RISK ASSESSMENT WIZARD

LACROSSE

Safety Guide

Sports Recreation

6	24	21
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Cardiovascular Fitness

Constant running and movement provides excellent aerobic conditioning and endurance development.

Hand-Eye Coordination

Develops exceptional coordination through stick handling, catching, and accurate passing.

Teamwork

Builds communication, cooperation, and tactical awareness through team-based play.

Speed & Agility

Develops explosive speed, quick direction changes, and overall athletic agility.

Strength Development

Builds upper body and core strength through stick work, shooting, and physical play.

Mental Toughness

Develops resilience, quick thinking, and composure under physical pressure.

KEY HAZARDS & CONTROL MEASURES

Stick Checks & Contact

- ✔ Enforce legal stick checking rules
- ✔ Mandatory protective equipment
- ✔ Penalise illegal contact immediately
- ✔ Teach proper technique from the start

Concussions

- ✔ Certified helmets mandatory (men's)
- ✔ Implement concussion recognition protocol
- ✔ Remove suspected concussions immediately
- ✔ Medical clearance for return to play

Ball Impact

- ✔ Eye protection mandatory (women's)
- ✔ Full helmet with face guard (men's)
- ✔ Designated shooting areas in training
- ✔ Full goalkeeper protection

Joint & Ligament Injuries

- ✔ Thorough warm-up before play
- ✔ Strength and conditioning programmes
- ✔ Proper footwear for surface
- ✔ Adequate recovery between sessions

Field Conditions

- ✔ Inspect field before each session
- ✔ Clear run-off areas beyond boundaries
- ✔ Secure goal anchoring
- ✔ Postpone in dangerous conditions

Heat & Weather

- ✔ Regular water breaks
- ✔ Helmet-off rest periods in heat
- ✔ Lightning protocol and shelter
- ✔ Modified practice in extreme heat

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 helmets certified and fitted
- [ ] Eye protection in place (women's)
- [ ] Mouthguards worn by all
- [ ] Pads and gloves in good condition
- [ ] Sticks legal and undamaged
- [ ] Goalkeeper fully equipped

Field Checks

- [ ] Field free of hazards and debris
- [ ] Goals secured and in good condition
- [ ] Boundaries clearly marked
- [ ] Run-off areas clear
- [ ] Weather conditions assessed
- [ ] Lightning protocol reviewed if needed

Safety Readiness

- [ ] First aid kit accessible
- [ ] First aider present
- [ ] Emergency action plan known
- [ ] Ice available for injuries
- [ ] Water for all players
- [ ] Qualified officials present

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%

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Add your branding & tailor to your needs

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