



# OnGuard Safety Training

MAKING SENSE OF WORKPLACE SAFETY TRAINING

[www.1300BeOnGuard.com](http://www.1300BeOnGuard.com)

## OnGuard ACEPro PLUS – Physical Education

The **OnGuard ACEPro PLUS Safety Training and Tracking Program** is a **Learning Management System (LMS)** which delivers a series of self directed, online, eLearning curriculum based training modules.

The LMS **Physical Education** provides a **documented training program**, that **instructs and tests** students in the **Safe Operating Procedures (SOP)** for learning activities in the **Physical Education and Sport Curriculum**.

**OnGuard ACEPro PLUS** is the major technology workshop skills and safety training program currently being used in the Australian Education sector: trade & high schools, TAFE colleges & universities.



### Activity Units included in the module:

**Participating in High Risk Sports Safely** (target shooting, archery, abseiling, horse riding, ropes climbing, scuba diving, snow skiing (alpine & cross country))

**Participating in Team Sports Safely** (netball, soccer, football, field hockey, roller hockey, cricket, indoor cricket, AFL, baseball, basketball, softball, volleyball, ice hockey, futsal)

**Participating in Aquatics and Water Sports Safely** (canoeing, rowing, rafting, surfing, snorkeling, scuba diving, sailing, bodyboarding, sail boarding, water polo, swimming, diving)

**Participating in Individual Sports Safely** (tennis, athletics, martial arts, squash, golf, triathlon, wrestling, fencing, weight lifting, running, walking, acrobatics, gymnastics)

**Participating in Outdoor and Adventure Sports Safely** (rock climbing, abseiling, orienteering, rope climbing, caving, fishing, snow skiing, camping)

**Participating in Recreation Sports Safely** (cycling, mountain bike riding, gymnasium activities, skateboarding, camping & bush walking, jet skiing, ten pin bowling, ice skating, lawn bowls, rollerblade skating, table tennis)

**Participating in Dance and Rhythmic Sports Safely** (social dancing, cheerleading, aerobics, jazz dance)

**Participating in Relaxation Sports Safely** (pilates, yoga, tai chi)

The learning management system includes the following for each activity:

The student reads through a **Safe Operating Procedure** on the learning activity they will be attempting for the first time within the **Physical Education Curriculum**. The SOP advises on **risks and hazards** and the **general safety** aspects of the sport activity. The student then attempts a **knowledge consolidation** exercise. This **computerised knowledge test** relates to the activity Safe Operating Procedures studied.

**Certificates of attainment** are generated for a 100% score on the activity SOP knowledge test. The **Learning Management System (LMS)** tracks the student's training and testing. The Physical Education Department and all of its staff will have full **documented safety instruction and training records** for each student.

Includes **safe activity tutorials** designed to assist with the **testing of knowledge** acquired from the **safety instruction and training**. Ideal for use when a teacher is absent. It is the **perfect supplement** to one-on-one training – **ideal for revision**.

Online **eLearning** multimedia resources presenting **Safe Operation Procedures** for eight (8) learning activity areas found in the Physical Education **Curriculum** - ranging from **High Risk Sports** through to **Relaxation sports**.



**OnGuard Safety Training Pty Ltd**

PO Box 417 Palm Beach QLD 4221

Phone: 1300 BE ONGUARD (1300 23 66 48)

Fax: 1300 ACEPRO (1300 22 37 76)

Email: [admin@1300BeOnGuard.com](mailto:admin@1300BeOnGuard.com) [www.1300BeOnGuard.com](http://www.1300BeOnGuard.com)