



VOLLEYBALL

Safety Guide

Sports Recreation

6

Key Benefits

40

Control Measures

22

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



RISK ASSESSMENT
WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

Customizable

Add your branding & tailor to your needs

- ✓ Instant PDF & print-ready documents
- ✓ Store and update assessments online
- ✓ Add your logo & organization details
- ✓ Reuse and duplicate assessments
- ✓ Works on any device

Start Free at riskassessmentwizard.com

No credit card required - Try it free today