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## Overview

This standard is about your own health and safety and that of the people around you. In particular, it is about health and safety and possible hazards in the environment in which you train and compete. This standard is also about responding to emergencies when these occur.

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.

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## Performance criteria

### You must be able to:

1. gather information about the **health and safety requirements** for your workplace
2. follow the health and safety requirements **\*\***for your work
3. follow your organisation's safeguarding policy for children and other vulnerable groups
4. respond to **hazards** according to the level of risk and your level of responsibility
5. pass on suggestions for improving health and safety to the responsible person
6. follow your organisation's procedures to protect others from harm when an emergency occurs

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## Knowledge and understanding

### You need to know and understand:

1. the health and safety requirements and procedures relevant to your role
2. the person responsible for health and safety when you train and compete
3. your organisation's safeguarding policy, its location and personnel responsible
4. why it is important to follow safeguarding procedures for children and other vulnerable groups
5. the type of hazards that are likely to be present in your area of work and how to identify them
6. how to carry out basic risk assessment
7. the documents relating to health and safety
8. the importance of making suggestions about health and safety issues and how to do so
9. the organisational procedures to follow when an emergency occurs
10. how to respond to persons in distress
11. how to deal with emergencies according to your training before qualified assistance arrives, including:
  - 11.1 the importance of protecting others involved from further harm and how to do so
  - 11.2 the importance of providing comfort and reassurance and how to do so
12. your responsibilities for reporting incidents

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## Scope/range related to performance criteria

### *\*Health and safety requirements \**

1. use of facilities and equipment
2. manual handling
3. behaviour
4. clothing and personal protective equipment
5. hygiene
6. travel

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### Hazards\*\*

1. unsafe equipment and facilities
2. unsafe working practices
3. unsafe behaviour
4. security breaches

SKAES8

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



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Scope/range related to knowledge and understanding

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



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