



# CROSSFIT

## Safety Guide

Sports Recreation

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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



RISK ASSESSMENT  
WIZARD

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