RISK ASSESSMENT WIZARD

TENNIS

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Cardiovascular Health

Enhances cardiovascular health and stamina through sustained physical activity and movement.

Hand-Eye Coordination

Improves hand-eye coordination and fine motor skills essential for effective gameplay.

Agility & Balance

Develops agility and balance through quick lateral movements and changes in direction.

Strategic Thinking

Boosts mental focus and strategic thinking required for match play and opponent analysis.

Flexibility

Increases flexibility and range of motion through various strokes and stretching.

Muscle Toning

Supports weight management and muscle toning through consistent physical exertion and training.

KEY HAZARDS & CONTROL MEASURES

Slippery Court Surface

- ✔ Ensure the court is clean and dry before play
- ✔ Use appropriate cleaning methods to remove moisture or debris
- ✔ Regularly maintain the court surface to prevent slipperiness
- ✔ Delay play if the court is deemed unsafe

Uneven Court Surface

- ✔ Inspect the court regularly for cracks or uneven areas
- ✔ Use only courts that meet safety standards
- ✔ Repair any damages promptly to maintain a level surface
- ✔ Inform players of any temporary uneven spots

Mis-Hit Tennis Balls

- ✔ Educate players on proper hitting techniques
- ✔ Install netting or barriers to protect adjacent areas
- ✔ Encourage the use of protective eyewear if appropriate
- ✔ Supervise play to address reckless behavior

Loose Tennis Net

- ✔ Ensure the net is properly installed and secured before play
- ✔ Tighten or adjust the net as needed during matches
- ✔ Regularly inspect the net and posts for wear and tear
- ✔ Replace damaged nets promptly

Inadequate Warm-Up

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

Poor Weather Conditions

- ✔ Monitor weather forecasts and postpone play during rain
- ✔ Provide shaded areas for rest during hot conditions
- ✔ Use squeegees or drying equipment to remove water
- ✔ Suspend play immediately during thunderstorms

Dehydration & Sun Exposure

- ✔ Ensure water is readily available courtside
- ✔ Encourage use of sunscreen with high SPF
- ✔ Schedule hydration breaks during play
- ✔ Provide shaded rest areas

Improper Footwear

- ✔ Recommend tennis-specific shoes with proper grip and support
- ✔ Inspect footwear for wear and tear
- ✔ Discourage playing in inappropriate footwear
- ✔ Educate players on importance of proper shoes

Damaged Equipment

- ✔ Regularly inspect rackets, balls, nets, and other equipment
- ✔ Use equipment that meets safety standards
- ✔ Replace or repair faulty equipment promptly
- ✔ Educate players on reporting damaged equipment

Safeguarding

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

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

Court & Equipment

- [ ] Court surface clean and dry
- [ ] No cracks or uneven areas
- [ ] Net at correct height
- [ ] Posts secure
- [ ] Balls in good condition
- [ ] First aid kit accessible
- [ ] Fencing intact

Players

- [ ] Appropriate tennis attire
- [ ] Proper tennis shoes
- [ ] No jewellery
- [ ] Rackets in good condition
- [ ] Any injuries declared
- [ ] Water bottles available
- [ ] Sunscreen applied (outdoor)

Supervision & Documentation

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

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