

DOES YOUR CHURCH OFFER RECREATIONAL ACTIVITIES?

Archery

Archery is an activity that has been around for centuries; however a bow and arrow are still lethal weapons and should be treated that way when offering archery as an activity. If the appropriate rules and regulations are in place and appropriately followed, archery can be one of the safest recreational activities you'll offer.

Recommendation(s):

To make your archery activities safer, consider the following:

- All individuals taking part in the archery shoot should be familiar with the archery equipment prior to shooting.
- The archery range should be supervised by an approved/certified archery instructor and trained assistants.
- There should be one properly trained staff member for every three participants.
- Participants and observers within the range should be required to wear eye protection.
- Wait for verbal approval from the individual in charge before beginning to shoot.
- After shooting has been completed, wait for the individual in charge to signal it's clear before heading to targets to retrieve arrows.
- The ground should be flat, and free of obstructions.
- Backstops should be a minimum of 20 feet high. If no backstops are provided, the safety area behind the target at the longest distance should be no less than 40 yards.
- Each shooting lane should be at least 10 feet wide.
- There should be safety (buffer) lanes along the side boundaries of not less than 15 yards.
- The range should be located away from other buildings/activities in the area.
- There should be perimeter marking of the range in place to warn outsiders of the dangerous area.
- Safety rules should be posted and enforced within the range.
- Archery equipment should be stored under lock and key.

Tasks:

1. Archery Safety

Compare your current archery rules and regulations with the provided safety recommendations on archery to determine if any changes should be made with your current archery procedures that would increase the safety of the activity.

Hay Rides

When the fall season arrives, the popularity of hayrides as fundraisers or social events increases. However, reports of accidents involving hayrides have been on the increase over the past several years. These events need to be well organized and carefully monitored, so that a fun outdoor activity doesn't turn into a tragedy.

Recommendations:

To help keep your hayrack rides safe, consider the following:

- The hayrack ride should be properly supervised.
- The truck or tractor and hayrack should be in good condition.
- The hayrack should be properly attached. Never attach more than one rack behind the vehicle.
- Never pull the hayrack at an increased speed where the hayrack will sway out of a straight line.
- The truck or tractor should be equipped with an appropriate hitch.
- Safety chains should be installed to ensure the hayrack does not disconnect while in motion.
- Public roads should not be used.
- Any routes should be inspected for hazards.
- Drivers should be trained or have experience with operating any of the vehicles or equipment.
- Driver should do practice run of the route before taking any passengers.
- All rules should be explained to all passengers before the ride begins.

Tasks:

1. Hayrack ride safety

Compare your current hayrack ride rules and regulations with the provided safety recommendations on hayrack rides to determine if any changes should be made with your current hayrack ride procedures that would increase the safety of the activity.

Horseback Riding

Horseback riding is great exercise for the entire body. But if you do not take appropriate precautions, you can be seriously injured while riding. According to the National Electronic Injury Surveillance System (NEISS), more than 48,000 people were treated in hospital emergency rooms for horseback riding injuries in 2017. The majority of the injuries occurred from either falling or being thrown from the horse. Broken bones, bruises, sprains and contusions are the most common types of injuries, however many of these injuries could have been prevented by being aware of potential hazards and using safe horseback riding practices.

- Always wear appropriate clothing, including long pants and long sleeved shirts.
- Wear an ASTM approved riding helmet. Numerous agencies and safety committees cite that the majority of rider fatalities are due to head injuries.
- Wear appropriate footwear. If there is a potential the rider's foot could fall through the stirrup upon a fall from the horse, safety [stirrups](#) or cages should be utilized to keep the rider from being dragged.
- Riders should be matched with a suitable horse for their riding skill level.
- Take a lesson (or several) from a qualified instructor. As with most activities, you'll perform the best when you receive expert guidance.
- Always ride in complete control.
- As with cars or bikes, the faster you go the faster things can go wrong.
- Always communicate the route that will be followed and an approximate time of return.
- If possible carry a cell phone or two way radio.
- Never ride alone.
- When riding in a group, always ride the speed of the least experienced rider.
- Prior to riding, always inspect all horseback riding equipment for condition and check that it is securely fastened.
- Be sure the saddle and stirrups are appropriate for the size of rider and are properly adjusted.
- Horses will spook from sudden noises and movements. Stay alert for anything that might startle your horse and be prepared to respond quickly.
- When trail riding, be aware and pay attention to trail hazards such as overhanging branches, holes, fence lines, water crossing and steep terrain.

Tasks:

1. Horseback riding safety

Compare your current horseback riding rules and regulations with the provided safety recommendations on horseback riding to determine if any changes should be made with your current horseback procedures that would increase the safety of the activity.

Paintball

Paintball is becoming more and more popular, with more than 10 million people playing annually in the United States alone. Nearly 21,000 individuals reported injuries last year while participating in paintball. However with any sport, paintball can be a very safe activity if the appropriate rules and regulations are in place to ensure that the players remain safe. All players should be familiar with these rules and regulations prior to participation.

Recommendations:

To make your paintball activities safer, consider the following:

- Before any participant is allowed to participate, have them consult a doctor for a physical exam. The doctor can help assess if a participant may have any special injury risks.
- All players should conduct warm up drills and stretch before playing.
- Paintball should only be played on a designated paintball course.
- Always wear proper eye, face and ear protection designed especially to stop paintballs. Keep your mask (full face mask, not just goggles) on at all times.
- Never shoot a person who is not wearing proper protection.
- Never shoot someone with the barrel directly touching their body.
- Treat every paintball marker as if it were loaded.
- Never look down the barrel of a paintball marker.
- Never point the paintball marker at anything you don't wish to shoot
- Keep the paintball marker on safe until ready to shoot.
- Keep the barrel plug in the paintball marker's muzzle when not shooting.
- Always remove gas source before disassembly.
- Store the marker unloaded and de-gassed in a locked place.
- Follow the manufacturer's warnings listed on gas source for handling and storage.
- Never use ammunition other than what the manufacturer recommends for your particular marker.
- Do not shoot fragile objects such as windows.
- Always measure your markers velocity before playing paintball.
- Never shoot at velocities in excess of 300 feet per second.
- Do not modify your marker's pressurized air system or cylinder in ANY way. Never try to take a tank apart to try and repair it. Take it to someone who is qualified to do it.
- The game should be appropriately supervised with at minimum of two adults for every 10 participants.

Tasks:

1. Paintball safety

Compare your current paintball rules and regulations with the provided safety recommendations on paintball to determine if any changes should be made with your current paintball procedures that would increase the safety of the activity.

Water Skiing and/or Tubing

Water skiing and tubing are popular sports with high potential for injury due to rapid boat acceleration, lack of protective gear and waterway obstacles. However, the potential for a severe injury can be reduced by simply following a few safety guidelines before water skiing or tubing.

Recommendations:

To keep your water skiing/tubing activities safe, consider the following:

- Before begging to ski, the boat and ski equipment should be inspected to determine if they are in good shape.
- ALWAYS wear a Coast Guard-approved personal floatation device (life jacket).
- Someone other than the driver of the boat should act as a spotter. The driver should watch the lake, not the skier.
- Always re-check your towline prior to a new skier beginning.
- Maintain a reasonable, safe speed at all times and keep an alert eye open for other boats and watercraft.
- Keep an adequate distance from any docks, other boats or other potential hazards.
- The skier should be trained to be alert for cross-wakes, partially submerged objects, swimmers, rafters, or anything that might come between you and the boat.
- When a skier falls, return without delay. Approach with caution from the driver's side so the skier is always in view and on your side of the boat. NEVER back the boat up to a person in the water. The engine should be shut off when you are near the skier so there is no danger from the propeller.
- Do not ski at night or in restricted areas.
- Never take anyone skiing who cannot swim.
- Know the local weather conditions. Any water activities should be stopped as soon as a storm is heard or seen as water conducts electricity.
- Hand signals should be discussed with those individuals in the boat prior to skiing.

Tasks:

1. Water skiing/tubing safety

Compare your current water skiing/tubing rules and regulations with the provided safety recommendations on water tubing/skiing to determine if any changes should be made with your current water skiing/tubing procedures that would increase the safety of the activity.

Riflery

Recommendation(s):

To make your riflery activities safer, consider the following:

- Participants should have completed a gun safety course and be 16 years of age or older.
- The riflery instructor should be National Rifle Association-approved and have trained assistants.
- There should be one trained staff member for every two participants.
- Participants and observers within the range should be required to wear eye and ear protection.
- The range should be located away from other buildings/activities in the area.
- There should be perimeter marking of the range in place to warn outsiders of the dangerous area.
- Safety rules should be posted and enforced within the range.
- Access to firearms and ammunition should be controlled.
- Backstops should be a minimum 30 feet high and free of objects that could ricochet fired ammunition.
- Side hills should be a minimum of 12 feet high.

Tasks:

1. Riflery safety

Compare your current riflery rules and regulations with the provided safety recommendations on riflery to determine if any changes should be made with your current riflery procedures that would increase the safety of the activity.

Winter Activities

Nearly 10 million people will participate in alpine skiing more than once a year and up to 2.5 million snowboard each year. The U.S. Consumer Product Safety Commission (CPSC) estimates that 84,200 skiing injuries and 37,600 snowboarding injuries are treated in hospital emergency rooms in the United States on an annual basis, including approximately 17,500 head injuries. However, the most common skiing-related injuries are knee and ankle sprains and fractures. While most skiing and snowboarding injuries occur among adults, the majority of sledding-related injuries are among children five to 14 years-old. More than 14,500 children in this age group are treated for sledding-related injuries in the United States on an annual basis. Skiing, snowboarding, and sledding can be great fun and are terrific ways to exercise, but can be very risky if the appropriate safety measures are not taken. Before heading out to participate in any type of winter activities, make sure all individuals are properly informed on their responsibilities before they hit the slopes.

Recommendation(s):

Skiing/Snowboarding

Before you get on the slopes

- Before you get out on the slopes, be sure you're in shape. If there are any health related issues that could affect the participant's ability to take part, have them consult their doctor. The doctor can help assess any special injury risks.
- Take a lesson (or several) from a qualified instructor. As with most sports, you'll perform the best when you receive expert guidance.
- Obtain the appropriate equipment. Be sure that your equipment is in good condition and have your ski or snowboard bindings adjusted correctly at a local ski shop. (Extra tip for snowboarders: wrist guards and knee pads can help protect you when you fall.)
- Wear a helmet specifically designed for skiing or snowboarding to prevent head injuries from falls or collisions.
- When buying skiwear, look for fabric that is water and wind-resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and to keep the wind out.
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm.
- Protect your skin from the sun and wind by using a sun screen or sun block. The sun reflects off the snow and is stronger than you think, even on cloudy days!
- Always use appropriate eye protection. Sunglasses or goggles will help protect your vision from glare, help you to see the terrain better, and help shield your eyes from flying debris.

When you're on the Slopes:

- The key to successful skiing and snowboarding is control. To have it, you must be aware of your technique and level of ability, the terrain, and the skiers and snowboarders around you.
- Take a couple of slow ski or snowboard runs to warm up at the start of each day.
- Ski or snowboard with partners and stay within sight of each other, if possible. If one partner loses the other, stop and wait.
- Stay on marked trails and avoid potential avalanche areas such as steep hillsides with little vegetation. Begin a run slowly. Watch out for rocks and patches of ice.
- Be aware of the weather and snow conditions and how they can change. Make adjustments for icy conditions, deep snow powder, wet snow, and adverse weather conditions.
- If you find yourself on a slope that exceeds your ability level, always leave your skis or snowboard on and side step down the slope.
- If you find yourself skiing or snowboarding out of control, fall down on your rear end or on your side, the softest parts of your body.
- Drink plenty of water to avoid becoming dehydrated. Drinking plenty of fluids will also help reduce the chances of coming down with altitude sickness.
- Avoid alcohol consumption. Skiing and snowboarding do not mix well with alcohol or drugs. Beware of medicines or drugs that impair the senses or make you drowsy.
- If you're tired, stop and rest. Fatigue is a risk factor for injuries.
- Prior to using any lift, you must have the knowledge and ability to load, ride, and unload safely
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail or are not visible from above.

Sledding:

The following safety guidelines to improve sledding safety for children:

- Sled only in designated areas that are free of fixed objects, such as trees, and fences.
- Adequate supervision should be provided.
- All participants must sit in a forward-facing position, steering with their feet or a rope tied to the steering handles of the sled. No one should sled head-first down a slope.
- Do not sled in areas where the end of the slope turns into a street, parking lot, rapidly drops off or ends into a river or pond.
- Children under 12-years-old should always sled wearing an appropriate helmet.
- Wearing layers of clothing will provide better protection from injuries.
- Do not sit/slide on plastic sheets or thin sleds that can be easily pierced by objects on the ground.
- Sled with runners and a steering mechanism are safer and should be used over toboggans or saucer sleds.
- If sledding is conducted in the evening, sled only in areas with good lighting.
- Make sure First Aid is available and supervisors are trained in how to handle emergency situations.

Ice Skating:

- Wear appropriate skates that are in good condition and fit properly.
- Have the blades professionally sharpened at the beginning of each season.
- Skate only on specially prepared skating areas where you are sure the ice is strong enough to withstand your weight.
- Always check for cracks, holes and other debris.
- Take a lesson (or several) from a qualified instructor. As with most sports, you'll perform the best when you receive expert guidance.
- Wear warm clothing and rest when you become tired or cold.
- Adequate supervision should be provided.
- Make sure first aid is available and supervisors are trained in how to handle emergency situations.

Tasks:

1. Winter Activities-Skiing/Snowboarding/Tubing/Sledding/Ice Skating safety

Compare your current winter activities-skiing/snowboarding/tubing/sledding/ice skating safety rules and regulations with the provided safety recommendations on winter activities-skiing/snowboarding/tubing/sledding/ice skating safety to determine if any changes should be made with your current winter activities-skiing/snowboarding/tubing/sledding/ice skating safety procedures that would increase the safety of the activity.

Baseball and/or Softball

Baseball, softball and t-ball are among the most popular sports in the United States, with an estimated 6 million children ages 5 to 14 participating in organized leagues and 13 million children participating in non-league play. In 1995 hospital emergency rooms treated and estimated 162,000 children for baseball-related injuries. Many of these injuries could be prevented by providing a safe location for children to play baseball as well as equipping the children with the appropriate protective equipment.

Recommendation(s):

- Before any participant is allowed to play competitive baseball/softball, have them consult a doctor for a physical exam. The doctor can help assess if a participant may have any special injury risks.
- All players should conduct warm up drills and stretch before playing.
- Make sure participants wear all the required safety gear every time they play and practice. Appropriate helmets should be worn when batting, waiting to bat, or running the bases. Helmets should be equipped with face guards. Appropriate shoes with molded cleats are recommended. If your child is a catcher, he or she will need additional safety gear: catcher's mitt, face mask, throat guard, long-model chest protector, and shin guards.
- All equipment should be in good condition and fit properly.
- Make sure First Aid is available at all games and practices.
- Water should be provided to keep players adequately hydrated.
- Have safety release breakaway bases installed. These bases, which detach when someone slides into them, can prevent many ankle and knee injuries in both children and adults. (leave no holes in the ground or parts of the base sticking up from the ground when the base is released)
- Leagues with players 10-years-old and younger should alter the rules of the game to include the use of adult pitchers or batting tees.
- Backstops should be installed behind the catcher to protect spectators.
- Dugouts should be designed to protect participants (front and overhead).
- Are the outfield fences equipped with top rail protection that is a contrasting color.
- Is there a warning track of dirt and finely-ground gravel (as opposed to grass) area bordering the fence, especially in the outfield. The warning track is intended to help prevent fielders from inadvertently running into the fence.
- Bleachers should be provided with guardrails, and periodically inspected for hazards.
- Certified umpire and referees should be hired to officiate all games.
- The game should be appropriately supervised with a minimum of two adults for every 10 participants.

Tasks:

1. Baseball/Softball safety

Compare your current baseball/softball rules and regulations with the provided safety recommendations on baseball/softball safety to determine if any changes should be made with your current procedures that would increase the safety of the activity.

Basketball

Basketball is a popular sport, especially among children and young adults. But the sport carries a risk for injury, whether played in an organized league or with friends on a local park court. More than 200,000 young people under age 15 are treated in hospital emergency departments each year for basketball-related injuries. This makes basketball the fourth leading cause of injury in both unorganized settings and organized community team sports. Many of these injuries could be prevented by providing a safe location for children to play basketball as well as equipping the children with the appropriate protective equipment.

Recommendation(s):

- Before any participant is allowed to play competitive basketball, have them consult a doctor for a physical exam. The doctor can help assess if a participant may have any special injury risks.
- All players should conduct warm up drills and stretch before playing.
- Participants should not be allowed to wear any jewelry, including; necklaces, rings, and bracelets.
- Make sure all participants wear all the required safety gear every time he or she plays and practices. Knee and elbow pads protect against scrapes and bruises, and mouth guards prevent serious dental injuries. Appropriate footwear. Eye protection is recommended. If a child wears glasses, talk to the eye doctor about sports eyewear.
- All equipment should be in good condition and fit properly.
- Make sure first aid is available at all games and practices.
- Water should be provided to keep players adequately hydrated.
- A minimum clearance of 10 feet beyond basketball sidelines and end lines should be maintained. If the distance between the sideline and wall is less than a 10 feet, the wall should be equipped with the appropriate padding below the goal.
- If the support behind the backboard is at a height of nine feet or less above the court floor, a pad should be placed on the bottom surface of the support to a distance two feet from the face of the backboard.
- All portable basketball goals should be padded from the base to a height of seven feet above the court surface.
- All portable basketball goals should be equipped with signs stating "Danger - Do Not Get On The Rim or Backboard".
- Towels should be made available to wipe-up any wet spots on the floor to help prevent any slip and fall hazards.
- Certified referees should be hired to officiate all games.
- The game should be appropriately supervised with a minimum of two adults for every 10 participants.

Tasks:

1. Basketball safety

Compare your current basketball rules and regulations with the provided safety recommendations on basketball safety to determine if any changes should be made with your current safety procedures that would increase the safety of the activity.

Football

Studies have shown that 15 to 20 percent of players age 8 to 14 are injured during the football season. More than 150,000 football players under age 15 are treated in hospital emergency departments each year. Among tackle football players on high school teams, the injury rate has been reported as high as 64 percent.

Sprains and strains are the most frequent injuries among players of all age groups. For young children, injuries to the arms, hands, and shoulders are most common; older players most often injure the lower extremities. Knee injuries, which total approximately 92,000 each year, often lead to chronic knee pain.

Many of these injuries could be prevented by providing a safe location for children to play football as well as equipping the children with the appropriate protective equipment.

Recommendation(s):

- Before any participant is allowed to play competitive football, have them consult a doctor for a physical exam. The doctor can help assess if a participant may have any special injury risks.
- All players should conduct warm up drills and stretch before playing.
- Make sure all participants wear all the required safety gear every time they play and practice. All tackle football players must wear: a helmet; shoulder, hip, tailbone, and knee pads; thigh guards; and a mouth guard. Appropriate shoes with molded cleats are recommended. If your child wears glasses, talk to your eye doctor about special eyewear for sports.
- All equipment should be in good condition and fit properly.
- Make sure First Aid is available at all games and practices.
- Water should be provided to keep players adequately hydrated.
- Coaches or supervisors should enforce all the rules of the game. They should never allow illegal blocking (pulling a player down by the knees or grabbing the face mask), tackling from behind, or "spearing" (using the top of the helmet to tackle).
- Participants should be grouped together by similar size and age.
- Play on and appropriate area with grass, never in the street or in a parking lot.
- The game should be appropriately supervised with at minimum of two adults for every 10 participants.
- Certified referees should be hired to officiate all games.

Tasks:

1. Football safety

Compare your current football rules and regulations with the provided safety recommendations on football safety to determine if any changes should be made with your current football safety procedures that would increase the safety of the activity.

Ice Hockey

More than 500,000 amateur athletes in the U.S. play ice hockey, a game that carries significant risk of injury for players of all ages. Ice hockey is the second leading cause of winter sports injury among children. Many of these injuries could be prevented by providing a safe location for children to play basketball as well as equipping the children with the appropriate protective equipment.

Recommendation(s):

- Before any participant is allowed to play competitive hockey, have them consult a doctor for a physical exam. The doctor can help assess if a participant may have any special injury risks.
- All players should conduct warm up drills and stretch before playing.
- Make sure all participants wear all the required safety gear every time he or she plays and practices. All youth, high school, and college ice hockey leagues require players to wear the following gear: a helmet with foam lining and full face mask; a mouth guard; pads for the shoulders, knees, elbows, and shins; and gloves. Appropriate ice skates. All equipment should be certified by the HECC (Hockey Equipment Certification Council), the CSA (Canadian Standards Association), or the ASTM (American Society for Testing and Materials).
- All equipment should be in good condition and fit properly.
- Make sure First Aid is available at all games and practices.
- Water should be provided to keep players adequately hydrated.
- Hockey should only be conducted in ice arenas (no parking lots, ponds/lakes).
- The game should be appropriately supervised with at minimum of two adults for every 10 participants.
- Certified referees should be hired to officiate all matches.

Tasks:

1. Ice Hockey safety

Compare your current ice hockey rules and regulations with the provided safety recommendations on ice hockey safety to determine if any changes should be made with your current ice hockey safety procedures that would increase the safety of the activity.

Soccer

With about 40 million amateur players, soccer is the most popular sport worldwide. Unfortunately the sport also is associated with a fairly high rate of injury. In the U.S., more than 200,000 young people each year are injured badly enough to seek medical treatment. Many of these injuries could be prevented by providing a safe location to play soccer as well as equipping the participants with the appropriate protective equipment.

Recommendation(s):

- Before any participant is allowed to play competitive soccer, have them consult a doctor for a physical exam. The doctor can help assess if a participant may have any special injury risks.
- All players should conduct warm up drills and stretch before playing.
- Make sure players wear all the required safety gear every time he or she plays and practices. Your child should wear shin guards during every game and every practice. Shoes with molded cleats or ribbed soles are recommended.
- All equipment should be in good condition and fit properly.
- Make sure First Aid is available at all games and practices.
- Water should be provided to keep players adequately hydrated.
- Don't let participants climb on the goal posts or hang or swing from the crossbar.
- Use waterproof, synthetic balls instead of leather ones. Leather balls can become waterlogged and very heavy, making them dangerous for play.
- Make sure movable soccer goals are anchored to the ground at all times, not just during play. Goals have been known to tip over in strong winds or when climbed on, causing severe injuries.
- All goal posts should be appropriately padded.
- Participants should not be allowed to wear any jewelry, including necklaces, rings and bracelets.
- The game should be appropriately supervised with at minimum of two adults for every 10 participants.
- Certified referees should be hired to officiate all games.

Tasks:

1. Soccer safety

Compare your current soccer rules and regulations with the provided safety recommendations on soccer safety to determine if any changes should be made with your current soccer safety procedures that would increase the safety of the activity.

Volleyball

Volleyball has grown to become a very popular recreational activity. Whether playing in the gym or outside on the sand, volleyball safety is something that you must always keep in mind. Each year, more than 187,000 volleyball-related injuries are treated in hospitals, doctors' offices and hospital emergency rooms. Many of these injuries could be prevented by making sure any hazards associated with the location are corrected and participants are required to wear the appropriate protective equipment.

Recommendation(s):

- Before any participant is allowed to play competitive volleyball, have them consult a doctor for a physical exam. The doctor can help assess if a participant may have any special injury risks.
- All players should conduct warm up drills and stretch before playing.
- Make sure all participants wear the required safety gear every time he or she plays and practices. Use knee pads to protect yourself from injury when you fall or dive onto the court. Wear lightweight shoes that provide strong ankle and arch support and offer good shock absorption.
- All equipment should be in good condition and fit properly.
- Make sure First Aid is available at all games and practices.
- Water should be provided to keep adequately hydrated.
- Before playing an outdoor volleyball game, always check the ground for sharp objects and glass.
- If playing outdoors in the sun, be sure to wear sunscreen.
- If the volleyball net is supported by wires, the wires should be covered with soft material.
- Participants should not be allowed to wear any jewelry, including; necklaces, rings, and bracelets.
- Certified referees should be hired to officiate all games.
- The game should be appropriately supervised with at minimum of two adults for every 10 participants.

Tasks:

1. Volleyball safety

Compare your current volleyball rules and regulations with the provided safety recommendations on volleyball safety to determine if any changes should be made with your current volleyball safety procedures that would increase the safety of the activity.