



SINGAPORE SCHOOLS SPORTS COUNCIL SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL



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SAFETY TIPS FOR PARTICIPATION IN SPORTS AND GAMES

As with all physical activities, sporting or otherwise, there is always an inherent element of risk. As such, one should always ensure that these risks are minimized before the start of each activity. In many instances, accidents and injuries could be avoided if one adheres to safety practices.

The following list of safety tips¹ and practices will guide you before, during and after the participation of sports and games.

Before the start of the sport/game

- If you have a medical condition, check with your doctor if you are suitable for the sport/game.
- Do not participate in the sport/game if you are injured/unwell.
- Check the weather conditions. Do not train or play outdoors if there is poor air quality, extreme heat or lightning risks.
- Put on appropriate attire.
- Consider the use of sunscreen to prevent overexposure to the sun.
- Hydrate yourself adequately by drinking water half an hour before the exercise.
- Check all personal protective gear (e.g. helmets, shin guards) and equipment (e.g. racket, shoes) to ensure that they are in good working condition.
- Remove all hard/sharp objects and accessories (e.g. necklaces, ear studs, rings).
- Check that the playing environment (e.g. field, indoor court) is free from litter and hazards (e.g. sharp objects, wet flooring) are removed/cleared before the start of the sport/game.
- Check that the venue is well lit.
- Conduct warm up activities (e.g. jogging) before performing static stretching² exercises.

During the sport/game

- Rest frequently to stay hydrated and cool.
- Hydrate yourself adequately by drinking water frequently during the sport/game.
- Monitor your teammates/opponents for their physical well-being.
- Stop if you are injured/unwell. Seek help if required (e.g. to approach your teacher-in-charge/an adult).

After the sport/game

- Perform 'cool-down' routines (e.g. walking, dynamic stretching³).
- Hydrate yourself adequately by drinking water after the sport/game.
- Seek medical advice should there be any sign(s) of injury/illness following the sport/game.

¹ The safety tips highlighted in this document are not exhaustive. It serves as a first cut checklist for students / parents, in the engagement of sports and games.

² Refers to stretching where a stretch is held in a specific location for a certain time.

³ Refers to stretching where only body weight is used. Examples: Push-ups and Chin-ups.