

Potential hazards in sport settings:

Sports Hall



- Hard floor
- Equipment left out
- Equipment broken
- Innapropriate footwear worn
- Other participants
- Court too close to walls
- Open doors
- Poor lighting

Fitness Centre



- Equipment is broken or not properly maintained
- Flloring is inadequate
- Windows / doors left open
- Free weights left lying around
- Other participants

Playing Fields



- Litter on the fields
- Goal posts
- Fencing too close to the sides of the area
- Pitch surface (flooded / hard)
- Equipment left out on the pitch
- Other players

Artificial Outdoor Area



- Litter on the court
- Equipment left out (balls/ rackets etc)
- Wet surface
- Uneven ground
- Hard surface
- Tennis / basketball posts
- Surrounding fencing
- Other people
- Weather (too hot / cold / windy / rainy)
- Innappropriate footwear

Swimming Pool



- Too much chemicals put in the water
- Surrounding area is slippery
- Equipment left out in the pool
- Other participants
- Hard walls on the edge of the pool

General points for minimising injury when performing

- **Activity supervised**
 - qualified instructor / go with someone else
 - codes of behaviour
- **Correct clothing**
 - footwear / shoes / properly fastened clothing / fits well
- **Personal protective equipment / the right equipment**
 - Gum shield / helmet etc.
- **Risk assessment**
 - Follow health and safety procedures
 - Follow rules / no jewellery
 - Remove litter / leaves / faeces
- **Check equipment for faults**
 - Regular maintenance
- **Take the climate / weather / environment / surfaces into account**
 - (when planning / continuing) / keep track of where you are
 - appropriate pitch or surface
- **Activities suitable for the age / ability / experience of the participants**
- **Lift and carry equipment correctly**
- **Exercise / compete at appropriate level or fitness**
 - don't overdo it
- **Warm up / cool down**
 - stretching exercises
- **Use correct technique / skills**
- **Take telephone**
 - tell someone where you are going
- **Cover any cuts / abrasions with a plaster**
- Carry first aid equipment or have a first aider or qualified person on hand

PPE

