

## **BTA Risk Assessment form (raf/bta/crj 20.03.2011)**

This Risk Assessment form should be given to all coaches and facilitators of events within the tennis courts of the Busbridge Tennis Association (BTA)

Dr Chris Jagger, the Health and Safety Officer, has drawn up the following risk assessment regarding tennis play on the BTA courts in the Holloway Hill recreation ground.

Whereas the risks in playing tennis far outweigh the benefits to health, the following injuries or scenarios can occur and should be communicated to all coaches and facilitators of events on the courts. They include the following:

- Minor bruises/soft tissue injuries or grazes
- Ankle injuries – sprains or forced inversion injuries causing ligamentous rupture or fracture to tibia/fibula
- Falls onto outstretched hands (FOOSH) causing either sprains or fracture to radius/ulna or to scaphoid bone
- Pulled muscles particularly gastrocnemius in the calf
- Rupture of Achilles tendon
- Eye injuries from direct impact from tennis ball
- Head injury (only rarely)
- Cervical spinal injury (neck) also rare
- Low back pain and acute lumbar strain
- Heart attacks
- Strokes
- Asthma attacks in susceptible subjects
- Nose bleeds (epistaxes) may rarely occur