

ULTIMATE FRISBEE

Ultimate Frisbee is a fast-paced, non-contact team sport where players advance a disc toward an endzone without running, relying on precision passing and tactical pivoting. Possession flips instantly on a dropped pass or interception, making it a high-energy game of strategy, endurance, and skill.

KEY INFO

Location: Outdoor large
Type: Wide Active Teams
Group size: 10-30
Age: 8+
Play time: 15-30 mins
Difficulty: Medium
Leader: 2+

MATERIALS

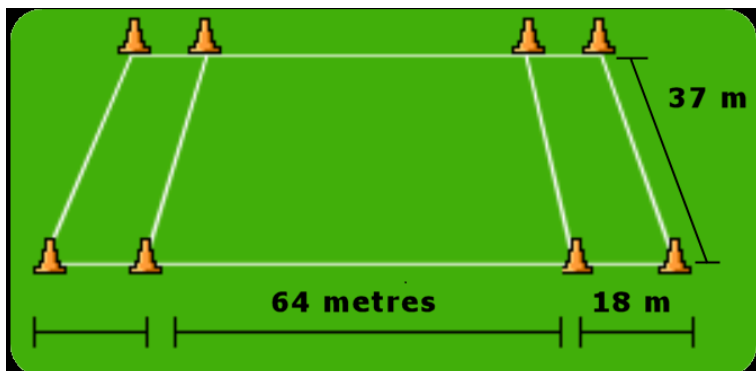
Frisbee
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HOW TO PLAY

First Step - Complete attached Risk Assessment based on the instructions below and mitigate risk by addressing hazards

Layout:

1. Split groups into 2 Teams.
2. The match is started by a “pull” where one side throws off to the other. Both teams must be in their endzone and cannot leave until the frisbee is released.
3. A player cannot run with the disc and must stop as soon as they receive it, although they may pivot on one leg (ala netball).
4. If a pass hits the floor, is intercepted or is caught out of bounds possession goes to the other side.
5. A player in possession has 10 seconds in which to pass the disc or they cede possession to the opposition. The defender (marker) makes the count.
6. Ultimate Frisbee is a non-contact sport and defenders may only stand within three metres of the disc-holder.
7. A point is scored by catching the frisbee in the opposite endzone.
8. Team with the most points wins.



ACTIVITY RISK ASSESMENT

Activity Name and Description:	ULTIMATE FRISBEE Ultimate Frisbee is a fast-paced, non-contact team sport where players advance a disc toward an endzone without running, relying on precision passing and tactical pivoting. Possession flips instantly on a dropped pass or interception, making it a high-energy game of strategy, endurance, and skill.	Please ensure risk assement is edited and completed considering your delivery context and location. Adherence to mandatory Safe Church requirements is essential. Failure to do so may result in insurane cover not being extended in the case of a claim	
Activity Location:		Activity Date:	
Ministry / Dept. Responsible:		Person Responsible:	
Assessors:		Assessment date:	

Tasks	Risks/Hazards	Likelihood	Consequence	Risk Rating	Proposed Control Measures	Responsibility
List each of the tasks for the activity	List the risks/hazards associated with each task	(L1-L5)	(C1-C5)	(L/M/H)	Nominate Control Measures	Nominate the person responsible.
Trips, falls and impact injuires such as ball in the face	Broken bones, dislocated limbs, sprains, bruises, cuts and abrasions or concussion	L3	C3	M	Clear activity instructions to be provided before commencing activity. (Instructions and briefing to be provided by Activities Coordinator) Activities will be supervised by a minimum of 2 volunteers. Youth will be asked go sit out if displaying inappropriate behaviour.	
add additional for any identified in your location						

ACTIVITY RISK ASSESSMENT second page delete



if not required

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RISK LIKELIHOOD & CONSEQUENCE FACTORS AND VALUES

LIKELIHOOD FACTORS

	Factors	The hazard / risk is possible but is not expected to occur.
L5	Almost certain	The hazard / risk is possible but is not expected to occur.
L4	Likely	The hazard / risk is possible but is not expected to occur.
L3	Possible	The hazard / risk is possible but is not expected to occur.
L2	Unlikely	The hazard / risk is possible but is not expected to occur.
L1	Rare	The hazard / risk is possible but is not expected to occur.

CONSEQUENCE FACTORS

	Factors	Values
C5	Extreme	Death; high financial loss; sustained national media coverage
C4	Major	Extreme / permanent Injuries (significant hospitalisation); major financial loss; major negative state media
C3	Moderate	Medical treatment required (may involve hospitalisation); moderate financial loss; some state media, sustained local media
C2	Minor	First Aid treatment on site; minor financial loss; one off digital media, TV or newspaper coverage
C1	Insignificant	No injuries or treatment; low or no financial loss; one off local media coverage

RISK ANALYSIS & ESCALATION

RISK MATRIX

Consequence

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	C1 Insignificant	C2 Minor	C3 Moderate	C4 Major	C5 Extreme
L5 Almost certain	Low	Medium	High	High	High
L4 Likely	Low	Medium	Medium	High	High
L3 Possible	Low	Medium	Medium	High	High
L2 Unlikely	Low	Low	Medium	Medium	High
L1 Rare	Low	Low	Low	Medium	High

Please ensure the sign in sheets are kept for each week and a dated log of when a game is played is recorded in case of injury claim

RISK ESCALATION & COMMUNICATION OPTIONS

Risk Rating	Escalation and Communication
High	Immediate escalation to church leadership (Board); active remediation activities in place; regular frequent (weekly) monitoring. Consider running alternative activity if control measures do not lower risk rating
Medium	Church management team advised; active mitigation plans in place; regular (monthly) monitoring as part of existing meetings
Low	Local management team monitoring; lower priority remediation activities. Ensure delivery as per instructions