



BASKETBALL

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with basketball:

- Location (inside/outside) court
- Rough housing (referees)
- Ability (first timer, routine player)
- Shoes (over ankle/good soles)
- Fitness

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Is the location free of obstructions
- Does the location have proper lighting and court markings
- Possible broken bones
- More injuries associated with pickup basketball
- Over-the-ankle basketball shoes help prevent ankle injuries, tape or wear ankle support if needed
- Warm up prior to playing, ensuring stretching of the legs

Step 3: MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should develop risk control options. Start with the most serious risk first and select controls that will reduce the risk to a minimum consistent with mission accomplishment. Decide on some controls that can be employed to reduce or mitigate the hazards:

- No matter where you play, make sure court is free of hazards
- Don't play with hot heads
- Realize your ability and play to it
- Worn shoes can prevent good footing and cause slipping
- Warm up prior to play no matter what level you are at

With selected controls in place, decide if the benefit outweighs the risk. If risk outweighs benefits or if assistance is required to implement controls, communicate with higher authority in

the chain of command. You need to either accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 4: IMPLEMENT CONTROLS: Once you select appropriate controls, implement them! A plan is only good if it is followed.

Step 5: SUPERVISE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Basketball is a great way to have fun and we all deserve a break every now and then. Use operational risk management to make your experience fun, memorable, and safe. No one wants an outing to turn into a tragedy!

Member
Printed Rank/Rate/Name

Member Signature

Date