



INDOOR SPORTING RISK ASSESSMENT CHECKLIST

u3a Name: Coquetdale	Date: 09/09/2026
Name of person completing risk assessment checklist: Barry Frost, Dave Fleet	
Interest Group: Pickleball	
Description of Activity: Indoor Pickleball, initially on a reduced size court and other practical limitations. Checklist for both the Activity Co-ordinator (C) and Participant / Observer Members (P)	

-	Risk Assessment Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
(C) Co-ordinator Checklist		Yes *			Every session will have a register taken at the start and checked at the end.
Member wellbeing and safety	Have you taken a register of attendees?				
	Do you have the emergency contact details of each attendee if members are happy to provide this information?	Yes*			This will be available also to a nominated deputy if needed when the Group Coordinator is not present
	Have you checked the weather to ensure that it is suitable for this u3a activity to go ahead?	Yes*			Played inside. Adverse weather may affect participants' travel.
	Have you informed all participants of the limitations of play?	Yes*			Participants are made aware of the limitations and participate at their risk.
	Are all attendees wearing suitable clothing/footwear?	Yes			This is an expectation. All participants are advised to wear suitable clothing and footwear.
	Have attendees appropriately warmed up?	Yes*			This is NOT an integral part of the activity. However, attendees are advised they must judge they are within their own range at all times.
	Have attendees 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.	Yes*			Participants will be asked in advance.





	Is there a space for attendees who need to take a break?	Yes			Always.
	Is there a first aid box that is easy to access and fully stocked?	Yes			Yes. There is a box in the facility.
	Are attendees aware in the event of a serious incident, they should call emergency services even if there is a trained first aider present?		No		This will be advised before sessions.
Activity area/ public space	Have you carried out a previous inspection of the facility, (Reconnaissance), for any significant hazards?	Yes			Yes. It will be checked before each use as other users may have moved items.
	Will the facility be accessible to emergency vehicles?	Yes			Yes. The hall has good access.
(P) Member Checklist (All participants must say 'yes' to these before taking part)	Make an informed decision whether you can take part in the activity without adverse risk to yourself or to others.				See also previous answers and the section on 'Other identified risks' below.
	Have you provided the Co-ordinator of an emergency contact name and number?				
	Have you read the description of the activity, as provided by the Co-ordinator?				
	Ensure you are appropriately dressed and are wearing appropriate footwear.				If leader determines these are not appropriate, the member will be advised.

Other identified risks:	What will you do to mitigate these risks?
This provision uses a facility which is not purpose-built, rather adapted for pickleball on a reduced-size court, with limited boundary areas and equipment stored nearby.	Participation is on the acceptance of the limitations, and play within these. Participants are advised that this provision is more suitable for players who are new to the sport or happy to play safely within the limitations, and made aware that there are facilities for more serious/competitive players in Alnwick/Morpeth.

u3a	Indoor Sporting Risk Assessment Checklist		The Third Age Trust
Version	Description of changes	Date of change	Review date
1.0	Original Checklist	12.09.2022	12.09.2023
2.0	New Pickleball Risk Assessment for Coquetdale	07/09/2026	

