



Branston Pickleball Club Health and Safety Policy

Version 1.0

1 INTRODUCTION

1.1 This document is created to set out how the Club will provide duty of care, risk assessment, first aid, and emergency procedures, as well as to list details of meetings and training sessions.

1.2 For the purpose of safe Pickleball play at Club events the Club shall endeavour to:

- Undertake recorded risk assessments of all activities undertaken by the Club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all Members are aware of, understand and follow the Club's Health and Safety Policy.
- Ensure that emergency operating procedures are in place and known by all Members.
- Provide access to adequate First Aid facilities, a telephone and qualified first aider at all times.
- Report any injuries or accidents sustained during any Club activity or whilst on the Club premises.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

1.3 At the beginning of each Club session the Pickleball Lead or other nominated Member may complete a short safety briefing, depending on the venue and if there are new Members or players. This will include but is not limited to:

- General safe play guidelines;
- Location of benches / chairs for members to sit when not in play to avoid any incidents with members playing;
- Fire evacuation procedure; and
- First Aid provision and First Aid kit location.



2 GENERAL SAFE PLAY GUIDELINES AND PRINCIPLES

- 2.1 Appropriate Footwear: Players should wear appropriate clothing and closed footwear. Tennis or court shoes are recommended over running or training shoes.
- 2.2 Do not underplay your current physical condition or underlying injuries. Over exertion or "*Just one more game*" can cause unnecessary accidents.
- 2.3 Event organisers and Members should evaluate the general playing conditions at all times for obstacles or other hazards likely to cause injury. See Club Risk Assessment.(section 7)
- 2.4 Hydrate: Drink before, during and after play.
- 2.5 A period at the beginning of the session should be set aside for warm up and at the end of play for cool down including stretching before and after play. It is the Member's individual responsibility to use this time to consider their own needs and do what is appropriate for them.
- 2.6 Ball on Court: If a stray ball comes onto your court during play STOP play immediately, allow the ball to be retrieved and returned to the appropriate court and replay the point. If your ball goes onto another court call "Ball on Court!" immediately and clearly. Do not run onto another court to retrieve your ball but instead wait for someone on that court to retrieve and return the ball.
- 2.7 Do not walk behind another court whilst a rally is in progress but instead wait for the point to be played out.
- 2.8 When going to the back of the court to retrieve a lob, turn and run forwards, do not shuffle backward unsighted. It is also acceptable to sidestep to the back of the court whilst keeping your eye on the ball. This prevents injury to yourself and others.
- 2.9 If you see someone who displays signs of injury, dizziness, weakness or a lack of coherence, etc. this should be highlighted to the individual. Keep a general eye on them or recommend a break in play if you think it necessary and beneficial.
- 2.10 Be aware of and look out for safety hazards and warn others appropriately and quickly, even if interrupting the current point.
- 2.11 Consider wearing suitable eye protection.
- 2.12 If someone falls or is injured during a game, all play will STOP on all courts and the playing space cleared until the person's needs are addressed.
- 2.13 All members will be given an opportunity to declare any pre-existing medical conditions through a questionnaire, to allow us to support them properly. We will ensure that they are provided with appropriate equipment, as well as an assist of required.



3 FIRST AID

- 3.1 The Club will ensure that adequate provision is made for First Aid for Members, players and visitors
- 3.2 Training to 'Appointed First Aid Persons' will be given to relevant persons the Committee deem appropriate. This will enable these individuals to take charge of a medical emergency and summon professional medical help if necessary. (First Aiders will be listed in the Appendix)
- 3.3 It is the duty of the Committee, to ensure there is suitable and sufficient First Aid provision at training and games. Due to the Branston Pickleball Club's commitment to health and safety it will re-enforce these requirements and contribute to these responsibilities by ensuring that all Members know the location of First Aid provision. If items from the Club First Aid kit are used the Welfare Officer will ensure these are replaced.

4 ACCIDENT REPORTING

- 4.1 The Club will ensure that an Accident Book is available at all Club events. Any Member player or guest who suffers an accident whilst involved in a sports activity must ensure that the accident/incident is reported as soon as possible to the appointed First Aid person who will record the accident/incident in the Accident Book.
- 4.2 All incidents in the Sports Hall should also be reported to a member of the Venue Staff.
- 4.3 The Committee will review the accident book at each of their meetings and make any changes in playing provision as deemed necessary based on the nature of incidents or accidents that have taken place.
- 4.4 The Chairperson will include a report on Health and Safety and accident events as part of their annual report to the AGM.

5 PARTICIPANTS

- 5.1 New members should be briefed on the rules of Pickleball and safety procedures such as 'BALL ON COURT' before further training takes place.
- 5.2 Anybody attending the session and suspected to be under the influence of alcohol will not be allowed to train or coach until sober.
- 5.3 All players are responsible for ensuring that they are personally comfortable with the conditions of the venue before participating in any activity. Players should satisfy themselves that the environment is safe, suitable and appropriate for their own abilities and wellbeing. Any issues with the venue should be reported to the host.
- 5.4 Players are also responsible for wearing appropriate clothing, eye protection and footwear at all times.. This includes ensuring that the footwear provides adequate grip and support, and clothing is suitable for the activity being undertaken, allowing safe and



unrestricted movement.

- 5.5 By taking part in a pickleball activity, players acknowledge their own safety and agree to take reasonable steps to protect themselves and others.

6 EQUIPMENT

- 6.1 Current equipment used is owned by the club, including nets, paddles, rackets and balls.
- 6.2 Participants will be instructed on how to use equipment before training or play begins.
- 6.3 Any new equipment purchased by the club will be the responsibility of the Committee members, who will also ensure nets are properly and safely assembled before play begins.

7 RISK ASSESSMENTS

- 7.1 A risk assessment must be performed for each venue, and reviewed annually, including playing environment, surfaces, and any fixtures and fittings in the venue.
 - 7.2 The Session lead, appointed First Aid person or other appointed for each Club event will undertake a review prior to play to check there are no additional risks, e.g. water spills on the court from the prior users of the venue. Any remedial actions will be completed before the Club event will be authorised to start.
 - 7.3 The risk assessment sheets signed by the assessor will be retained for no less than 1 year by the Club Secretary. These copies will be held digitally.
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Appendix 1. Qualified First Aiders



Appendix 3. Version control and review cycle

Version	Date reviewed by MC	Formal review date.
0.1	Created by AF 15/01/26	
0.2	Reviewed by TB	22/02/26
0.3	Version for review by MC	
1.0	Issued 04/04/26	Dec 2026



Appendix 1. Sports Hall Risk Assessment example:

HAZARD	Who Might BeHarmed	Risk Identified	Action taken to mitigate the risk.
Water or other hazards on court	Anyone		
General equipment, Chairs, Tables Gym benches left out in unsafe positions.	Anyone		
Room Temperature	Anyone		
Basketball Rebound Boards not away	Anyone		
Bags brought by players	Anyone		
Food/Drink brought by players	Anyone		
Damage to Equipment	Anyone		
Fire exits clear and unlocked	Anyone		
Damage to electrical equipment, sockets etc.	Anyone		

Location

Assessed By Date