

School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

Student No./Name: 1903175/Zen Redgrave
 Module: **Professional Development and Practice**
 Module Code: **SHSS4062**

Personal Evaluation – to support your academic progress please complete the section below <u>BEFORE</u> submitting your work.										
What do you consider to be the best aspects of this work?	The reflection makes specific reference to the professional competencies of the Society of Sports Therapists.									
Which aspects do you consider could have been improved in this piece of work?	It would have been useful to have a discussion with INVNCBL organisers to understand their take on the question that the reflection raised. This would have given useful learning.									
What have you found most satisfying whilst undertaking this submission?	Understanding the scale of anxiety within the United Kingdom.									
ASSESSMENT CRITERIA	Learning	GRADE (%)								
		Very Poor < 20	Poor 20-29	Inadequate 30-39	Adequate 40 – 49	Satisfactory 50–59	Good 60-69	Very Good 70 – 84	Excellent 85– 100	%
Description of incident										20
Appropriate Reflections										30
Linking with professional competencies										25
Ability to determine action plans post reflections										25
It is expected that students will present work that is proof read and follows the School Reference Guide and Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below .										
TUTOR COMMENTS:										
Submission date: via Turnitin		Return date: (at least within 4 weeks)			Tutor:			Mark:		

Professional Development and Practice

Module Code 4062

Reflection on a significant learning experience through professional work at INVNCBL event.

In October 2019 I was offered the opportunity of event work at the INVNCBL Obstacle Course Race (OCR) event at the Traherne Estate in Cardiff. This event forms part of a series of 3 OCR events held in Wales.

The remit for this was to provide massage to the participants and also to help run the last three of the obstacles within the event. Previous event work experience had involved me providing post event massage for the participants of the Stratford-upon-Avon Marathon and also the Henley-in-Arden 9 mile run, so covering an OCR event provided an opportunity to experience a different scenario. During the event I provided cover on the penultimate obstacle which required the participants to climb up an angled scramble net to the top of a scaffold and then climb down the other side. I would estimate the height of this obstacle at 12-15 feet. To provide cover on this obstacle we had been asked to ensure that the participants were guided towards the centre of the scramble net so that they were away from the sides to reduce the risk of falling.

Whilst providing cover on this, I became aware of a competitor who had been at the top of the scaffold for a longer period of time than would normally be required to complete the obstacle. I went to the side of the obstacle closest to her so that I could speak with her and assess if she was ok or required assistance. I would estimate that the lady was mid fifties in age and from initial observations did not appear to have any physical injury. The participant informed me that she was scared of heights, and although she was now very near the top of the obstacle, did not feel able to climb right over the top of the scaffold and make her way down on the other side. To best help the lady during this, I felt that my best option was to talk to her from the side of the obstacle, to provide her with reassurance that everything was ok, that it was ok to make her way down the obstacle from the starting side. During this time, other participants were making their way over the obstacle. This created concern for me as I needed to ensure that the competitors who were entering the obstacle were aware that another person was

coming back down and to try and get them to go around her safely so as to reduce the risk of injury that she and they may have faced. Once the competitor had got down from the obstacle, she thanked me and made her way around the obstacle to the final obstacle.

When reflecting upon this, it raised various questions in my mind which are as follows: What level of authority did we have at the event? How were people supposed to know that we were there in an official capacity? Does covering an event like this and performing these particular duties fall within the remit of a sports therapist? Were we sufficiently qualified to provide the cover that was been asked for?

To answer the first of these questions I reviewed the INVNCBL website volunteer page. This indicated that volunteers who are being asked to Marshall the course will not be asked to deal with injuries or accidents, but instead just alert the race control and or paramedics who were present on site for the event. This indicated to me that whilst we are qualified to deal with pitch side first aid, the event organisers would not necessarily want us to act in that capacity (invncbl, 2020).

The second question is slightly harder to answer as it involves supposition. Whilst working on the obstacle on which the incident occurred, other marshalling staff were unaware that I and the rest of the team were there in an official capacity as there was nothing to identify us as race marshals or volunteers. This made the role that I was being asked to perform more difficult as other marshalling staff who were wearing jackets that identified them as being from a company that did provide crowd control at events did not want me entering the obstacle. I chose to ignore their request and informed them that I needed to go and assist the person in question. This situation would ideally be addressed with race organisers prior to any future events to prevent situations like this recurring.

The next two questions I felt are the most important in terms of the learning that can be gained from the incident. I initially visited the Society of Sports Therapists website to look at how they defined what a sports therapist is and what they do. Their website states that a sports therapist is someone who can “provide the immediate care of injuries and basic life support in a recreational, training, occupational, & competitive environment” (The Society of Sports Therapists, 2020). This did not seem to provide a definitive answer to whether the duties that were being asked of us would fall within the remit of a sports therapist. To try and get to a more definitive answer, I also looked at the Standards of Proficiency policy document that is available from their website. Section 6 a vii of this document makes reference to sports

therapists needing to understand how psychological aspects of behaviour can affect an injury (Society of Sports Therapists, 2012). From this perspective of proficiency, the need to be able to deal with the situation that I faced would fall within scope of practice as correct dealing with this could prevent injury due to the person panicking, falling or even affecting another competitor and potentially injuring them.

To answer the second part of the second part of the question, I initially looked at the training manual for the Emergency First Aid In Football training course that we had all attended and passed (The FA, 2018). This did not list any information relating to mental health first aid, which led me to conclude that unless there was other training that we and I had received, we may not be sufficiently skilled to deal with this type of situation.

Following on from this, the question that was prompted was why do people who are scared of heights participate in an OCR event which will inherently involve obstacles with heights? Research on the UK Tough Mudder website revealed that people enter events like these for a variety of reasons, including either to have fun, or to face a particular challenge as a result of a different issue that they have faced in their lives such as having been diagnosed with kidney cancer, wanting to overcome social anxiety, having been a victim of domestic violence and wanting to prove that they are they are a strong person both physically and mentally, and being able to prove to themselves as a transgendered person, that they have amazing determination (ToughMudder, 2019) From this, it is not difficult to understand that a person who is scared of heights may wish to participate in an OCR type event to prove to themselves that they can. The Mental Health First Aid England impact report indicates that 25 % of the population experience some form of mental health issue each year (MFHA England impact report) Even allowing for potentially smaller events within the UK, there is still the potential for a lot of people who may experience anxiety at such an event that could risk putting themselves or others at risk. Further research on the MHFA England website revealed that in the United Kingdom there were over 8 million cases of anxiety in 2013 (MHFA England, 2019). In 2013 the Office of National Statistics gave the population of the UK as 64,105,700 for a mid year estimate. This would give a rough estimate that 1.5% of the UK population would experience anxiety (ONS, 2019).

With all of this information in mind, I have decided that gaining knowledge and qualifications in mental health first aid would be a valuable addition to my skill set for the future.

To that end I have investigated courses for mental health first aid as a route to acquiring suitable knowledge on this topic. Internet searches for suitable training have indicated that there are several options that would be available to me. St Johns Wales list their Swansea training centre as being the closest location to me with 9 available dates covering to the end of the year (St Johns Wales, 2020). As a course provider, St Johns uses a course that has been designed by Training in Mind. The disadvantage of these particular courses is that they require attendance over two days. With the current national health concerns around covid-19 this may not represent the best option as a way of getting training at the moment but may be suitable in the future. I have also investigated on-line training as an alternative option. Neither St. Johns nor Training in Mind currently offer an on-line training course for mental health first aid. As an alternative I have investigated the website for the charity Mind. This particular charity does provide on-line training courses, although they are aimed more at raising awareness of mental health issues than specific mental health first aid training (Mind, 2020). In view of this my plan is to access the free eLearning modules that exist on via the Mind.org website whilst continuing to research the availability of on-line courses specific to mental health first aid. Once the current national health concerns relating to covid-19 have passed, I will then look at booking onto a two day mental health first aid training course via St Johns Wales.

Word count:1637

References

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