



# TABLE TENNIS

## Safety Guide

Sports Recreation

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Checklist Items

## KEY BENEFITS

### Hand-Eye Coordination

Enhances hand-eye coordination and reflexes essential for fast-paced racket play.

### Mental Agility

Improves mental agility and concentration through strategic shot placement and anticipation.

### Fine Motor Skills

Develops fine motor skills and precision necessary for accurate ball control.

### Agility & Quickness

Increases agility and quickness with rapid movements and directional changes.

### Cardiovascular Health

Boosts cardiovascular health and overall fitness through sustained active play.

### Stress Relief

Supports stress relief and mental well-being through engaging and enjoyable activity.

**KEY HAZARDS & CONTROL MEASURES****Wet/Slippery Surfaces**

- ✓ Ensure the playing area floor is clean and dry before play
- ✓ Implement regular cleaning schedules to remove moisture
- ✓ Use warning signs for wet areas and delay play until safe
- ✓ Encourage players to report spills immediately

**Table Collision**

- ✓ Ensure adequate space around the table for safe movement
- ✓ Educate players on spatial awareness and proper footwork
- ✓ Use tables with rounded edges and protective padding if possible
- ✓ Maintain proper distance between tables

**Player Collision**

- ✓ Encourage clear communication between players in doubles
- ✓ Establish clear roles and areas of responsibility
- ✓ Provide training on spatial awareness
- ✓ Ensure adequate playing area for each table

**Improper Warm-Up/Cool-Down**

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

**Ball Impact (Eye Injury)**

- ✓ Educate players on maintaining awareness during play
- ✓ Encourage the use of protective eyewear if appropriate
- ✓ Ensure adequate lighting for good visibility
- ✓ Supervise play to address unsafe behavior

**Poor Lighting**

- ✓ Ensure lighting meets indoor sports standards
- ✓ Provide even illumination without glare
- ✓ Regularly maintain lighting fixtures
- ✓ Position lights to avoid shadows on playing surface

**Overcrowded Playing Area**

- ✓ Limit the number of players in the playing area
- ✓ Organize sessions to manage participant numbers
- ✓ Provide adequate space between tables
- ✓ Use barriers or dividers where appropriate

### Poor Equipment Maintenance

- ✓ Regularly inspect paddles and tables for damage
- ✓ Educate players on equipment care
- ✓ Repair or replace faulty items promptly
- ✓ Check table stability and net tension before play

### Reaching Instead of Moving

- ✓ Teach players proper footwork to move into position
- ✓ Correct improper movements during coaching
- ✓ Encourage agility exercises
- ✓ Emphasize importance of balance

### Safeguarding

- ✓ Implement a safeguarding policy and train all staff
- ✓ Provide clear reporting procedures
- ✓ Conduct background checks on coaches and volunteers
- ✓ Foster a safe and inclusive environment

**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

**Venue & Equipment**

- Floor clean and dry
- Tables stable and level
- Balls in good condition
- Adequate lighting
- No debris or trip hazards
- Nets at correct height
- First aid kit accessible

**Players**

- Appropriate sports attire
- No jewellery
- Any injuries declared
- Bags stored safely away
- Proper indoor sports shoes
- Paddles in good condition
- Water bottles available

**Supervision & Documentation**

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



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