



Risk Management *Tips*

Outlining the Rules for Sports

Whenever organizations engage in sports and other fitness activities, it is important to educate participants on proper rules of play and ensure that comprehensive supervision is provided throughout the activity. Post signs outlining behavioral expectations in the gym, and discuss rules associated with any outdoor activity before allowing kids to engage in a game. Other recommendations for fitness-related activities include:

- Properly plan the activity
- Give thorough instructions
- Maintain a safe physical environment
- Furnish adequate and suitable equipment
- Match athletes by ability, age, and size
- Evaluate athletes for injury or incapacity
- Supervise the activity closely
- Warn of inherent risks
- Provide appropriate emergency assistance



If you have a safety or risk management question or a suggestion for a topic, please contact Markel's Risk Management Department at safety1st@markelcorp.com.