

Carpet Skiing Safety Guide

When planning for the safe running of this game, you may want to consider the following as part of your Risk Assessment:

Minimum Safety Rules:

- Site Check done before the game to remove hazards/debris.
- Youth Leaders will be supervising the game players and audience.
- Game is controlled by a Referee.
- New players have rules explained to them before play.
- Rough play and obstructive behaviour results in a participant being asked to sit out for a specified time.
- Ensure that players are wearing clothing that covers arms and legs as being dragged across the carpet can cause injury/carpet burn.
- Ensure players are aware of what they need to do to safely navigate the area. Eg: point out potential crash obstacles, ensure shoes are worn, ensure adequate lighting and ventilation, wear PPE such as helmets/padding if this is safer.
- Ensure players know how they can tap out and get help if desired/injured.
- Ensure players do not over-heat or over-exert themselves to the point of health risk.
- First Aid is available.

Remember, the best way to document your plans for safety is to prepare a Risk Assessment. Investigate how best to write these by searching the web for guides applicable to your State or region. A useful web search is "workplace health and safety risk assessments [name of your State or region]".

As a starting point, you can use the above to help you in preparing your Risk Assessment but this is a starting point only. You must also consider the legislation/policy of your State and organisation. And don't forget you also need to assess the hazards in your variation of the game, the venue you will be using, other environmental factors, and your knowledge of the numbers and abilities of young people participating in your game...and watching it enthusiastically!!

If you're looking for a simple online tool to document and store your Risk Assessments, then check out www.riskezi.com. This cloud based tool is fully customisable to your Church or Group.