



FOOTBALL

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

- Holes, sprinklers and other debris in/or on the ground
- Having a heart attack (new player) from pre-existing condition or lack of physical conditioning
- Pick up games
- Pulled muscles or cramps
- Playing with existing injury
- Running into another player going for the same football
- Rough housing
- Un-sportsmanlike conduct
- Playing without rules
- Ability (first timer and routine players)
- Lacerations from rings and jewelry
- Playing drunk
- Chipped or broken teeth and other facial injuries

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
- Are you medically cleared to play
- Does the location have proper lighting and court markings
- Warm up prior to playing, ensuring stretching of the legs
- More injuries associated with pickup football
- What are the rules-Is it touch or tackle football
- Have other players been drinking

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:

- Inspect field for safe playing conditions

- See a doctor
- Go over the rules
- Wear rubber cleats
- Never play with existing injuries
- Call for the football
- Don't play with "hot heads"-Remove players if necessary
- Set rules before play
- Wear appropriate PPE for touch or tackle football
- Realize your ability and play to it
- Remove jewelry before play
- Always warm up before playing
- Don't drink and play

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 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. Football is a great way to have fun with co-workers, friends and family. Use operational risk management to make your experience fun, memorable, and safe. No one wants your touchdown to be the last!!!

Member
Printed Rank/Rate/Name

Member Signature

Date