



SOUTHWELL u3a OUTDOOR/INDOOR SPORTING RISK ASSESSMENT CHECKLIST

Interest Group Pickleball	Date: 15th July 2025
Name of person completing risk assessment checklist: Rob Lancaster	
Description of Activity: Pickleball is a racket or paddle sport in which two or more usually four players use a smooth faced bat to hit a perforated hollow plastic over a net around 34 inches high net until one side wins a point. It will be played at Southwell Leisure Centre on a badminton court, with the net lowered to broadly the correct height. It was invented in 1965 as a children's backyard game in the with players scoring points only when they are serving. Aspects of the sport resemble tennis and table tennis on a badminton court. It is believed to be the fastest growing sport in the USA and is growing in popularity in the UK. – Source Wikipedia	

This checklist is to help in the planning for an outdoor sporting activity. This isn't an exhaustive list, so think carefully about any specific risks you may encounter. It is likely that you will need to add to this risk assessment checklist. This form can (and should) be altered to suit specific activity requirements.

	Risk Assessment Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Member wellbeing and safety	Have you taken a register of participants?	*			
	Do you have the emergency contact details of each attendee if members are happy to provide this information?	*			
	Have you checked the weather to ensure that it is suitable for this u3a activity to go ahead?			*	
	Do all participants have access to water?	*			
	Have all participants removed loose jewellery (if appropriate)?	*			Advised to do so in introductory letter which will be signed by each member
	Are all participants wearing suitable clothing/footwear?	*			Advised to so in introductory letter which will be signed by each member
	Participants encourage to report any unsafe conditions	*			Advised to so in introductory letter which will be signed by each member





	Have participants appropriately warmed up?	*			We have a group warm up prior to starting the session. Advised to take part in introductory letter signed by each member
	Have participants had the opportunity to make the group leader aware of any illnesses that may impact their participation and what actions should be taken if illness occurs? Note, this is not an obligation on members.	*			Requested in advance of members playing their first game when they request to join. Confirmed in the introductory letter.
	Is there a space for participants who need to take a break?	*			Benches in the Sports Hall or chairs in the reception area.
	Is there a first aid box that is easy to access and fully stocked?	*			Available via Sports Centre staff.
	Participants made aware that Pickleball is played at their own risk and U3a is not liable for injuries or damage that may occur	*			Advised to so in introductory letter which will be signed by each member
	Participants advised to follow our code of conduct emphasising sporting behaviour, respect and courtesy towards each other, players, staff and spectators	*			Advised to so in introductory letter which will be signed by each member
	Participants required to use equipment that is in good condition and suitable for Pickleball, as well as to follow rules related to court usage and equipment handling	*			Advised to so in introductory letter which will be signed by each member
	Are participants aware in the event of a serious incident, they should call emergency services even if there is a trained first aider present?	*			Will be informed by sharing this risk assessment to all players.
Activity area/ public space	Is the activity taking place in an area specifically designed for this activity (e.g., a tennis court)?	*			Badminton Court.
	Is the activity area suitable for the activity taking place?	*			Badminton Court.
	Is the activity area accessible to participants?	*			Need to explore how to create a wheelchair accessible version of Pickleball.
	Is the activity area accessible to emergency vehicles?	*			





	Have you inspected the ground and activity area for hazards?	*			
	Have you removed any hazards in the activity area if safe to do so?	*			
	Are spectators a safe distance away from the activity area?	*			Only spectators will be players resting between matches.
	Is there a secure area to store participants' belongings during the u3a activity?	*			Lockers available at the centre.
Equipment	Is the equipment in good condition and fit for use?	*			New equipment purchased from 27 March 2025.
	Have participants received a demonstration on how to use equipment correctly?	*			Will do at the Taster session & any time new members join.
	Is there the correct equipment/vehicle to transport heavy items required for the activity (if applicable)?			*	
	Is there a lockable storage or secure area to store equipment when not in use (if applicable)?		*		There is but the leader, deputy leader or co leaders will take home.

u3a	Day Trip Risk Assessment Checklist	The Third Age Trust
This Risk Assessment must be checked annually and amended as needed		
Please send any updates to the webmaster		

