RISK ASSESSMENT WIZARD



INDOOR SPORTS

Safety Guide

Youth Group

6	16	19
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Physical Fitness

Promotes physical fitness and coordination through various sports.

Teamwork

Enhances teamwork and cooperative strategies in indoor games.

Social Skills

Fosters social interaction and bonding among participants.

Discipline

Encourages discipline and adherence to game rules.

Confidence

Builds confidence and self-esteem through skill development.

Active Lifestyle

Provides a fun and engaging way to stay active indoors.

KEY HAZARDS & CONTROL MEASURES

Collisions & Falls

- ✔ Floor checked for hazards
- ✔ Appropriate footwear required
- ✔ Equipment stored safely
- ✔ Clear playing area maintained

Equipment & Facilities

- ✔ Equipment inspected before use
- ✔ Correct balls for age group
- ✔ Instructions given on usage
- ✔ Damaged items removed

Overexertion & Heat

- ✔ Warm-up before activity
- ✔ Regular water breaks
- ✔ Adequate ventilation
- ✔ Cool-down after session

Supervision & Behavior

- ✔ Clear rules established
- ✔ Adequate supervision ratio
- ✔ Fair play emphasized
- ✔ Mixed ability managed

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

Venue

- [ ] Floor clean and dry
- [ ] Obstacles removed
- [ ] Adequate lighting
- [ ] Emergency exits clear

Equipment

- [ ] Equipment inspected
- [ ] Age-appropriate balls
- [ ] Goals/nets secure
- [ ] Damaged items removed

Participants

- [ ] Appropriate footwear
- [ ] No jewelry worn
- [ ] Medical conditions noted
- [ ] Warm-up completed

Safety

- [ ] First aid kit ready
- [ ] Water available
- [ ] Rules explained
- [ ] Supervision in place

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

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- ✔ Store and update assessments online
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