RISK ASSESSMENT WIZARD



SQUASH

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	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
- ✔ Install padding on walls where possible at impact points
- ✔ Ensure court meets safety standards for wall construction
- ✔ Encourage players to anticipate wall proximity

Ball Impact

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

Racket Impact

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

Player Collision

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

Wet/Slippery Court

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

Improper Warm-Up/Cool-Down

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

Poor Ventilation

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

Inadequate Lighting

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

Court Surface Damage

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

Overexertion

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

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

Court & Environment

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

Players

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

Supervision & Documentation

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

RISK ASSESSMENT WIZARD

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390+

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