

Safety Facility Checklist

Venue:		Date:		Session:	
Group:			Coach/es		
Training venues should be of adequate size taking account of wrestling training activities and participants:			Remarks	✓ or ✗	
Unused equipment stored away (Location)					
Fire escape & prevention systems in place and in working order					
Signs affixed and illuminated					
Wall mats installed where walls, edges or other objects protrude near the matted area					
Enough free space around the mat(s) - check direction of participants on or around the activity					
Wrestling mats must:			Remarks	✓ or ✗	
be firmly secured together (no gaps)					
be a minimum of 40mm depth and in good condition					
be disinfected before each session (recently)					
be of enough size (area) to the number of practitioners and the tasks scheduled					
be a no-go area for outside footwear					
not be an area for people (particularly children) during wrestling practice					
Safe practice:			Remarks	✓ or ✗	
List any safety considerations regarding the technique or training goals of the day:					
What is the ratio coach : participants today? Is it safe?					
Please note any other risks to your training environment:					
Hazards noted:			Action taken and when:		
Coach Signature:			Date:		

Risk Reduction Matrix

