



## ULTIMATE FRISBEE/SPEEDBALL

**Step 1: IDENTIFY THE HAZARDS:** Let's look at the hazards associated with Ultimate Frisbee:

- Holes, sprinklers and other debris in/or on the ground
- Pick up games
- Pulled muscles or cramps
- Playing with existing injury
- Running into another player going for the same frisbee
- Rough housing
- Un-sportsmanlike conduct
- Playing without rules
- Ability (first timer and routine players)
- Lacerations from rings and jewelry
- Playing drunk

**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
- Warm up prior to playing, ensuring stretching of the legs
- More injuries associated with pickup Frisbee/Speedball
- What are the rules
- 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
- Go over the rules
- Never play with existing injuries
- Call for the Frisbee/Ball

- Don't play with "hot heads"-Remove players if necessary
- Set rules before play
- 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. Ultimate Frisbee is a great way to have fun with friends and family. Use operational risk management to make your experience fun, memorable, and safe. No one wants a friendly pick up outing to turn into a trip to the ER!!!

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Member  
Printed Rank/Rate/Name

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Member Signature

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Date