RISK ASSESSMENT WIZARD

VOLLEYBALL

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	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
- ✔ Use appropriate cleaning methods to remove moisture or debris
- ✔ Place warning signs for wet areas and delay play until safe
- ✔ Implement regular maintenance checks

Volleyball Net

- ✔ Ensure the net is properly installed and secured before play
- ✔ Check that net height complies with regulations
- ✔ Pad the poles and guy wires to prevent injuries
- ✔ Regularly inspect the net and equipment for wear

Player Collisions

- ✔ Encourage communication among players during play
- ✔ Implement clear rules on player positions and movement
- ✔ Provide training on spatial awareness and safe techniques
- ✔ Supervise matches to enforce safety

Diving or Falling

- ✔ Teach proper diving and falling techniques
- ✔ Provide protective gear like knee pads and elbow pads
- ✔ Ensure playing surface has adequate cushioning
- ✔ Encourage players to assess risks before diving

Finger or Hand Injuries

- ✔ Teach proper techniques for blocking, setting, and spiking
- ✔ Encourage use of finger supports or tape if needed
- ✔ Provide immediate first aid for injuries
- ✔ Allow rest and recovery time for injured players

Inadequate Warm-Up

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

Improper Footwear

- ✔ Recommend volleyball shoes with good grip and ankle support
- ✔ Discourage playing in street shoes or inappropriate footwear
- ✔ Inspect footwear for wear and tear
- ✔ 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
- [ ] 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 properly installed and tensioned
- [ ] Posts padded and secure
- [ ] Adequate lighting
- [ ] First aid kit accessible
- [ ] Emergency exits clear

Players

- [ ] Appropriate athletic attire
- [ ] Proper volleyball shoes
- [ ] No jewellery or accessories
- [ ] Knee pads worn (recommended)
- [ ] Any injuries declared
- [ ] Water bottles available
- [ ] Membership valid

Supervision & Documentation

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

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