



TW TENNIS

# HEALTH & SAFETY POLICY

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## **Main Aims:**

To ensure that players, parents and coaches are able to participate in tennis activities at our venues without any unnecessary risks to their health or safety.

**1. Risk Assessment & Court Safety** - Before every session, the designated coach should perform a "dynamic risk assessment" to ensure the area is fit for play.

- Surface Check: Ensure courts are free of debris (leaves, litter, moss) and standing water/ice, which are high slip hazards.
- Equipment Inspection: Check that nets are at the correct height, net posts do not have protruding winders, and tennis balls/rackets are in good repair.
- Clear Boundaries: Keep all bags, water bottles, and spare equipment at the back of the court or in designated areas to prevent tripping.
- Weather Monitoring: Halt play immediately if conditions become dangerous (e.g., lightning or extreme heat).

**2. Session Management & Ratios** - To maintain control and safety, adhere to the following operational standards:

- Coach-to-Player Ratios: Follow [LTA guidelines](#) for supervision. Typically, this is 1 coach to 12 children with an assistant or volunteer, or lower ratios (e.g., 1:8 or 1:6 depending on the age and skill level).
- Warm-ups/Cool-downs: Every session must begin with a proper warm-up to prevent muscular injuries and end with a cool-down.

- Medical Information: Maintain an up-to-date register of players, including any known medical conditions (e.g., asthma, allergies) and emergency contact details.
- Player Attire: Ensure all participants wear [non-marking tennis trainers](#) to prevent ankle injuries and court damage.

### **3. First Aid & Incident Reporting**

- First Aid Provision: A [first aid kit](#) must be accessible at the courtside during all sessions. The lead coach must hold a valid Emergency First Aid at Work certificate.
- Accident Book: all serious injuries must be logged in the TW Tennis accident report book that is held by the senior coach on site
- Communication: Always have a charged mobile phone available on court to call for help if needed.