timetable of the day's events
- Make sure I know of any special needs such as strapping, medication, or personal rituals and allow time to attend to these

We hope you got most of these items in your list too.

Pre-game routine

Just like the Silver Ferns, everyone needs to be prepared to be at their best. Keeping Lois' list in mind, make another list or pre-game routine that will help you be organised and refreshed for Tournament time. Take 5 minutes to make some notes.

Notes

**Your
personal list**

Your list should include:

- Having your uniform clean and ready
- Getting a good night's sleep
- Making sure you have had breakfast and or lunch (depending on your shift) before you start
- Having your bag packed with sunscreen, your quick reference guides, water bottle, extra clothing (that is approved)
- Having your transport (trains, buses, parking) planned out
- Knowing where you have to be and when – your timetable of events
- Knowing who to ask for help if you get stuck
- Checking your attitude is in the 'zone'
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**Some
Useful
Facts****How much sleep do you need? – 8 hours is enough!**

- Every individual's sleep requirements are different
- Generally, adults require 7 to 9 hours sleep per night
- It is important to wake up refreshed with energy to start the day
- Sleep deprivation is linked to increased risks of motor vehicle accidents
- It also decreases your ability to pay attention
- A regular sleep pattern is the best way to avoid sleep deprivation

How much water do you need? – If you're thirsty it's too late!

- Individual's needs are different, dependant on weight, height and lifestyle
- The average recommendation is 3 litres per day
- Signs of dehydration (not enough water) are thirst, fatigue or weakness
- The tried and tested way to avoid dehydration is to drink water often

Some tips on being SunSmart – Slip, Slop, Slap and wrap!

The guidelines for being sun smart are to:

- www.sunsmart.org.nz
- apply sunscreen 15 minutes before going out in the sun
- use generous amounts of sunscreen
- reapply sunscreen every 2 hours
- remember to slip slop slap and wrap (sunscreen, hat, sunglasses, clothing)

**Summary of
Module**



We covered:

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