RISK ASSESSMENT WIZARD

FIELD HOCKEY

Safety Guide

Sports Recreation

6	24	21
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Cardiovascular Fitness

Excellent aerobic workout with constant movement, improving heart health and endurance.

Teamwork Skills

Develops communication, cooperation, and strategic thinking through team play.

Hand-Eye Coordination

Improves coordination and fine motor skills through stick handling and ball control.

Speed & Agility

Enhances quick direction changes, acceleration, and overall athletic agility.

Mental Sharpness

Requires quick decision-making and spatial awareness in fast-paced situations.

Flexibility & Balance

Develops core strength, balance, and flexibility through dynamic movements.

KEY HAZARDS & CONTROL MEASURES

Stick Injuries

- ✔ Enforce stick below shoulder height rules
- ✔ Penalise dangerous swinging
- ✔ Teach safe tackling technique
- ✔ Consider protective gloves for players

Ball Impact

- ✔ Mandatory mouthguards for all players
- ✔ Enforce dangerous play rules
- ✔ Full protective gear for goalkeepers
- ✔ Clear hitting zones during practice

Player Collisions

- ✔ Enforce obstruction and contact rules
- ✔ Adequate warm-up before play
- ✔ Match players by ability level
- ✔ Qualified umpires for competitive play

Slips & Falls

- ✔ Inspect pitch for hazards before play
- ✔ Appropriate footwear for surface type
- ✔ Postpone in dangerous weather conditions
- ✔ Mandatory shin guards

Goal Frame Hazards

- ✔ Secure goals with weights or anchors
- ✔ Inspect goal integrity before use
- ✔ Backboard padding where appropriate
- ✔ Clear communication around goal area

Weather Conditions

- ✔ Monitor weather forecasts
- ✔ Lightning policy and shelter locations
- ✔ Water breaks in hot conditions
- ✔ Postpone in extreme conditions

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

Equipment Checks

- [ ] All players have shin guards
- [ ] All players have mouthguards
- [ ] Goalkeeper fully equipped
- [ ] Sticks in good condition
- [ ] Balls suitable and undamaged
- [ ] Goals secured properly

Pitch Checks

- [ ] Surface free of debris and hazards
- [ ] Pitch markings visible
- [ ] Goals in correct position
- [ ] Run-off areas clear
- [ ] Weather conditions assessed
- [ ] Lighting adequate (evening games)

Safety Readiness

- [ ] First aid kit accessible
- [ ] First aider present
- [ ] Emergency action plan known
- [ ] Water available for players
- [ ] Qualified umpires present
- [ ] Emergency contacts accessible

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