



FIELD HOCKEY

Safety Guide

Sports Recreation

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Checklist Items

KEY BENEFITS

Cardiovascular Fitness

Excellent aerobic workout with constant movement, improving heart health and endurance.

Teamwork Skills

Develops communication, cooperation, and strategic thinking through team play.

Hand-Eye Coordination

Improves coordination and fine motor skills through stick handling and ball control.

Speed & Agility

Enhances quick direction changes, acceleration, and overall athletic agility.

Mental Sharpness

Requires quick decision-making and spatial awareness in fast-paced situations.

Flexibility & Balance

Develops core strength, balance, and flexibility through dynamic movements.

KEY HAZARDS & CONTROL MEASURES**Stick Injuries**

- ✓ Enforce stick below shoulder height rules
- ✓ Teach safe tackling technique
- ✓ Penalise dangerous swinging
- ✓ Consider protective gloves for players

Ball Impact

- ✓ Mandatory mouthguards for all players
- ✓ Full protective gear for goalkeepers
- ✓ Enforce dangerous play rules
- ✓ Clear hitting zones during practice

Player Collisions

- ✓ Enforce obstruction and contact rules
- ✓ Match players by ability level
- ✓ Adequate warm-up before play
- ✓ Qualified umpires for competitive play

Slips & Falls

- ✓ Inspect pitch for hazards before play
- ✓ Postpone in dangerous weather conditions
- ✓ Appropriate footwear for surface type
- ✓ Mandatory shin guards

Goal Frame Hazards

- ✓ Secure goals with weights or anchors
- ✓ Backboard padding where appropriate
- ✓ Inspect goal integrity before use
- ✓ Clear communication around goal area

Weather Conditions

- ✓ Monitor weather forecasts
- ✓ Water breaks in hot conditions
- ✓ Lightning policy and shelter locations
- ✓ Postpone in extreme conditions

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- | | |
|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures | |

Equipment Checks

- | | |
|-------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> All players have shin guards | <input type="checkbox"/> All players have mouthguards |
| <input type="checkbox"/> Goalkeeper fully equipped | <input type="checkbox"/> Sticks in good condition |
| <input type="checkbox"/> Balls suitable and undamaged | <input type="checkbox"/> Goals secured properly |

Pitch Checks

- | | |
|-------------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Surface free of debris and hazards | <input type="checkbox"/> Pitch markings visible |
| <input type="checkbox"/> Goals in correct position | <input type="checkbox"/> Run-off areas clear |
| <input type="checkbox"/> Weather conditions assessed | <input type="checkbox"/> Lighting adequate (evening games) |

Safety Readiness

- | | |
|------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> First aid kit accessible | <input type="checkbox"/> First aider present |
| <input type="checkbox"/> Emergency action plan known | <input type="checkbox"/> Water available for players |
| <input type="checkbox"/> Qualified umpires present | <input type="checkbox"/> Emergency contacts accessible |



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