Be a Sports Safety Champ

Think Safe. Play Safe. Stay Safe.

Sport SINGAPORE

LIVE BETTER THROUGH SPORTS

A Sports Safe Singapore

Sport Singapore (SportSG) recognises that safety must be a fundamental component of our sporting culture and a prerequisite for every healthy lifestyle. Therefore, SportSG has set a corporate goal of zero injuries, in the belief that all accidents are preventable. Emphasising the need for personal accountability, SportSG also urges people to be responsible for the safety of others. It is tasked to promote safety throughout Singapore's sporting community and to inculcate a safety-first mentality in the minds of every stakeholder. For more information, please visit **sportsingapore.gov.sg/sports-education/sports-safety**

Acknowledgement

SportSG would like to thank and acknowledge the various organisations and individuals who participated in the consultation process to produce the Be a Sports Safety Champ Guide. The feedback and suggestions greatly improved the final delivery of this publication.

National Environment Agency

Sports Medicine Australia

Singapore Sports School

Singapore Sport Institute

Canadian Society for Exercise Physiology

Health Promotion Board

Think Safe. Play Safe. Stay Safe.

Another initiative by the Safety Management Division, ActiveSG

CONTENTS

BENEFITS OF PLAYING SPORTS

Engaging in regular physical activity can reap numerous health benefits. Physical activity can enhance your emotional and psychological well-being by improving your self-esteem. Your body releases chemicals called endorphins when you exercise. Endorphins are "feel-good" chemicals that uplift your mood and can even reduce feelings of stress, anxiety and depression.

However, it is also important to exercise safely at all times to prevent injuries.

SPORTS SAFETY CORE VALUES

We believe that every individual should have the opportunity to play sports in a safe environment and be free of injury

- All accidents are preventable
- Everyone has a role and responsibility
- Zero accident is our collective goal

5 SIMPLE RULES FOR SPORTS SAFETY – S.A.F.E.R

Screening

Adequate Hydration

Fair Play

Equipment & Environment

Responsibility

SCREENING

Rest when you are unwell or injured

Individuals should routinely complete a pre-participation screening questionnaire prior to joining a sports club, competition, course, or organised sports activity. This must be completed before commencement of the physical activity. The questionnaire identifies individuals with known conditions as well as those without any prior history of medical illness but who have symptoms or a past history of events such as chest pain, breathlessness, fainting, dizziness, or palpitations. If these symptoms are identified, the participant should consult a doctor. As new symptoms may develop after the completion of the questionnaire, such questionnaires should be taken at least once a year.

Do not play when you are injured

It can lead to an even worse injury. Be honest with parents, teachers and coaches if you are injured. Consult a doctor for advice about how and when to return to sports practices.

ADEQUATE HYDRATION

Dehydration and heat stress = Poor performance

- Avoid heat stress and poor performance by having adequate fluid replacement during your sport or activity
- Exercising in hot or humid weather will result in additional fluid loss and increase the risk of dehydration
- Even small degrees of dehydration will cause a decrease in your exercise performance
- Dehydration contributes to fatigue and may make you susceptible to cramps, heat stress and heat stroke

Drink up using the following measures

- Drink plenty of fluids and do not wait to feel thirsty; thirst is a poor indicator of fluid needs
- Although water replaces fluids, sports drinks (containing 4-8% carbohydrate and small amounts of electrolytes) provide:
  - Additional energy from carbohydrate which can delay fatigue and enhance performance, especially during prolonged events
  - Salts (electrolytes) which aid the rehydration process

- Flavored drinks such as sports drinks and low concentration cordial, as a result of their taste, may encourage fluid consumption more than plain water
- Cool fluids may be absorbed more rapidly than warmer fluids

How much fluid do I need?

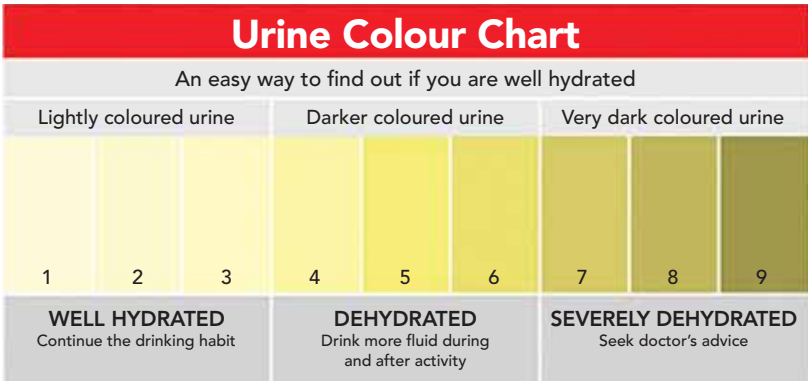
- You can assess your fluid requirements by weighing yourself before and after exercise

1kg lost = 1 litre of fluid deficit while 2kg lost = 2 litres of fluid deficit

- Aim to keep fluid loss to a minimum by drinking regularly before, during, and after exercise
- Sweating and fluid loss continues after exercise. After exercising, aim to replace at least 1.5 times the amount of fluid deficit, measured at the end of your exercise routine

Your drink up routine

- Avoid starting exercise when you are dehydrated. Drink plenty of fluids for several hours prior to exercise
- If you are well hydrated, you should be able to pass a good volume of clear urine in the hour before exercise
- Drink at least 500ml (2 cups) 1 hour before exercise
- Drink at least 150ml every 15 minutes during exercise
- During exercise take advantage of all breaks during play to drink up
- After exercise, drink liberally to ensure you are fully rehydrated



Adapted from Lew, Slater, Nalr, and Miller (2010)
@ Singapore Sports School, Sports Nutrition Unit 2010
Disclaimer: colours listed may vary slightly from actual colour due to printing..

FAIRPLAY

Know the rules of the game

In this way, you and other players know what to expect from each other; hence fewer injuries. For example, the soccer player cannot come from behind, crash into a player's legs and steal the ball. It is safer to go after the ball instead of the player. Another example, during the game of frisbee, all participants must be familiar with the spirit of the game to avoid potential body contact. (For details on spirit of the game with regard to frisbee, please refer to the Safe Ultimate Frisbee Guide).

Watch out for others

You can help watch out for others by communicating on the field. In baseball, a player might yell "I got it" to avoid collision with another outfielder. During a baseball or softball game, the batter cannot fling the bat after hitting the ball; instead he or she must drop the bat so it does not hit anyone. You can also watch out for others by informing someone if their sports shoe lace is loose or untied. Always listen to your sports coach during a game to be sports safe.

EQUIPMENT

Gear up

Wear proper safety and protective gear especially if the sports activity involves rough waters or steep terrain. Do not put your body on the line for sport when protective equipment can save you from injury.

The facts

- Protective equipment should be worn at all times during training and games
- It should fit properly
- It is important to regularly check and maintain protective equipment
- Try out equipment prior to using it in competition or training
- Equipment should be specific and appropriate for the sport, size, and age of the athlete
- Equipment should always be used according to the manufacturer's guidelines and the recommendations of the sporting body concerned

Remember that injuries usually mean time on the sideline - prevention is key.

Types of Protective Equipment

Wrist, elbow and knee guards

- Protective wrist guards are useful to protect from impact when falling onto an outstretched hand
- Padded knee protectors absorb impact forces from falls onto concrete and skating surfaces, and collisions with racing poles
- Elbows are at risk when falling and padding will reduce grazing and protect the joints from impact

Shin pads

- Shin injuries are common in sports where it involves a fast moving object e.g. hockey, softball, cricket, lacrosse
- Proper fitting shin pads will prevent a large number of these injuries
- Ensure that the shin pads are appropriate for the sport i.e. different type of shin pads for hockey and soccer

Shoulder padding and body protectors

- In tackling sports such as rugby, shoulder protectors are recommended to protect the top of the shoulder joint from impact injury
- Padded body protectors help to protect the trunk, particularly the chest area, from impact injury in sports such as fencing or softball and baseball (catcher and referee)
- "Boxes" for boys in sports such as cricket and hockey are essential to protect the genitals

Helmets

- In sports where high-speed collisions are likely (e.g. motorcycling, cycling), hard-shell helmets have proven to be effective in protection from injury
- In sports that have the potential for missile injuries (e.g. baseball, lacrosse) or for falls onto hard surfaces (e.g. gridiron, ice-hockey), specific helmets can reduce head injuries

Ankle taping and braces

- Ankle taping and braces can protect the ankle from injury when an athlete lands awkwardly
- They can be used to protect a previously injured ankle when a player returns to sport
- Ankle braces and tape can be purchased from your local pharmacy or sports store
- For advice about what type of braces to buy and how to tape effectively, contact your local sports physiotherapist, sports doctor or sports trainer

Gloves

- Protective gloves help to prevent bruising and fractures of the fingers, thumbs and hand in sports such as cricket, baseball and softball
- Gloves can also protect the hands from blisters in equestrian sports

Mouth guards

- If participants are involved in sports where they are at risk of a blow to the head or face from either opponents or equipment, they should wear a properly fitted mouth guard
- A mouth guard correctly fitted by a dentist will protect teeth, stop biting into the lips and act as a cushioned layer between teeth to reduce the risk of concussion and jaw fracture
- Mouth guards should:
  - Fit the mouth accurately
  - Allow normal breathing and speech
  - Be custom designed and fitted by a qualified professional

Footwear

Footwear that fits correctly and is designed for the specific sport or activity is essential to prevent many injuries. Important features of correct footwear include fit, cushioning and stability. See a sports podiatrist for more advice on specific foot problems and the correct footwear.

RESPONSIBILITY

Take charge of your own safety as well as your fellow players

Most athletes tend to take action only when they perceived it for themselves to be serious or life-threatening. That should not be the case as athletes should be responsible at all times and always keep in mind that prevention is key.

- Complete the Get Active Questionnaire honestly
- Be familiar with the common injuries associated with the sports you are playing for injury prevention
- Ensure that you have a training programme especially for high strenuous sports.
- Listen to your body and rest if unwell. Don't push yourself to the limits
- Acclimatise your body suitably with at least 2 weeks of training in similar conditions as the event or competition before participation
- If you suffer from any medical condition, choose the appropriate sports activity upon consultation with your doctor
- Ensure that you have fully recovered from your previous injuries before resuming exercise. Start gradually
- Be aware of the lifesaving equipment locations and/or first aid room in case of any emergencies
- Be trained in lifesaving skills such as CPR/AED to be able to help save a life

REFLECTION:

What are the 5 simple rules for sports safety?

S _____

A _____

F _____

E _____

R _____

How do I apply these rules before I go for training or engage in a sporting activity?

ENVIRONMENT

Check the weather

Always check the weather forecast before engaging in a sports activity to avoid getting caught in bad weather. Cancel or postpone any outdoor activity if there are signs of heavy downpour or lightning and seek shelter if you are caught in stormy weather. Singapore has one of the highest rates of lightning activity around the world. Lying near the Equator, the weather is hot and humid almost all year round. Conditions are therefore favourable for the development of lightning producing thunderstorm clouds. An average of 167 thunderstorm days (days when thunder is heard) is recorded annually in Singapore (1982 - 2010).

Hazards of lightning

Most lightning strike the ground without causing any harm. However, we should not ignore the potential danger associated with lightning strikes. The two major types of strikes are 1) a direct strike by lighting and 2) a phenomenon known as 'side flash.' Side flashes occur when lightning strikes something close to your location, and release a lightning discharge that could harm you directly.

What to do when caught in a storm

Do:	Don't:
• Seek shelter immediately • Seek shelter inside a house, large building or car • Head directly for shore when in open waters • When playing golf, put down your clubs and remove spike • Remove shoes and crouch into a ball when there aren't any shelters nearby • Spread out when grouped together in the open	• Use any electric appliance • Remain in the open area or on high ground • Hold any metal object

Injury management for lightning

Lightning victims do not carry an electrical charge and are safe to handle. Cardiac arrest is the immediate cause of death in lightning fatalities. Some deaths can be prevented if the victim receives proper first aid.

- Shout for help and call 995 for an ambulance immediately
- Administer first aid
- Use an Automated External Defibrillator (AED) to help assess the victim's condition. Perform cardiopulmonary resuscitation (CPR) if necessary
- Move the victim to a sheltered place

Knowing the distance: "Flash-to-Bang" method

1. When the flash is seen, count the number of seconds to until you hear thunder.

2. If the time is less than 30 seconds, seek a safer location.

(Divide the number of seconds by 3 to get the distance in kilometers to the lightning.)

Speed of light: 300,000,000 m/s

Speed of sound in air: 343 m/s

Lightning can strike twice! Do not allow the rescuers to be at risk of a lightning strike.

Heat stroke management

If the weather gets too hot, especially when you are doing high intensity exercises, be aware of the early symptoms of heatstroke and heat exhaustion like dizziness, chilling, headache and loss of coordination. Stop the activity immediately if such symptoms occur.

Symptoms of heat exhaustion or heat stroke

It is important that you are aware and react quickly to the following symptoms of heat illness:

- Fatigue
- Nausea
- Headache
- Confusion
- Light-headedness

Beat the heat emergency plan

- Lie the victim down
- Loosen and remove excessive clothing. Cool by fanning
- Give cool water to drink if the victim is conscious
- Apply wrapped ice packs to groin and armpits
- Seek medical assistance

REFLECTION:

What do I do when I am caught in a storm?

Someone has been struck by lightning. How can I render assistance to the injured?

During training/race, a fellow athlete is suffering from either heat exhaustion or heat stroke. How can I assist?

STRETCHING, WARM-UP AND COOL DOWN

Stretching

The major purpose of stretching is to increase flexibility and maintain muscle balance on either side of a joint. Without stretching, muscles will gradually lose their flexibility and may fail to respond effectively during sporting activity. Stretching enables both physical and mental preparation for an upcoming activity or event. It can also reduce tension to relax the body, enhance body awareness, promote circulation and assist with coordination by allowing free and easy movement.

When to stretch?

Stretching should be performed once the muscles have been warmed up, as the stretching of cold muscles is less effective. It is also important to stretch after activity to assist recovery.

Do:	Don't:
• Only stretch to a feeling of tension but never pain • Stretch before and after exercise • Hold each stretch for 10 – 20 seconds • Stretch each muscle group 2 – 3 times • Stretch slowly and gently	• Stretch to the point of pain • Hold your breath when stretching • Bounce muscles through excessive range of motion • Stretch swollen joints without professional supervision • Overstretch a muscle after it has been immobilised for a long period

Warm-up

Warm-ups increase body temperature and blood flow to muscles. It prepares the musculoskeletal system for exercise and reduce muscle injury.

Photo by Chin KK/SportSG

How to warm up properly?

Do:	Don't:
• Progress from low intensity exercise (e.g. walking) to moderate intensity exercise • Include warm-up routine that involves muscle groups that will be utilised in your sporting activity • Include movement activities that encourage changes from your normal range of movement • Incorporate stretching in your warm-up routine	• Focus too much on warming up on one muscle group • Perform warm-up exercises that are too strenuous (e.g. sprinting for long periods) • Continue warm up if you experience sharp pains on joints

Cool down

Cool down helps remove waste products, reduces muscle stiffness and improves recovery between bouts of activity.

How to cool down?

Do:	Don't:
• 2 – 3 minutes of light jogging or brisk walking immediately after activity • Light activity with normal range of movement exercises (e.g. walking with knee lifts) • 5 – 10 minutes of light stretching (focus on the major muscle groups you have used during your activity)	• Stop physical activity immediately after vigorous exercise as a sudden stop may cause blood pooling in the legs, blood pressure to drop and one may get very dizzy • Stretch too vigorously after physical activity as it may cause vulnerability to muscle tears and strains

REFLECTION:

Warming up before any physical workout is critical in terms of injury prevention and also prepping the body. What should I take note during warming up?

Cooling down after a workout is as important as warming up. Stopping too fast immediately after a vigorous activity, can lead to passing out or feeling sick. What are some of the cool down activities that I can do?

WATER SAFETY

As a Sports Safety Champ, you can help to look out for others in distress. A person may drown quickly and silently in a matter of seconds. Learn to distinguish between a swimmer and a distressed swimmer, passive and active drowning victims. Only rescue a person in distress if you are equipped with water survival and lifesaving skills. If not, call for help.

What are signs of distress?

Swimmer that is not in distress

Distressed Swimmer

Passive Drowning Victim

Active Drowning Victim

- Follow safety rules and signs
- Supervise children and weak swimmers at all times
- Learn swimming and water survival skills
- Understand the dangers of water
- Never swim alone
- Swim in safe areas

REFLECTION:

Every life is precious. What can I do to stay safe around water (either swimming pool or engaging in water sports)?

GUIDE TO INJURY MANAGEMENT

Fix up

Nobody likes being on the sidelines as a result of injury. The best way to recover from any soft tissue injury is by using the **RICER** and injury management approach. Injury management called **NO HARM** factors, these factors help to prevent further damage.

- The first 48-72 hours are vital in the effective management of any soft tissue injury
- Soft tissue injuries refer to all ligament sprains, muscle strains and muscle bruises (corks etc) and most bumps and bruises which occur in sport
- The most immediate treatment should be **RICER**
- **RICER** should be initiated immediately after injury and continued for 48-72 hours
- To ensure a successful recovery, **NO HARM** factors should also be followed in conjunction with **RICER**

RICER

Rest

Place yourself in a comfortable position. Keep the injured area supported. Avoid using the injured area for at least 48 - 72 hours as continued activity will increawse bleeding and damage.

Ice

Apply ice to the injured area for 20 minutes, every two hours for the first 48 - 72 hours after injury. Ice reduces swelling, pain and bleeding. Ice can be used in the following ways:

- Crushed or cubed ice in a wet towel or plastic bag
- Frozen pea packet in wet towel
- Cold pack wrapped in wet towel

In the event that ice is not available, icy or cold water can be used as well.

Caution: Do not apply ice directly to skin.

Compression

Apply a firm wide elastic bandage over the injured area, as well as above and below. Where possible, hold ice in place with the bandage. Between ice treatment, maintain bandage compression. Applying a bandage will reduce bleeding and swelling and also provide support for the injured area.

Caution: Ensure that the bandage is not too tight. Some signs of the bandage being too tight may include numbness, tingling or skin turning pale or blue. If these symptoms and/or signs develop, remove the bandage and reapply again firmly but not as tightly.

Elevation

Raise the injured area above the level of the heart at all times. A pillow can be used to provide support and comfort. Elevating the injured area reduces bleeding, swelling and pain.

Referral

Arrange to see a qualified health care professional such as a doctor or physiotherapist as soon as possible after injury. They will determine the extent of your injury and provide advice on treatment and rehabilitation required.

Early and correct use of **RICER** and **NO HARM** factors is essential for the initial management of a soft tissue injury. **RICER** and **NO HARM** should be continued for 48 - 72 hours.

ASSESSMENT OF AN INJURY

Inquire	Ask the Injured: • What happened? • Where is the pain? • What is the level of pain from 1 to 10, whereby 1 is the lowest and 10 is the highest?
Observe	Check for any redness or swelling at/around the injured area.
Touch	Check for any inflammation. Assess the pain.
Active movement	Ask the injured: • Are you able to move by yourself?
Passive movement	Ask the injured: • Are you able to move the injured area?
Skill test	Ask the injured if the active and passive movements cause any pain. If there is pain, is the injured able to perform a skill needed in the game? If the injured area is established, advise the injured to stop activity.

NO HARM

No heat

Applying heat to an injury increases bleeding. Avoid hot showers or baths, saunas, spas, hot water bottles, and hot liniment or heat packs.

No alcohol

Alcohol increases bleeding and swelling which will delay healing. It can also mask pain and severity.

No running

Running or exercise increases blood flow to the injured area. This can make the injury worse and delay healing.

No massage

Massage or the use of heat rubs increases swelling and bleeding.

REFLECTION:

When an injury (i.e. soft tissue injury) occurs while engaging in sports, what is the best approach to help initiate the healing process?

R _____

I _____

C _____

E _____

R _____

EMERGENCIES AND FIRST AID

Know what to do in an emergency

The best way to handle an emergency is to be prepared for one. Knowing what to do ahead of time can help you stay in control.

- Get help as fast as possible
- Call 995
- Administer CPR and AED if necessary
- Know the location of the first aid room

Cuts, scratches and abrasions

- Stop bleeding by pressing a clean, soft cloth against the wound
- Once bleeding stops, clean the wound using warm water and gentle soap
- Apply some antibacterial ointment (to kill germs) or plaster (to prevent germs from getting in) for extra protection
- If the bleeding does not stop, then stitching by the doctor may be required
- Inform an adult if you are injured, especially if the injury is caused by dirty and rusty equipment or if you were bitten or scratched by an animal, insect or person

Fractures

- A fracture occurs when a bone breaks
- Do not move a person if he or she has a fracture as movements can worsen the condition
- Immobilise and support the injured limb with a makeshift splint, sling or a pillow
- Elevate or raise the injured limb to the level of the heart to help reduce swelling
- Apply ice to control pain and swelling
- Seek medical attention immediately

Concussions

A concussion is a brain injury caused by a sudden blow to the head or to the body. The blow shakes the brain inside the skull, which temporarily prevents the brain from working normally. Some symptoms of a concussion include:

- Passing out
- Feeling lightheaded, having a blurry vision or experiencing ringing in the ears
- Inability to remember what happened after the injury
- Behaving in a confused manner such as asking the same question over and over again, slurring words, or inability to concentrate
- Inability to stand or walk; or having coordination and balancing problems
- Feeling nauseous or vomiting

Symptoms of a concussion can range from mild to severe and can last for hours, days, weeks, or even months. Any person who might have a concussion should immediately stop any kind of activity or sport and consult a doctor immediately.

Strains and sprains

Muscles like rubber bands, contract and relax to help one's body move.

- A strain occurs when a muscle has been stretched too far, especially muscles in the back, neck or legs
- Strains are not as serious as sprains
- Since a strain is pain in the muscle, it may start to hurt immediately or several hours later. The area will be tender and swollen and may also appear bruised
- Strains happen when one places a lot of pressure on a muscle or pushing it too far like carrying a very heavy object
- Strains may also happen if one has not warmed up sufficiently (getting blood circulating to the muscles) before play

Bones meet at joints, like elbows, ankles, wrists, knees or shoulders where one's body bends and rotates. Bones are held together in the joints by ligaments which are strong, elastic bands of tissue.

- A mild sprain happens when the ligaments have been overstretched
- A severe sprain happens when the ligaments have been torn
- A sprain will most likely start to hurt right away
- Usually the injury will swell and look bruised
- It may be difficult to walk or move the injured area
- Sprains are caused by injuries like twisting one's ankle

REFLECTION:

While engaging in sports, one of my teammates suffered a sprain. How can I help?

While playing football, one of my teammates was accidentally kick on the head. What are the signs that I should look out for to know if my teammate has suffered a concussion?

SPORTS SAFETY CHECKLIST

Help protect your friends from injury by following the safety guidelines in the checklist below:

Think Safe...	YES	NO
• My friends understand the basic skills of the sport before they get into the game	☐	☐
• My friends drink plenty of fluids before, during and after playing sports and eat a well-balanced diet	☐	☐
• Before the season begins, my friends get in shape for their sport and have regular check-ups with their doctor	☐	☐
• My friend's coach and/or trainer have emergency contacts in case there is a problem	☐	☐
Play Safe...	**YES**	**NO**
• My friends warm up and stretch before playing their sport	☐	☐
• My friends always wear the right, properly fitted protective gear and use sunscreen	☐	☐
• Field surfaces and playing areas are inspected to be safe before play begins	☐	☐
• My friends play team sports under the supervision of a coach and/or a certified trainer	☐	☐
• There is always a first-aid kit on hand	☐	☐
Stay Safe...	**YES**	**NO**
• My friends are properly supervised at all times	☐	☐
• My friends take regular rest breaks during practice and the game	☐	☐
• My friends do not "play through an injury"	☐	☐
• My friends, other players, coaches and parents always practise good sportsmanship and play by the rules	☐	☐

SPORTS NUTRITION

A healthy diet with all the essential nutrients helps you to stay fuelled and support an active lifestyle. It also improves your health overall. Try the following recommendations to support your active lifestyle.

Before exercise

Fuel up on quality carbohydrate and stay well hydrated with fluid before exercise.

- Eat 3 - 4 hours before exercise, to allow sufficient time for digestion. Aim to follow the Healthy Plate
- Include muscle building food along with fuelling food for all meals
- Try soft/ liquid food (e.g. porridge, milo with oats) if food doesn't settle well for breakfast
- Hydrate yourself with fluid (e.g. water, soups, milk) at the start of the day

The Healthy Plate

Fuelling

Fill ¼ of your plate with wholegrain carbohydrate to provide you with energy for exercise and daily activities. (e.g. Brown rice, Rolled oats, Wholemeal bread)

Muscle Building

Fill ¼ of your plate with high quality protein to boost muscle repair and recovery after exercise. (e.g. Chicken, Fish, Eggs, Tofu, Cheese)

Rich in Antioxidants

Fill ½ of your plate with rainbow-coloured fruits and vegetables for vitamins and minerals to improve immunity

Adapted from Health Promotion Board, 2015

During exercise

Your body loses fluid through sweat to help to stay cool. Drinking fluid helps you keep up with your sweat loss. When the duration and intensity of exercise increases, you may need to top up some fuel and sodium to give you the extra boost of energy.

- To stay well hydrated, drink fluid throughout the day. This prevents you from starting exercise in a dehydrated state
- "Drink Up, Beat the Heat" to stay hydrated during exercise
- Include sports drinks for moderate to high intensity exercise lasting more than 90 minutes

Recovery after exercise

After an intense exercise session, it is necessary to replace nutrients as quickly as you can. This will allow your body to Refuel its carbohydrate storage, Repair muscle damage and Rehydrate the body from loss of fluid from sweat during the exercise session.

Appropriate snacks/meals choices within 60 minutes after exercise can help you achieve the **3 Rs**

- **REFUEL:** Include carbohydrate rich snacks to top up your fuel store

Examples of snacks for Refuel	Tips
Bread	Wholemeal and wholegrain varieties have more dietary fibre, which keeps you fuller for longer and helps in weight management. Beware of the sugar content in some granola bars and breakfast cereals!
Wraps	
Cracker/biscuits	
Granola/muesli bars	
Breakfast cereals	

- **REPAIR:** Include protein rich snacks to repair and build new muscles

Examples of snacks for Repair	Tips
Ready-to-eat roast chicken	Remove the skin to reduce your fat intake
Canned fish	Fish is a good source of omega-3 anti-inflammatory fats
Hard-boiled eggs	You can find ready-to-eat eggs at the egg aisle in supermarkets
Cheese	Look for the reduced fat versions
Smoked salmon	Smoked salmon is a good source of omega-3 anti-inflammatory fats
Yoghurt	Flavour your yoghurt with nuts and fruits
Milk	Milk is a good post-exercise recovery drink as it contains a good mixture of carbohydrate and electrolyte

- **REHYDRATE:** Include fluid to replace fluid lost through sweat. Water, soups and milk are good sources to replace fluid

You can also easily recover effectively with your meals alone.

REFLECTION:

All of us should try to have a healthy and balanced diet. What is the recommendation of the healthy plate?

After a vigorous workout, it is important to help the body to replace the nutrients. What are some of the food choices that I should consider?

Refuel

Repair

Rehydrate

PREVENTING SPORTS RAGE

While sports rage is often the result of many factors, players can help reduce incidents by creating a positive sporting environment. Players should consider the following four points:

Be a good sport

- Remember the principles of fair play - respect, integrity and fairness
- Display modesty in victory and graciousness in defeat
- If you win, do not rub it in
- If you lose, do not make excuses
- If you make a mistake, learn from it and be ready to play on
- If a team member makes a mistake, offer encouragement not criticism
- Control your temper - do not use bad language or harass others
- Cooperate with your coach, teammates and officials
- Learn the rules of the game and abide by them

Respect your opponent

- Treat your opponent the way you would like to be treated
- Give encouragement to injured players and recognition to outstanding performances for both teams
- Do not make any kind of derogatory remarks to your opponents during the game, especially comments of an ethnic, racial or sexual nature
- Do not bully or take unfair advantage of another player
- Always thank the opposition at the end of the game

Respect officials

- Accept and respect the referee/umpire's decision
- Always thank the referee/umpire at the end of the game
- If you have an issue with a decision, raise it in a controlled and professional way with the coach or your captain

Uphold the code of conduct

- Support and uphold the code of conduct for players

Despite your best intentions, sports rage incidents may still occur. There are two scenarios for players:

On-field sports rage

Officials are responsible for enforcing the rules of your sport, including managing bad behaviour and sports rage. As a player, you should report incidents to your captain or official.

Off-field sports rage

While it is your organisation's responsibility to deal with incidents off the field, as a player you should understand and support the process.

When an incident occurs, you should:

- Report it to the ground officials or organisation/committee members
- Stay calm and collected

It is the responsibility of the ground official or organisation/committee members to approach offenders and take action.

When confronted with sports rage, on-field or off-field, it is important that you do not:

- Ignore it and allow situations to get out of hand
- Lose control of your emotions
- Engage in aggressive behaviour

REFLECTION:

Sportsmanship is a style and an attitude, and it can have a positive influence on everyone around you. As an individual playing the sport, how can I demonstrate good sportsmanship?

What can I do in the event that I encounter sports rage?

CODE OF CONDUCT FOR PLAYER

Codes of conduct are an essential part of sports rage prevention. They outline an agreed standard of behaviour and to further promote a higher standard of practice within the sport.

- I will always play by the rules
- I will never argue with an official. If I disagree with a decision, I will inform the captain, coach or manager during a break or after the competition
- I will control my temper. I understand that verbal abuses of officials and sledging other players and deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport
- I will work equally hard for myself and/or my team
- I will be a good sport and applaud all good plays whether they are made by my team or the opposition
- I will treat all players in my sport as I like to be treated. I will not bully or take unfair advantage of another competitor
- I will cooperate with my coach, teammates and opponents
- I will display modesty in victory and graciousness in defeat
- I will participate for my own enjoyment and benefit, not just to please parents and coaches
- I will respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion
- I will thank the opposition and officials at the end of the game
- I will comply with anti-doping policies

SELF TEST - WHICH PLAYER ARE YOU?

Is your playing style providing a safe, enjoyable sporting environment? Or could your actions be creating tension and contributing to sports rage? Which player are you?

The War Monger

Cannot control their temper on the field. They abuse officials, opponents, team members and even spectators. The War Monger should remember it's just a game and treat others as they would want to be treated themselves.

The Quizmaster

Questions and complains about all officiating decisions that do not go their way. They always think they can do a better job. The Quizmaster needs to accept the decisions no matter what and realise that officials are only human.

The Tension Builder

Continually makes snide remarks to opponents. They may use vicious taunts to induce the opposition to retaliate. Tension Builders unsettle the game and contribute to a tense atmosphere. They should concentrate on their own game.

The Cheapshot

Is cowardly and will resort to unprovoked behind-the-scenes foul play towards their opponent. The cheapshot has a reputation as a sly player. They should remember to treat other players with more respect.

The Five Star Player

Focuses on fair play and being a good sport. They know winning is not the only goal. They respect officials and opponents. The Five Star Player enjoys sports and always plays with integrity and fairness.

CSEP | SCPE
THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING

Get Active Questionnaire

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY –
PHYSICAL ACTIVITY TRAINING FOR HEALTH (CSEP-PATH®)

Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a Qualified Exercise Professional (QEP – has post-secondary education in exercise sciences and an advanced certification in the area – see csep.ca/certifications) or health care provider is advisable. **This questionnaire is intended for all ages – to help move you along the path to becoming more physically active.**

☐ I am completing this questionnaire for myself.

☐ I am completing this questionnaire for my child/dependent as parent/guardian.

PREPARE TO BECOME MORE ACTIVE

The following questions will help to ensure that you have a safe physical activity experience. Please answer **YES** or **NO** to each question before you become more physically active. If you are unsure about any question, answer **YES**.

YES	NO	
		1 Have you experienced **ANY** of the following (A to F) **within the past six months**?
○	○	**A** A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?
○	○	**B** A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?
○	○	**C** Dizziness or lightheadedness during physical activity?
○	○	**D** Shortness of breath at rest?
○	○	**E** Loss of consciousness/fainting for any reason?
○	○	**F** Concussion?
○	○	**2** Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?
○	○	**3** Has a health care provider told you that you should avoid or modify certain types of physical activity?
○	○	**4** Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

NO to all questions: go to Page 2 – ASSESS YOUR CURRENT PHYSICAL ACTIVITY

YES to any question: go to Reference Document – ADVICE ON WHAT TO DO IF YOU HAVE A YES RESPONSE

CSEP | SCPE
THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING

Get Active Questionnaire

ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Answer the following questions to assess how active you are now.

1 During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling or jogging)? ☐ DAYS/ WEEK

2 On days that you do at least moderate-intensity aerobic physical activity (e.g., brisk walking), for how many minutes do you do this activity? ☐ MINUTES/ DAY

For adults, please multiply your average number of days/week by the average number of minutes/day: ☐ MINUTES/ WEEK

Canadian Physical Activity Guidelines recommend that adults accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week. For children and youth, at least 60 minutes daily is recommended. Strengthening muscles and bones at least two times per week for adults, and three times per week for children and youth, is also recommended (see csep.ca/guidelines).

GENERAL ADVICE FOR BECOMING MORE ACTIVE

Increase your physical activity gradually so that you have a positive experience. Build physical activities that you enjoy into your day (e.g., take a walk with a friend, ride your bike to school or work) and reduce your sedentary behaviour (e.g., prolonged sitting).

If you want to do **vigorous-intensity physical activity** (i.e., physical activity at an intensity that makes it hard to carry on a conversation), and you do not meet minimum physical activity recommendations noted above, consult a Qualified Exercise Professional (QEP) beforehand. This can help ensure that your physical activity is safe and suitable for your circumstances.

Physical activity is also an important part of a healthy pregnancy.

Delay becoming more active if you are not feeling well because of a temporary illness.

DECLARATION

To the best of my knowledge, all of the information I have supplied on this questionnaire is correct.
If my health changes, I will complete this questionnaire again.

I answered NO to all questions on Page 1

Sign and date the Declaration below

I answered YES to any question on Page 1

Check the box below that applies to you:

☐ I have consulted a health care provider or Qualified Exercise Professional (QEP) who has recommended that I become more physically active.

☐ I am comfortable with becoming more physically active on my own without consulting a health care provider or QEP.

Name (+ Name of Parent/Guardian if applicable) [Please print] | Signature (or Signature of Parent/Guardian if applicable) | Date of Birth

Date | Email (optional) | Telephone (optional)

With planning and support you can enjoy the benefits of becoming more physically active. A QEP can help.

☐ Check this box if you would like to consult a QEP about becoming more physically active.
(This completed questionnaire will help the QEP get to know you and understand your needs.)

CSEP | SCPE
THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING

Get Active Questionnaire – Reference Document

ADVICE ON WHAT TO DO IF YOU HAVE A **YES** RESPONSE

Use this reference document if you answered **YES** to any question and you have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

1 Have you experienced ANY of the following (A to F) within the past six months?

A A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity? ☐ **YES**	Physical activity is likely to be beneficial. If you have been treated for heart disease but have not completed a cardiac rehabilitation program within the past 6 months, consult a doctor – a supervised cardiac rehabilitation program is strongly recommended. If you are resuming physical activity after more than 6 months of inactivity, begin slowly with light- to moderate-intensity physical activity. If you have pain/discomfort/pressure in your chest and it is new for you, talk to a doctor. Describe the symptom and what activities bring it on.
B A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher? ☐ **YES**	Physical activity is likely to be beneficial if you have been diagnosed and treated for high blood pressure (BP). If you are unsure of your resting BP, consult a health care provider or a Qualified Exercise Professional (QEP) to have it measured. If you are taking BP medication and your BP is under good control, regular physical activity is recommended as it may help to lower your BP. Your doctor should be aware of your physical activity level so your medication needs can be monitored. If your BP is 160/90 or higher, you should receive medical clearance and consult a QEP about safe and appropriate physical activity.
C Dizziness or lightheadedness during physical activity ☐ **YES**	There are several possible reasons for feeling this way and many are not worrisome. Before becoming more active, consult a health care provider to identify reasons and minimize risk. Until then, refrain from increasing the intensity of your physical activity.
D Shortness of breath at rest ☐ **YES**	If you have asthma and this is relieved with medication, light to moderate physical activity is safe. If your shortness of breath is not relieved with medication, consult a doctor.
E Loss of consciousness/fainting for any reason ☐ **YES**	Before becoming more active, consult a doctor to identify reasons and minimize risk. Once you are medically cleared, consult a Qualified Exercise Professional (QEP) about types of physical activity suitable for your condition.
F Concussion ☐ **YES**	A concussion is an injury to the brain that requires time to recover. Increasing physical activity while still experiencing symptoms may worsen your symptoms, lengthen your recovery, and increase your risk for another concussion. A health care provider will let you know when you can start becoming more physically active, and a Qualified Exercise Professional (QEP) can help get you started.

After reading the ADVICE for your YES response, go to Page 2 of the *Get Active Questionnaire* – ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Get Active Questionnaire – Reference Document

ADVICE ON WHAT TO DO IF YOU HAVE A **YES** RESPONSE

Use this reference document if you answered **YES** to any question and you have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active? ☐ **YES**

If this swelling or pain is new, consult a health care provider. Otherwise, keep joints healthy and reduce pain by moving your joints slowly and gently through the entire pain-free range of motion. If you have hip, knee or ankle pain, choose low-impact activities such as swimming or cycling. As the pain subsides, gradually resume your normal physical activities starting at a level lower than before the flare-up. Consult a Qualified Exercise Professional (QEP) in follow-up to help you become more active and prevent or minimize future pain.

3 Has a health care provider told you that you should avoid or modify certain types of physical activity? ☐ **YES**

Listen to the advice of your health care provider. A Qualified Exercise Professional (QEP) will ask you about any considerations and provide specific advice for physical activity that is safe and that takes your lifestyle and health care provider's advice into account.

4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active? ☐ **YES**

Some people may worry if they have a medical or physical condition that physical activity might be unsafe. In fact, regular physical activity can help to manage and improve many conditions. Physical activity can also reduce the risk of complications. A Qualified Exercise Professional (QEP) can help with specific advice for physical activity that is safe and that takes your medical history and lifestyle into account.

After reading the ADVICE for your YES response, go to Page 2 of the *Get Active Questionnaire* – ASSESS YOUR CURRENT PHYSICAL ACTIVITY

WANT ADDITIONAL INFORMATION ON BECOMING MORE PHYSICALLY ACTIVE?

- **csep.ca/certifications**
  CSEP Certified members can help you with your physical activity goals.
- **csep.ca/guidelines**
  Canadian Physical Activity Guidelines for all ages.

Notes

Notes

Notes

Partner in Sport

Sport SINGAPORE

tote board
Giving Hope
Improving Lives.

3 Stadium Drive
Singapore 397630

sportsingapore.gov.sg