RISK ASSESSMENT WIZARD



BADMINTON

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Cardiovascular Health

Enhances cardiovascular health and endurance through fast-paced rallies and movements.

Hand-Eye Coordination

Improves hand-eye coordination and reflexes essential for effective racket play.

Agility & Flexibility

Develops agility and flexibility with quick directional changes and swift footwork.

Strategic Thinking

Increases mental focus and strategic thinking required for anticipating opponents' moves.

Muscular Strength

Boosts muscular strength and toning through repetitive swinging and movement.

Weight Management

Supports weight management and physical fitness through consistent active play and training.

KEY HAZARDS & CONTROL MEASURES

Slippery/Uneven Surfaces

- ✔ Ensure the court surface is clean, dry, and free from debris
- ✔ Use appropriate cleaning methods to remove moisture or dust
- ✔ Regularly inspect and maintain the court flooring
- ✔ Delay play until the surface is safe

Player Collision

- ✔ Encourage clear communication between players, especially in doubles
- ✔ Establish clear roles and areas of responsibility on the court
- ✔ Provide training on spatial awareness and proper positioning
- ✔ Ensure adequate space between courts

Hit by Shuttlecock or Racket

- ✔ Encourage players to be aware of others on the court
- ✔ Promote safe racket handling and control
- ✔ Consider using protective eyewear
- ✔ Supervise matches to address reckless behavior

Aggressive/Careless Play

- ✔ Educate players on proper racket control and safe techniques
- ✔ Enforce rules against dangerous play
- ✔ Supervise matches to address unsafe behavior
- ✔ Promote sportsmanship and respect

Inadequate Warm-Up/Cool-Down

- ✔ Implement mandatory warm-up and cool-down routines
- ✔ Include dynamic stretching and sport-specific exercises
- ✔ Allocate sufficient time for these activities
- ✔ Educate players on their importance

Poor Lighting/Visibility

- ✔ Ensure lighting meets indoor sports standards
- ✔ Provide even illumination without glare
- ✔ Regularly maintain lighting fixtures
- ✔ Adjust blinds or curtains to reduce sunlight glare

Faulty Equipment

- ✔ Regularly inspect rackets and shuttlecocks for damage
- ✔ Replace faulty items promptly
- ✔ Use equipment that meets safety standards
- ✔ Educate players on proper equipment care

Heat Exposure

- ✔ Ensure venues have proper ventilation and cooling systems
- ✔ Provide easy access to drinking water
- ✔ Schedule matches during cooler times if possible
- ✔ Educate players on recognizing heat-related illnesses

Collision with Net Posts

- ✔ Ensure net posts are properly installed and padded if necessary
- ✔ Keep equipment away from court edges
- ✔ Educate players on spatial awareness
- ✔ Ensure adequate clearance around courts

Safeguarding

- ✔ Implement a safeguarding policy and train all staff
- ✔ Conduct background checks on coaches and volunteers
- ✔ Provide clear reporting procedures
- ✔ Foster a safe and inclusive environment

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Court & Equipment

- [ ] Court surface clean and dry
- [ ] No damage or uneven areas
- [ ] Net at correct height
- [ ] Posts secure and padded
- [ ] Shuttlecocks in good condition
- [ ] First aid kit accessible
- [ ] Adequate lighting

Players

- [ ] Appropriate sports attire
- [ ] Proper indoor court shoes
- [ ] No jewellery
- [ ] Rackets in good condition
- [ ] Any injuries declared
- [ ] Water bottles available
- [ ] Protective eyewear (optional)

Supervision & Documentation

- [ ] Qualified coach(es) present
- [ ] Appropriate ratios maintained
- [ ] First aider identified
- [ ] Attendance completed
- [ ] Session plan appropriate

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