



# VOLLEYBALL

## Safety Guide

Sports Recreation

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Checklist Items

## KEY BENEFITS

### Cardiovascular Fitness

Enhances cardiovascular fitness and endurance through continuous play and high-intensity rallies.

### Hand-Eye Coordination

Improves hand-eye coordination and reflexes essential for effective setting and spiking.

### Teamwork Skills

Develops teamwork and communication skills through coordinated team strategies and plays.

### Agility & Flexibility

Increases agility and flexibility with frequent jumping, diving, and quick directional changes.

### Mental Focus

Boosts mental focus and concentration needed for anticipating opponents' moves and game tactics.

### Muscle Strength

Supports muscle strength and toning through repetitive jumping and hitting movements.

**KEY HAZARDS & CONTROL MEASURES****Slippery Court Surface**

- ✓ Ensure the court surface is clean and dry before play
- ✓ Place warning signs for wet areas and delay play until safe
- ✓ Use appropriate cleaning methods to remove moisture or debris
- ✓ Implement regular maintenance checks

**Volleyball Net**

- ✓ Ensure the net is properly installed and secured before play
- ✓ Pad the poles and guy wires to prevent injuries
- ✓ Check that net height complies with regulations
- ✓ Regularly inspect the net and equipment for wear

**Player Collisions**

- ✓ Encourage communication among players during play
- ✓ Provide training on spatial awareness and safe techniques
- ✓ Implement clear rules on player positions and movement
- ✓ Supervise matches to enforce safety

**Diving or Falling**

- ✓ Teach proper diving and falling techniques
- ✓ Ensure playing surface has adequate cushioning
- ✓ Provide protective gear like knee pads and elbow pads
- ✓ Encourage players to assess risks before diving

**Finger or Hand Injuries**

- ✓ Teach proper techniques for blocking, setting, and spiking
- ✓ Provide immediate first aid for injuries
- ✓ Encourage use of finger supports or tape if needed
- ✓ Allow rest and recovery time for injured players

**Inadequate Warm-Up**

- ✓ Implement mandatory warm-up routines before activities
- ✓ Allocate sufficient time for warming up
- ✓ Include dynamic stretching and sport-specific exercises
- ✓ Educate players on importance of warming up

**Improper Footwear**

- ✓ Recommend volleyball shoes with good grip and ankle support
- ✓ Inspect footwear for wear and tear
- ✓ Discourage playing in street shoes or inappropriate footwear
- ✓ Educate players on importance of proper shoes

### Posts and Surrounding Areas

- ✓ Ensure posts are padded, especially around areas prone to impact
- ✓ Securely anchor posts and guy wires
- ✓ Mark or cover any protruding parts
- ✓ Educate players on spatial awareness near the net

### Sun Exposure (Beach Volleyball)

- ✓ Encourage use of sunscreen with high SPF rating
- ✓ Provide shaded areas for rest periods
- ✓ Schedule games during cooler times of the day
- ✓ Educate players on signs of heat-related illnesses

### Safeguarding

- ✓ Implement safeguarding policy and train all staff
- ✓ Conduct background checks on coaches and volunteers
- ✓ Provide clear reporting procedures for concerns
- ✓ Foster an environment of trust and respect

**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
- Net properly installed and tensioned
- Adequate lighting
- Emergency exits clear
- No cracks or uneven areas
- Posts padded and secure
- First aid kit accessible

**Players**

- Appropriate athletic attire
- No jewellery or accessories
- Any injuries declared
- Membership valid
- Proper volleyball shoes
- Knee pads worn (recommended)
- Water bottles available

**Supervision & Documentation**

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



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