



# SQUASH

## Safety Guide

Sports Recreation

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Checklist Items

## KEY BENEFITS

### Cardiovascular Health

Enhances cardiovascular health and stamina through high-intensity indoor play.

### Hand-Eye Coordination

Improves hand-eye coordination and reflexes essential for rapid shot execution.

### Agility & Flexibility

Develops agility and flexibility with swift movements and directional changes.

### Strategic Thinking

Boosts mental focus and strategic thinking required for anticipating opponents' shots.

### Muscular Endurance

Increases muscular strength and endurance through continuous active play.

### Weight Management

Supports weight management and overall physical fitness through high-energy activity.

## KEY HAZARDS & CONTROL MEASURES

### Wall Collision

- ✓ Provide training on proper movement, footwork, and stopping techniques
- ✓ Ensure court meets safety standards for wall construction
- ✓ Install padding on walls where possible at impact points
- ✓ Encourage players to anticipate wall proximity

### Ball Impact

- ✓ Require players to wear protective eyewear meeting safety standards
- ✓ Use appropriate balls for skill level
- ✓ Educate players on maintaining awareness during rallies
- ✓ Ensure proper lighting for visibility

### Racket Impact

- ✓ Provide training on proper swing techniques and racket control
- ✓ Enforce rules against dangerous swings
- ✓ Encourage awareness of opponent's position at all times
- ✓ Require wrist straps to prevent rackets slipping

### Player Collision

- ✓ Encourage clear communication between players
- ✓ Enforce rules regarding interference and lets
- ✓ Provide training on spatial awareness and positioning
- ✓ Referees should monitor and correct unsafe behavior

### Wet/Slippery Court

- ✓ Conduct regular cleaning and maintenance of court floors
- ✓ Implement no-drinks policy on court
- ✓ Inspect court before play and dry wet areas promptly
- ✓ Encourage players to report spills immediately

### Improper Warm-Up/Cool-Down

- ✓ Implement mandatory warm-up routines with dynamic stretching
- ✓ Allocate sufficient time for these activities
- ✓ Encourage cool-down exercises post-play
- ✓ Educate players on injury prevention

### Poor Ventilation

- ✓ Ensure ventilation systems are functioning correctly
- ✓ Monitor humidity and temperature levels
- ✓ Install or maintain air conditioning units
- ✓ Use fans to improve air movement

### Inadequate Lighting

- ✓ Ensure court lighting meets required standards
- ✓ Regularly maintain and clean lighting fixtures
- ✓ Provide even illumination without shadows or glare
- ✓ Replace faulty bulbs promptly

### Court Surface Damage

- ✓ Conduct regular inspections for damage
- ✓ Close courts for maintenance when necessary
- ✓ Schedule timely repairs using appropriate materials
- ✓ Maintain a smooth and safe playing surface

### Overexertion

- ✓ Monitor players for signs of overexertion
- ✓ Ensure hydration is readily available
- ✓ Encourage pacing and strategic rest periods
- ✓ Educate players on listening to their bodies

**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 & Environment**

- Court surface clean and dry
- Door closes flush
- Good ventilation
- Temperature comfortable
- No damage or hazards
- Adequate lighting
- First aid kit accessible

**Players**

- Protective eyewear worn
- Proper indoor court shoes
- Rackets in good condition
- Water available
- Appropriate sports attire
- No jewellery
- Any injuries declared

**Supervision & Documentation**

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



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