RISK ASSESSMENT WIZARD



DODGEBALL

Safety Guide

Sports Recreation

6	24	21
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Agility & Speed

Develops quick reflexes, lateral movement, and rapid direction changes essential for dodging and catching.

Hand-Eye Coordination

Improves throwing accuracy, catching ability, and overall coordination through dynamic ball handling.

Teamwork

Builds cooperation, communication, and strategic team play in fast-paced competitive situations.

Cardiovascular Fitness

High-intensity activity that improves heart health, stamina, and overall physical conditioning.

Quick Decision Making

Develops rapid situational awareness and split-second decision making under pressure.

Fun & Inclusive

Accessible to various skill levels with simple rules, making it enjoyable for beginners and experts alike.

KEY HAZARDS & CONTROL MEASURES

Ball Impact Injuries

- ✔ Use appropriate ball types for age group
- ✔ Teach proper catching technique
- ✔ Enforce no-headshot rules strictly
- ✔ Remove damaged or overly hard balls

Player Collisions

- ✔ Ensure adequate court space for player numbers
- ✔ Enforce boundary rules
- ✔ Encourage spatial awareness and communication
- ✔ Limit player numbers per team if necessary

Slips & Falls

- ✔ Ensure floor surface is clean and dry
- ✔ Clear court of loose balls promptly
- ✔ Require appropriate footwear
- ✔ Adequate warm-up before play

Court Boundary Hazards

- ✔ Maintain clear run-off areas beyond boundaries
- ✔ Keep spectators at safe distance
- ✔ Pad walls if court is close to walls
- ✔ Remove obstacles from surrounding area

Overexertion

- ✔ Implement regular water breaks
- ✔ Monitor players for signs of fatigue
- ✔ Encourage appropriate warm-up and cool-down
- ✔ Allow rest periods between games

Eye Injuries

- ✔ Enforce strict no-headshot policy
- ✔ Use soft foam balls for youth activities
- ✔ Recommend sports eyewear for spectacle wearers
- ✔ Consider protective eyewear for high-level play

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

Equipment Checks

- [ ] Balls inspected for damage
- [ ] Balls appropriate for age group
- [ ] Correct number of balls for game type
- [ ] Bibs/team identification ready
- [ ] Whistle or signalling device available
- [ ] Spare balls available

Court Checks

- [ ] Floor clean, dry, and obstacle-free
- [ ] Boundaries clearly marked
- [ ] Run-off areas clear
- [ ] Walls padded if necessary
- [ ] Lighting adequate
- [ ] Spectator area separated

Participant Checks

- [ ] Appropriate footwear worn
- [ ] No jewellery or dangerous items
- [ ] Rules explained clearly
- [ ] Warm-up completed
- [ ] Water available
- [ ] First aid accessible

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

No credit card required - Try it free today