



BADMINTON

Safety Guide

Sports Recreation

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Key Benefits

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Control Measures

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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
- ✓ Regularly inspect and maintain the court flooring
- ✓ Use appropriate cleaning methods to remove moisture or dust
- ✓ Delay play until the surface is safe

Player Collision

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

Hit by Shuttlecock or Racket

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

Aggressive/Careless Play

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

Inadequate Warm-Up/Cool-Down

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

Poor Lighting/Visibility

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

Faulty Equipment

- ✓ Regularly inspect rackets and shuttlecocks for damage
- ✓ Use equipment that meets safety standards
- ✓ Replace faulty items promptly
- ✓ 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
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Court & Equipment

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

Players

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

Supervision & Documentation

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



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