



# SINGAPORE SCHOOLS SPORTS COUNCIL SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL



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## SAFETY TIPS FOR PARTICIPATION IN SPORTS AND GAMES

Participation in sports and games has immense benefits for people across ages. For the case of children and youths, sports provide the unique opportunity for participants to increase their physical activity and develop pertinent social and physical skills.

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 tips<sup>1</sup> 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 the sport/game is suitable for you.
- Do not participate in the sport/game if you are injured/feeling unwell/on medication/recovering from an illness.
- Do not exercise on a full stomach. Food should be consumed well before the start of a game.
- 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. racquet, 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 stretching 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.
- Do not execute any move that put yourself or your opponent in danger.
- Stop if you are injured/feeling unwell. Seek help if required (e.g. to approach your teacher-in-charge/an adult).

### After the sport/game

- Perform 'cool-down' routines.
- 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.

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<sup>1</sup> 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.