



NETBALL

Safety Guide

Sports Recreation

6

Key Benefits

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Control Measures

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Checklist Items

KEY BENEFITS

Cardiovascular Fitness

Enhances cardiovascular fitness and endurance through continuous movement and game play.

Hand-Eye Coordination

Improves hand-eye coordination and shooting accuracy essential for scoring.

Teamwork Skills

Develops teamwork and communication skills through coordinated team strategies.

Agility & Balance

Increases agility and balance with frequent directional changes and defensive movements.

Mental Focus

Boosts mental focus and concentration required for anticipating opponents' actions.

Muscle Strength

Supports muscle strength and toning through active play and physical activity.

KEY HAZARDS & CONTROL MEASURES

Wet or Uneven Court Surfaces

- ✓ Conduct regular inspections of court surfaces for wet areas or damage
- ✓ Implement routine maintenance to repair cracks or uneven sections
- ✓ Ensure court is cleaned and dried before play
- ✓ Use appropriate signage to warn of wet areas

Collisions with Other Players

- ✓ Provide training on spatial awareness and proper positioning
- ✓ Encourage clear communication among players
- ✓ Enforce rules regarding obstruction and contact
- ✓ Referees should monitor and penalize dangerous play

Collisions with Goal Posts

- ✓ Ensure goal posts are securely anchored and padded
- ✓ Place goal posts at correct distance from baseline
- ✓ Educate players on spatial awareness near goal area
- ✓ Regularly inspect goal posts for stability

Struck by the Ball

- ✓ Educate players on maintaining awareness during play
- ✓ Teach proper catching and passing techniques
- ✓ Enforce rules regarding safe play and penalize reckless throwing
- ✓ Encourage use of mouthguards if appropriate

Sudden Stops or Direction Changes

- ✓ Provide training on proper techniques for stopping and changing direction
- ✓ Incorporate agility and strength training exercises
- ✓ Encourage proper footwear with good support
- ✓ Educate on importance of warming up muscles

Improper Footwear

- ✓ Recommend and enforce appropriate netball shoes with good grip
- ✓ Educate players on importance of proper footwear
- ✓ Inspect footwear for wear and replace as needed
- ✓ Discourage playing in inappropriate footwear

Inadequate Warm-Up/Cool-Down

- ✓ Implement mandatory warm-up and cool-down routines
- ✓ Include dynamic stretching and sport-specific exercises
- ✓ Allocate sufficient time for these activities
- ✓ Educate players on their importance

Overexertion or Fatigue

- ✓ Monitor players for signs of overexertion
- ✓ Adjust training intensity based on fitness levels
- ✓ Encourage regular rest and hydration breaks
- ✓ Educate players on recognizing their limits

Aggressive Behavior or Fouling

- ✓ Enforce rules against unsportsmanlike conduct strictly
- ✓ Implement disciplinary actions for violations
- ✓ Promote sportsmanship through team culture and coaching
- ✓ Provide conflict resolution training

Safeguarding

- ✓ Implement comprehensive safeguarding policy and train all staff
- ✓ Provide clear reporting procedures for concerns
- ✓ Conduct background checks on coaches, volunteers, and officials
- ✓ Ensure appropriate supervision ratios

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

Court & Equipment

- Court surface clean and dry
- Goal posts secure and padded
- Court markings visible
- Emergency exits clear
- No cracks or uneven areas
- Rings and nets intact
- First aid kit accessible

Players

- Appropriate athletic attire
- No jewellery or watches
- Any injuries declared
- Membership valid
- Proper netball shoes
- Fingernails trimmed
- Water bottles available

Supervision & Documentation

- Qualified coach(es) present
- First aider identified
- Session plan appropriate
- Appropriate ratios maintained
- Attendance completed



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