



RACQUETBALL

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

- Uneven or cracked surfaces
- Having a heart attack (new player) from pre-existing condition or lack of physical conditioning
- Ability
- Twisted ankles from being too aggressive
- Hit in the eye with the ball
- Pulled muscles or cramps

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

- Has the court been inspected
- Are you medically cleared to play
- Over-the-ankle basketball shoes help prevent ankle injuries, tape or wear ankle support if needed
- Where's the eye ware
- Possible lost days due to injuries

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 the court
- See a doctor
- Go over the rules
- Use over the ankle footwear
- Inspect eye ware
- Always warm up before playing

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. Racquetball is a great way to have fun, release some excess energy and to stay in shape!

Member
Printed Rank/Rate/Name

Member Signature

Date