



# DODGEBALL

## Safety Guide

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## KEY BENEFITS

### Agility & Speed

Develops quick reflexes, lateral movement, and rapid direction changes essential for dodging and catching.

### Hand-Eye Coordination

Improves throwing accuracy, catching ability, and overall coordination through dynamic ball handling.

### Teamwork

Builds cooperation, communication, and strategic team play in fast-paced competitive situations.

### Cardiovascular Fitness

High-intensity activity that improves heart health, stamina, and overall physical conditioning.

### Quick Decision Making

Develops rapid situational awareness and split-second decision making under pressure.

### Fun & Inclusive

Accessible to various skill levels with simple rules, making it enjoyable for beginners and experts alike.

**KEY HAZARDS & CONTROL MEASURES****Ball Impact Injuries**

- ✓ Use appropriate ball types for age group
- ✓ Enforce no-headshot rules strictly
- ✓ Teach proper catching technique
- ✓ Remove damaged or overly hard balls

**Player Collisions**

- ✓ Ensure adequate court space for player numbers
- ✓ Encourage spatial awareness and communication
- ✓ Enforce boundary rules
- ✓ Limit player numbers per team if necessary

**Slips & Falls**

- ✓ Ensure floor surface is clean and dry
- ✓ Require appropriate footwear
- ✓ Clear court of loose balls promptly
- ✓ Adequate warm-up before play

**Court Boundary Hazards**

- ✓ Maintain clear run-off areas beyond boundaries
- ✓ Pad walls if court is close to walls
- ✓ Keep spectators at safe distance
- ✓ Remove obstacles from surrounding area

**Overexertion**

- ✓ Implement regular water breaks
- ✓ Encourage appropriate warm-up and cool-down
- ✓ Monitor players for signs of fatigue
- ✓ Allow rest periods between games

**Eye Injuries**

- ✓ Enforce strict no-headshot policy
- ✓ Recommend sports eyewear for spectacle wearers
- ✓ Use soft foam balls for youth activities
- ✓ Consider protective eyewear for high-level play

**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

**Equipment Checks**

- Balls inspected for damage
- Correct number of balls for game type
- Whistle or signalling device available
- Balls appropriate for age group
- Bibs/team identification ready
- Spare balls available

**Court Checks**

- Floor clean, dry, and obstacle-free
- Run-off areas clear
- Lighting adequate
- Boundaries clearly marked
- Walls padded if necessary
- Spectator area separated

**Participant Checks**

- Appropriate footwear worn
- Rules explained clearly
- Water available
- No jewellery or dangerous items
- Warm-up completed
- First aid accessible



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