



CROSSFIT

Safety Guide

Sports Recreation

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Key Benefits

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Checklist Items

KEY BENEFITS

Overall Fitness

Enhances overall physical fitness and endurance through varied high-intensity workouts.

Strength & Power

Improves muscular strength and power with functional movements and resistance training.

Mental Toughness

Develops mental toughness and resilience required for challenging workout routines.

Cardiovascular Health

Boosts cardiovascular health and stamina through sustained active participation.

Flexibility & Mobility

Increases flexibility and mobility with dynamic exercises and stretching.

Body Composition

Supports weight management and body composition goals through comprehensive training.

KEY HAZARDS & CONTROL MEASURES**Improper Lifting Technique**

- ✓ Provide comprehensive technique training
- ✓ Supervise all lifts closely
- ✓ Use video feedback for correction
- ✓ Encourage gradual progression

Dropping Weights

- ✓ Use bumper plates and proper flooring
- ✓ Clear areas around lifting zones
- ✓ Train safe dropping techniques
- ✓ Supervise to intervene if needed

Explosive Movements

- ✓ Train proper execution technique
- ✓ Supervise explosive movements closely
- ✓ Use controlled environments with padding
- ✓ Limit frequency and intensity

High Repetitions

- ✓ Monitor intensity and duration
- ✓ Educate on fatigue signs
- ✓ Encourage proper hydration
- ✓ Implement appropriate scaling

Falls During Complex Movements

- ✓ Provide proper technique training
- ✓ Supervise complex movements
- ✓ Use mats and padding
- ✓ Progress skills appropriately

Lack of Warm-Up

- ✓ Implement mandatory warm-up routines
- ✓ Encourage cool-down sessions
- ✓ Include dynamic stretching
- ✓ Educate on injury prevention

Heat & Dehydration

- ✓ Provide hydration stations
- ✓ Educate on heat management
- ✓ Schedule around peak heat
- ✓ Encourage moisture-wicking attire



Wet Floors

- ✓ Regularly inspect and dry floors
- ✓ Provide towels for equipment
- ✓ Use non-slip flooring materials
- ✓ Educate on safe movement

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

Equipment

- Barbells/plates inspected
- Boxes undamaged
- Pull-up bars secure

Facility

- Floors dry and clean
- First aid accessible
- Adequate spacing

Session

- Qualified coach present
- Warm-up planned
- Scaling options prepared



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