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ARMY ICE SPORTS SAFETY PLAN 2024

References:

- A. Army Ice Sports Training Objectives dated XXX
- B. Ex RACING ICE Risk Assessment dated XXX
- C. Ex RACING ICE Medical Risk Assessment dated XXX
- D. Ex RACING ICE Admin Instruction, Athlete Declaration Form.

1. The Army Bobsleigh, Skeleton and Luge season will commence from the January 11th 2024 – 24th February 2023. This season will include a novice training week, the Army Championships, and a week of Inter Services training. This safety plan contains guidance to safety officials, team managers and coaches as to safety procedures to be implemented during single service training and inter service training and competition.

2. All staff and athletes are to be aware of the Army Ice Sports Training Objectives as at Reference A. All novice sliders are to be briefed daily on the exercise objectives regarding their progression and competency during the novice training week.

3. Regardless of previous experience and ability, all athletes are to be given a comprehensive safety briefing prior to the first day of sliding. The brief is to include the following points and any others considered pertinent to the days sliding:

- a. Pre-sliding safety checks.
- b. Starting Procedures on the track.
- c. Procedures to be carried out at the finish of each slide.
- d. Actions to be taken in the event of a crash.
- e. Any pertinent points from the Exercise Risk Assessment.
- f. Risk Management including location of staff and coaches during sliding.
- g. Training Objectives (Ex Racing Ice One Novice Weeks).

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- h. Location of medical personnel.
- i. Close down procedures at the end of each day of sliding.

4. All athletes are to carry out a track walk daily prior to the start of sliding. The first track walk in any training/competition week must be conducted and/or supervised by a coach or safety official. After this, pending direction from the coaches, athletes may carry out their own track walk but a coach is to be on hand to provide advice or guidance as required. This requirement may be waived if stipulated in the competition rules.

Duty Senior Safety Official

5. A Duty Senior Safety Official (DSSO) is to be nominated daily by the OIC for each discipline. The duties of the DSSO include:

- a. Delivery of a pre-sliding brief prior to daily sliding. The brief should include nomination of those responsible for First Aid, forecast weather conditions, radio frequencies to be used, actions in the event of an emergency/accident and whereabouts of athletes' passports, EHICs and Insurance Documents, and athletes NOK and Chain of Command details (athlete declaration form, Reference D).
- b. Co-ordination of other safety officials and coaches including a pre-sliding brief where appropriate. During sliding the DSSO is to remain in constant contact with other safety officials and the track manager through radio communication and/or the track intercom system.
- c. Co-ordination of an emergency response in the event of injury or serious accident.
- d. Provision of assistance to athletes following an accident. This is to include relevant documentation to medical facilities, co-ordination with the insurance company and informing the athlete's home unit and JCCC if appropriate.
- e. The DSSO may delegate their duties to a deputy whilst participating in sliding. However, a full handover brief must be conducted prior to the next sliding session and the deputy must not be participating in the session as an athlete or coach themselves. A sliding session is not to commence until the DSSO or nominated deputy gives the go ahead after consultation with the single sport coaches and/or team managers as appropriate.

Safety Officials

6. Safety officials for each session are to be nominated prior to the commencement of sliding each day and are to participate in the daily sliding brief. They are to ensure contact with the DSSO or nominated deputy is maintained at all times along with the medical support team.

7. The minimum of three safety officials (including the DSSO) and two qualified medical personnel are to be position at the track at all times whilst sliding is underway. In the event of an accident or other event necessitating the DSSO or safety officials requiring to depart the vicinity of the track, sliding can commence with one DSSO and one safety official providing two medical personnel remain at the track at all times otherwise sliding is to cease. If a medic is to leave a track during sliding the DSSO is to be informed and sliding is to cease until they return.

8. During Inter-Service training or competition, it is acceptable for personnel from other services / AFWSA to act as the nominated safety officials provided, they are suitably briefed.

9. Prior to commencement of the safety duties, a copy of the Safety Plan is to be provided to and signed for by the DSSO, nominated deputy and safety officials. They are also to review and

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sign as having read the Army Ice Sports Training Objectives, the Exercise Risk Assessment (Reference B) and the Exercise Medical Risk Assessment (Reference C) relevant to the training/championships.

Army Ice Sports Training Objectives and Daily Operating Procedures

10. Army Ice Sports Training Objectives are to be covered in conjunction with the daily operating procedures. These are to be adhered to before commencement of the days sliding. The following daily operating procedures are to include:

- a. A comprehensive start list for all participating athletes for each discipline to be handed to finish house, track office, prior to sliding. The starting order and running list is to be explained to athletes before sliding.
- b. Medical Staff are to be in location before commencement of sliding and radio communications established and checked prior to sliding.
- c. Staff are to ensure that novice sliders fully understand the coaching and technical information that has been given before their first slide. This is to include operating the sled and steering, actions on accidents and where to depart track if an accident does occur.
- d. All bobsleigh, luge and skeleton sleds are to be checked daily for serviceability prior to sliding by both the staff and students/athletes.
- e. All helmets, gloves and safety equipment are to be checked for correct fitting and serviceability by staff and students before descending the ice track.
- f. All students/athletes must be briefed on the stopping procedures that are to be completed at the finish area and the correct procedure for leaving the track.
- g. All students/athletes must be briefed on moving equipment via the camion/track transportation to the relevant start area.
- h. All students/athletes must be debriefed on daily sliding and given feedback; all participants must be checked for possible injuries after each slide.
- i. All students/athletes must be debriefed and updated on their progression at the end of their days sliding. All staff are to gain feedback from students/athletes as appropriate.

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Army Luge Secretary

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