



# BASKETBALL

## Safety Guide

Sports Recreation

6

Key Benefits

40

Control Measures

22

Checklist Items

## KEY BENEFITS

### Cardiovascular Fitness

Improves cardiovascular fitness and overall endurance through continuous play and high-intensity intervals.

### Coordination & Agility

Enhances coordination and agility with frequent changes in direction and speed.

### Teamwork Skills

Develops teamwork and communication skills essential for successful collaboration on the court.

### Hand-Eye Coordination

Increases hand-eye coordination and fine motor skills through dribbling, shooting, and passing.

### Mental Focus

Boosts mental focus and concentration needed for strategic game play and quick decision-making.

### Physical Fitness

Supports weight management and muscle toning through regular physical activity and varied movements.

**KEY HAZARDS & CONTROL MEASURES****Wet or Slippery Court Surface**

- ✓ Ensure the court surface is clean and dry before play
- ✓ Place warning signs for wet areas and delay play until safe
- ✓ Use appropriate cleaning methods to remove moisture or debris
- ✓ Implement regular maintenance checks to prevent slippery conditions

**Player Contact**

- ✓ Enforce rules regarding personal fouls and contact
- ✓ Use referees to monitor and manage aggressive behavior
- ✓ Train players on safe playing techniques and awareness
- ✓ Provide protective gear like mouthguards if appropriate

**Damaged Hoop or Backboard**

- ✓ Inspect hoops and backboards before each session
- ✓ Use equipment that meets safety standards and is properly installed
- ✓ Repair or replace any damaged equipment immediately
- ✓ Securely anchor portable hoops to prevent tipping

**Finger or Hand Injuries**

- ✓ Teach proper techniques for ball handling
- ✓ Ensure balls are appropriate for players' hand sizes
- ✓ Encourage the use of finger sleeves or tape if needed
- ✓ Provide immediate first aid for injuries

**Hard Falls on the Court**

- ✓ Ensure the court surface has proper cushioning if possible
- ✓ Enforce rules against actions that could cause falls
- ✓ Teach players how to fall safely
- ✓ Provide prompt medical attention for injuries

**Dunking or Hanging on Rim**

- ✓ Prohibit hanging on rims unless equipment is designed for it
- ✓ Use breakaway rims to reduce risk if dunking is allowed
- ✓ Educate players on the risks associated with dunking
- ✓ Supervise and enforce rules regarding rim use

**Inadequate Warm-Up**

- ✓ Implement mandatory warm-up routines before activities
- ✓ Allocate sufficient time for warming up
- ✓ Include dynamic stretches and sport-specific exercises
- ✓ Educate players on the importance of warming up

### Defective Court Padding

- ✓ Install appropriate padding around the court's perimeter
- ✓ Regularly inspect padding for wear or damage
- ✓ Replace or repair padding as needed
- ✓ Ensure padding meets safety standards

### Improper Footwear

- ✓ Recommend footwear designed for basketball with good grip and ankle support
- ✓ Discourage playing in street shoes or inappropriate footwear
- ✓ Inspect footwear for wear and tear
- ✓ Educate players on the importance of proper shoes

### Safeguarding

- ✓ Implement a safeguarding policy and train all staff accordingly
- ✓ Conduct background checks on coaches and volunteers
- ✓ Provide clear reporting procedures for concerns
- ✓ Foster an environment of trust and respect

**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
- Hoops securely mounted
- Perimeter padding in place
- Emergency exits clear
- No cracks or uneven areas
- Backboards intact
- First aid kit accessible and stocked

**Players**

- All wearing appropriate athletic attire
- No jewellery or dangerous accessories
- Any injuries/health issues declared
- Membership and insurance valid
- Proper basketball shoes worn
- Mouthguards used if appropriate
- Water bottles available

**Supervision & Documentation**

- Qualified coach(es) present
- First aider identified and present
- Session plan appropriate for players
- Appropriate coach-to-player ratio
- Attendance register completed



RISK ASSESSMENT  
WIZARD

# Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

**390+**

### Activity Templates

Pre-loaded hazards & controls for every activity

**100%**

### Customizable

Add your branding & tailor to your needs

- ✓ Instant PDF & print-ready documents
- ✓ Store and update assessments online
- ✓ Add your logo & organization details
- ✓ Reuse and duplicate assessments
- ✓ Works on any device

**Start Free at [riskassessmentwizard.com](https://riskassessmentwizard.com)**

*No credit card required - Try it free today*