

*Hazard Review*

- **Strains, sprains**
- **Falls**

*Related Safe Work Practices*

- **Lifting and Body Mechanics**

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## BEFORE

1. Unless you are conducting a sports program, do not play sports while on duty. If it is necessary to participate in an activity such as skiing, bicycling, or other sports as part of conducting a program or chaperoning a trip, participate only as necessary to perform your duty. For example, when skiing, stay on the groomed path, and do not go on expert runs if not required by the program. Employees are not to participate in outside competitive sports, administer leagues, or participate in the same leagues during their work hours.<sup>1</sup>
2. Plan the activity ahead of time.
3. Ensure that the activity starts with a warm up.
4. Ensure the area where you will be coaching, demonstrating or refereeing is free of hazards or dangerous conditions. Check for things such as holes in the playing surface, loose tiles, buckled wood, wet spots or sharp objects. If you find a safety hazard and cannot fix it immediately, then avoid using that area and submit a work order to have the hazard fixed (being mindful to ensure no-one can get hurt while waiting for the repair to be made).
5. Ensure that the play equipment is safe. Check carefully before using.
6. Portable goals shall be anchored properly.
7. Know your sport so that you can anticipate potentially dangerous situations.

<sup>1</sup> RPD Industrial Investigation, EHS Case #3013, DOI 1/21/06. San Francisco Recreation and Park Department Employee Handbook for 3280 Assistant Recreation Director and 3284 Recreation Director, April 2005, Section 1, Item 4, p. 1

8. Ensure that the number of participants involved is not too high so as to compromise adequate supervision and safety.
9. When moving equipment, use proper body mechanics (see *Lifting and Body Mechanics*).

## DURING

1. Avoid teaching advanced skills too quickly or pushing players to do things that they are not reasonably capable of doing without risk of injury to themselves or others.
2. Give clear rules to avoid injury.
3. If you see a player doing something which is unsafe or inappropriate, stop them with verbal commands. Do not stop them physically.<sup>2</sup>
4. Wear any proper protective equipment and ensure it is in good condition and is properly adjusted.
5. Take breaks as needed so as to prevent exhaustion or dehydration.

## AFTER

1. Check surfaces and play equipment for damage resulting from play and use. Take damaged equipment out of service until it can be fixed. Report any problems or deficiencies with surfaces or facilities noted so that it can be fixed.

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### References:

1. "Strategies for Managing Risk", Coaching Association of Canada, website article (<http://www.coach.ca/e/tips/general/managingrisk.htm>).
2. "Risk Management Tips for Coaches", Coaches Manual, University of Newfoundland, website article (<http://www.uccs.mun.ca/~dgraham/manual/>).
3. "Creating a Safe Playing Environment for Your Athletes", National Center for Sports Safety, website article ([www.sportssafety.org/coach\\_printable.php?id=4](http://www.sportssafety.org/coach_printable.php?id=4)).

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<sup>2</sup> RPD Industrial Investigation, EHS Case #2996, DOI 1/10/06