



## Nottingham Croquet Club Guidance for Safe Play

Croquet is not a risky sport but there are potential hazards that you should consider.

### First Aid and Emergencies

The club's first aid box is located in the kitchen in the East (croquet) pavilion.

The nearest A&E department is at Queen's Medical Centre at the city end of University Boulevard, just 5 minutes drive away.

### Lawn treatments

Lawns may be treated with toxic chemicals. Hands should be washed after handling balls and particularly before eating. The groundsman will indicate which lawns have been treated recently on the blackboard in the East pavilion and may request that these lawns are not used. This should always be heeded.

### Mallets

Mallets weigh approximately 3 pounds (or 1.4 kg.). If you hit your ankle or shin it will be very painful.

Never throw down a mallet casually or in temper. Apart from the likelihood of damaging the lawn, and the risk of injuring someone, you could end up with a large bill for replacing a broken mallet.

Injuries to wrists, elbows, shoulders and backs can result from errors of technique. If you find you are starting to get aches and pains ask someone to look at your technique and make suggestions before the injury become debilitating.

### Hoops

Tripping over hoops may look funny from a distance but can be very dangerous; remember that all that furniture on the lawn that is forever getting in the way of your shots is equally unforgiving to legs. Never walk backwards without looking behind you first.

Lifting hoops can take real strength, so we have 2 hoop lifters located by the manager's desk in the East pavilion to save our backs!

### Stop boards

Stop boards will generally stop balls but occasionally a ball may hit the foot and launch into the air. Do not walk in front of someone taking a shot and never sit on the ground with your back to a lawn where there is a game in progress.

Stop boards will also stop you if you are not looking where you are going!

### Double banking

When double-banking the players should always be aware of what is happening in the other game. In particular do not walk on or off the lawn without looking, alert the other striker if you are about to send a ball close to them and watch out for long shots in the other game.

### Equipment trolleys

Be careful when wheeling a trolley and take extra care when going up or down the steps or ramp to the pavilion. Be aware of cyclists and pedestrians when crossing between the East and West lawns.

### Pavilion

Keep out of the kitchen when food is being prepared and cooked. Watch out for slippery floors when wet.