



INDOOR SPORTS

Safety Guide

Youth Group

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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
- ✓ Equipment stored safely
- ✓ Appropriate footwear required
- ✓ Clear playing area maintained

Equipment & Facilities

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

Overexertion & Heat

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

Supervision & Behavior

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

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 | |

Venue

- | | |
|--|--|
| <input type="checkbox"/> Floor clean and dry | <input type="checkbox"/> Obstacles removed |
| <input type="checkbox"/> Adequate lighting | <input type="checkbox"/> Emergency exits clear |

Equipment

- | | |
|--|--|
| <input type="checkbox"/> Equipment inspected | <input type="checkbox"/> Age-appropriate balls |
| <input type="checkbox"/> Goals/nets secure | <input type="checkbox"/> Damaged items removed |

Participants

- | | |
|---|--|
| <input type="checkbox"/> Appropriate footwear | <input type="checkbox"/> No jewelry worn |
| <input type="checkbox"/> Medical conditions noted | <input type="checkbox"/> Warm-up completed |

Safety

- | | |
|--|---|
| <input type="checkbox"/> First aid kit ready | <input type="checkbox"/> Water available |
| <input type="checkbox"/> Rules explained | <input type="checkbox"/> Supervision in place |



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