

Boundless Basketball **Health and Safety Management Plan**



Introduction:

The purpose of this Health and Safety Management Plan is to outline the measures that will be taken to ensure the safety and well-being of all participants in Boundless Basketball's Training and Education Program. The plan outlines the responsibilities of all parties involved and the procedures to be followed in the event of an emergency.

Responsibilities:

Program Manager: The Program Manager is responsible for overall management of the program and ensuring that all health and safety measures are in place. They will also be responsible for conducting regular risk assessments and updating the Health and Safety Management Plan.

Coaches and Instructors: Coaches and Instructors are responsible for ensuring that the health and safety of all participants is maintained during training and education sessions. They will also be responsible for supervising participants and providing first aid in the event of an injury.

Participants: Participants are responsible for following all health and safety guidelines and reporting any concerns or incidents to the coach or instructor.



Health and Safety Procedures:

First Aid: The program will have a fully stocked first aid kit on hand at all times. Coaches and Instructors will be trained in basic first aid and CPR. In the event of an injury, participants will be immediately attended to by a coach or instructor.

Emergency Procedures: Coaches and Instructors will be trained in emergency procedures, including how to evacuate the building in the event of a fire. Emergency procedures will be reviewed with participants at the beginning of each session.

Risk Assessments: The Program Manager will conduct regular risk assessments to identify and mitigate any potential hazards. The results of these assessments will be documented and shared with all parties involved.

Health and safety risks associated with basketball training and education include:

1. **Physical Injuries:** Participants are at risk of sprains, strains, fractures, cuts, and bruises due to the physical nature of the sport.
2. **Concussions:** Participants may suffer head injuries, including concussions, due to collisions with other players or the floor.
3. **Overuse Injuries:** Repetitive movements and excessive training can result in overuse injuries such as tendonitis or stress fractures.
4. **Dehydration:** Participants may become dehydrated due to the physical exertion required in basketball, leading to heat exhaustion or heat stroke.
5. **Slip, Trip, and Fall Hazards:** Participants may slip, trip, or fall on the court, which could result in serious injury.
6. **Poor Equipment Maintenance:** Equipment that is not properly maintained or is in disrepair can pose a hazard to participants.
7. **Poor Lighting:** Poor lighting in the training or education facility can lead to accidents and increase the risk of injury.
8. **Infectious Diseases:** Participants may be at risk of catching or spreading infectious diseases due to close physical contact with others.

It is important to assess and minimize these risks through proper training, equipment maintenance, and hygiene measures to ensure a safe and healthy environment for participants in basketball training and education programs.



Hazard	Potential Harm	Likelihood	Control Measures	Monitoring/Actions	Responsibility
1. Physical Injuries: Participants are at risk of sprains, strains, fractures, cuts, and bruises due to the physical nature of the sport.	Sprains, strains, fractures, cuts, and bruises	Likely occurrence during training and games	Teach proper form and technique. Ensure players are using appropriate equipment. Gradually increase intensity and duration. Encourage players to speak up if they feel pain.	Observe the players during training and games. Adjust training plan as necessary. Respond to any injuries immediately.	Coaches, trainers, medical staff
2. Concussions: Participants may suffer head injuries, including concussions, due to collisions with other players or the floor.	Head injuries, including concussions	Possible occurrence due to collisions	Teach proper defensive techniques, such as staying low and keeping arms extended. Provide appropriate protective gear, such as helmets.	Observe the players during training and games. Respond to any injuries immediately.	Coaches, trainers, medical staff
3. Overuse Injuries: Repetitive movements and excessive training can result in overuse injuries such as tendonitis or stress fractures.	Tendonitis, stress fractures	Likely occurrence with excessive training	Monitor playing time and limit it accordingly. Encourage players to warm up and stretch before playing. Provide adequate rest and recovery time.	Observe the players during training and games. Monitor any complaints of pain. Adjust training plan as necessary. Report any injuries to appropriate personnel.	Coaches, trainers, medical staff
4. Dehydration: Participants may become dehydrated due to the physical exertion required in basketball, leading to heat exhaustion or heat stroke.	Heat exhaustion, heat stroke	Possible occurrence during prolonged outdoor training	Provide ample water and sports drinks. Encourage regular hydration breaks. Avoid training during the hottest parts of the day.	Monitor the players for signs of dehydration. Respond promptly to any signs of heat exhaustion or dehydration.	Coaches, trainers, medical staff, facility staff



Hazard	Potential Harm	Likelihood	Control Measures	Monitoring/Actions	Responsibility
5. Slip, Trip, and Fall Hazards: Participants may slip, trip, or fall on the court, which could result in serious injury.	Serious injury due to falls	Possible occurrence due to the nature of the sport	Ensure playing surface is clean and dry. Provide adequate footwear. Ensure no loose or hazardous equipment.	Inspect court before each session. Remove any hazards. Report any injuries or near-misses to the coach or appropriate personnel.	Coaches, trainers, facility staff
6. Poor Equipment Maintenance: Equipment that is not properly maintained or is in disrepair can pose a hazard to participants.	Hazard to participants	Possible occurrence if equipment is not maintained	Inspect equipment before use. Repair or replace any faulty equipment.	Inspect all equipment before use. Respond promptly to any equipment malfunctions or hazards.	Facility staff, coaches, trainers
7. Poor Lighting: Poor lighting in the training or education facility can lead to accidents and increase the risk of injury.	Increased risk of accidents	Possible occurrence in poorly lit facilities	Ensure adequate lighting in the facility.	Monitor lighting conditions. Respond promptly to any lighting issues.	Facility staff, coaches, trainers
8. Infectious Diseases: Participants may be at risk of catching or spreading infectious diseases due to close physical contact with others.	Risk of catching or spreading diseases	Possible occurrence due to close physical contact	Encourage players to wash hands regularly. Provide hand sanitizer. Ensure all equipment is disinfected after use.	Monitor players for signs of illness. Respond promptly to any illness or suspected contagious diseases.	Coaches, medic



Boundless Basketball **Health and Safety Management Plan**



Health and Safety Procedures (Continued):

Equipment and Facilities: All equipment and facilities used in the program will be regularly maintained and inspected to ensure they are safe for use. Any unsafe equipment or facilities will be removed from use immediately.

Hygiene: Participants will be encouraged to maintain good personal hygiene and to wash their hands regularly. Hand sanitizer will be available at all times.

Communicable Diseases: Participants and coaches who are suffering from a communicable disease will not be allowed to participate in the program until they have recovered.

Conclusion:

The Boundless Basketball Youth Training and Education Program & Services is committed to providing a safe and healthy environment for all participants. By following the procedures outlined in this Health and Safety Management Plan, we aim to minimize the risk of injury and ensure the well-being of all participants.

