



# SAFE BASKETBALL GUIDE

Think Safe. Play Safe. Stay Safe.

**Sport**  
SINGAPORE

LIVE BETTER THROUGH SPORT

## A Sport Safe Singapore

Sport Singapore (SportSG) recognises that safety must be a fundamental component of our sporting culture and a prerequisite for every healthy lifestyle. It is tasked to promote safety throughout Singapore's sporting community and to inculcate a safety-first mentality in the minds of every stakeholder. 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. For more information, please visit, <https://www.sportsingapore.gov.sg/Sports-Education/Sports-Safety>

## Acknowledgment

SportSG would like to thank and acknowledge Basketball Association of Singapore (BAS), Department of Health (Victoria State Government), Canadian Society for Exercise Physiology, Naval Postgraduate School, and all other organisations and individuals for their participation in the consultation process; including the provision of materials and photos towards the production of this guide. Their feedback and suggestions greatly improved the final delivery of this publication.



**Think Safe. Play Safe. Stay Safe.**

Another initiative by the Sport Safety Division, ActiveSG

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September 2021



## INTRODUCTION

Basketball is a very popular sport worldwide, played with a round and usually orange (orange brown) ball that bounces. Basketball players mainly use skills such as dribbling, shooting, running, and jumping which is known as dunking.

Basketball is a team sport where two teams, usually consisting of five players on each team, play against each other on a rectangular court. The objective is to get the ball through a hoop mounted high on a backboard on the opponent's side of the court, while preventing the opponent from shooting it into your team's hoop. A field goal is worth two (2) points, unless made from behind the three-point line, when it is worth three (3). After a foul, timed play stops and the player fouled or designated to shoot a technical foul is given one (1), two (2) or three (3) one-point free throws. The team with the most points at the end of the game wins, but if regulatory play expires with the score tied, an additional period of play (overtime) is mandated.

## RISK MANAGEMENT

It is always a good practice to have a risk assessment planning for an injury situation, such as appointing a risk assessment team or safety officer to adopt and implement a written risk management plan.

Risk management is an on-going process that ensures safety is well managed, supports the achievement of safety goals, and minimises the likelihood of risks. The risk management process involves:

1. Risk assessment.
2. Communication of risks.
3. Review and monitoring of the risk assessment.

Key responsibilities should be clearly assigned to specific people in areas such as risk monitoring and review, communication, and training of team members on risk management. Everyone involved should be informed and aware of it. Meeting the standard of the risk management planning, by assigning appropriate staff to monitor and review performance is a good practice.



Risk assessment is an integral component of the safety and health management system. With effective risk management, the potential costs and liabilities can be minimised thereby enabling a safer sporting experience. Sport and recreational activity involve physical risk, which varies with the type and timing of the activity, location, participants' skill level and number of spectators. Risks are managed through assessing their likelihood and potential consequences, developing clear actions, and designing a response plan. Legal compliance and insurance coverage should also be considered.

Risk management documentation should include:

1. A comprehensive risk management plan.
2. An incident/accident register.
3. A post review/report.

The management of sports facilities should conduct risk assessments. This allows the sources of risks to be identified and reasonably practicable steps taken to eliminate any foreseeable risk to those involved. Where it is not possible to eliminate risk, other reasonably practicable measures must be taken to minimise risk.

Risk assessment can be made simpler with four (4) questions:

1. What unexpected or negative things could happen?
2. What is the likely impact?
3. What can we do about it?
4. How do we inform everyone who is involved?

When identifying risks, the following factors should be considered:

1. Age and capacity of participants, especially those who require extra care (e.g. young children, the elderly, those with special needs).
2. Types of activities.
3. Personal history of accidents, injuries, and losses.
4. Rescue and lifesaving equipment.
5. Sport equipment.
6. Current and potential issues with standard operating procedures or practices.
7. Facilities and their infrastructure.
8. Environment where the activity is happening.

Resources on risk assessment and management systems are available on Sport Singapore's website: <https://www.sportsingapore.gov.sg/Sports-Education/Sports-Safety/Safety-Resources-and-Useful-Links>

## ENCOURAGE RESPONSIBLE BEHAVIOUR

To enjoy the game in a safe environment, it is important that everyone exercises responsible behaviour, such as but not limited to:

1. Know your physical capabilities before engaging in the game.
2. Know the rules and play fairly. Good sportsmanship should always be observed. Never fight with the other players or with teammates. This will not only result in a player being suspended from any sanctioned game, it will also increase the likelihood of injury being sustained.
3. Learn and practice correct passing, jumping, landing, and shooting techniques.
4. Be aware of the dangers of using basketball equipment inappropriately.
5. No chewing of gum or having anything in mouth during play to prevent the possibility of choking.
6. Have a responsible person/adult present (such as a coach/parent/referee) especially if the intended game is going to be on-court and serious. For games of one-on-one or two-on-two in your driveway or at the playground, supervision may not be necessary; as compared to a full-court, five-on-five basketball game.
7. Have first aid equipment on hand or readily available, and at least one person who knows how to use it in the event of an emergency.
8. Coaches and officials should undertake regular certification and education to ensure their injury prevention knowledge is kept up to date.
9. Officials should enforce game rules.

## PRE-PARTICIPATION SCREENING

Individuals should routinely complete a pre-participation screening questionnaire prior to engaging in any physical activity. A pre-participation screening questionnaire such as the Get Active Questionnaire (GAQ), 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, individuals should consult a doctor. As new symptoms may develop after the completion of the questionnaire, such a questionnaire should be taken at least once a year.

For more information regarding the Get Active Questionnaire and how to administer it, please refer to the links below for more details:

<https://www.udemy.com/course/how-to-use-get-active-questionnaire-by-sportsg/>

[https://www.sportsingapore.gov.sg/-/media/SSC/Corporate/Files/Sports-Education/Sports-Safety/Safety-Resources-and-Useful-Links/ENG-10688\\_GAQ\\_Flyers\\_20Mar19\\_FINAL.pdf](https://www.sportsingapore.gov.sg/-/media/SSC/Corporate/Files/Sports-Education/Sports-Safety/Safety-Resources-and-Useful-Links/ENG-10688_GAQ_Flyers_20Mar19_FINAL.pdf)

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](http://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**.

- 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?
- 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?
- Has a health care provider told you that you should avoid or modify certain types of physical activity?
- 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 . . . >>>

## ASSESS YOUR CURRENT PHYSICAL ACTIVITY

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

- 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
- 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](http://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

I answered **YES** to any question on Page 1

Sign and date the Declaration below

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.

<input type="text"/>	<input type="text"/>	<input type="text"/>
Name (+ Name of Parent/Guardian if applicable) [Please print]	Signature (or Signature of Parent/Guardian if applicable)	Date of Birth
<input type="text"/>	<input type="text"/>	<input type="text"/>
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.)

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?**

<p><b>A</b> 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?</p> <p><input type="checkbox"/> <b>YES</b></p>	<p>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.</p>
<p><b>B</b> A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?</p> <p><input type="checkbox"/> <b>YES</b></p>	<p>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.</p>
<p><b>C</b> Dizziness or lightheadedness during physical activity</p> <p><input type="checkbox"/> <b>YES</b></p>	<p>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.</p>
<p><b>D</b> Shortness of breath at rest</p> <p><input type="checkbox"/> <b>YES</b></p>	<p>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.</p>
<p><b>E</b> Loss of consciousness/fainting for any reason</p> <p><input type="checkbox"/> <b>YES</b></p>	<p>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.</p>
<p><b>F</b> Concussion</p> <p><input type="checkbox"/> <b>YES</b></p>	<p>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.</p>

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

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](https://csep.ca/certifications)

CSEP Certified members can help you with your physical activity goals.

► [csep.ca/guidelines](https://csep.ca/guidelines)

Canadian Physical Activity Guidelines for all ages.

## COMMON BASKETBALL INJURIES

Fall injuries are one of the most dangerous injuries in the sport of basketball; when someone jumps up to attack or defend the basket, and another player “undercuts” them. This is because the player in the air has their hands on the ball (especially on offense) and is unable to break their fall properly. Head injuries, back injuries, elbow, and shoulder joint injuries, as well as ankle and knee injuries can occur.

Some of the common injuries that are commonly associated with the game of basketball are as follows:

1. Injuries resulting from falls, player contact, awkward landings, abrupt changes in direction and being hit by the ball.
2. Injuries to the lower body, most common of which are ankle sprains.
3. Previous ankle injury, wearing shoes with air cells in the heel and not stretching during warm up increases risk of ankle injury.
4. Injuries to the hand, fingers, head, face, and teeth.
5. Knee injuries account for the most time lost in training and games. Females are at higher risk of knee injury than males.
6. Overuse injuries are most common in higher level players due to the duration and intensity of play.

## INJURY MANAGEMENT

In the event of an injury occurring on court:

1. Remove the injured player from the court immediately.
2. Qualified first aid/medical personnel to provide prompt medical attention to the injured player.
3. If an injury is sustained, remember the acronym “RICER”. “Rest” the injured area, put “Ice” on it, wrap something around the injury to “Compress” it and “Elevate” that part of the body. “Refer” injured or seek medical attention if any of the following symptoms are experienced: inability to move your arm or leg, a locked joint, persistent swelling or a grinding feeling.
4. Ensure players are fully rehabilitated before returning to play. Medical clearance is advisable if the injury sustained was serious.

## SAFETY TIPS FOR INJURY PREVENTION

### PHYSICAL PREPARATION

1. Undertake training prior to competition to ensure readiness to play.
2. Always warm up, stretch and cool down.
3. Undertake fitness programs to develop strength, balance, coordination, and flexibility.
4. Gradually increase the intensity and duration of training as this will help reduce the risk of injury.
5. Stay in shape, not only during basketball season, but also after the season.

### DYNAMIC WARM-UP

Dynamic warm-up should include activities that use the same movement patterns as the activities to be performed during the session. Dynamic warm-up is better for basketball as compared to static warm-up as basketball is a high intensity game from the start of the game, and the movements are sharp and needs a lot of power. Dynamic warm up exercises should begin at a low intensity and gradually increase to the level required in the activity.

Dynamic warm-up aims to:

1. Prepare the mind and body for the activity.
2. Increase body temperature, heart/breathing rate.

Do 10 to 15 minutes of dynamic warm-ups before and after play.

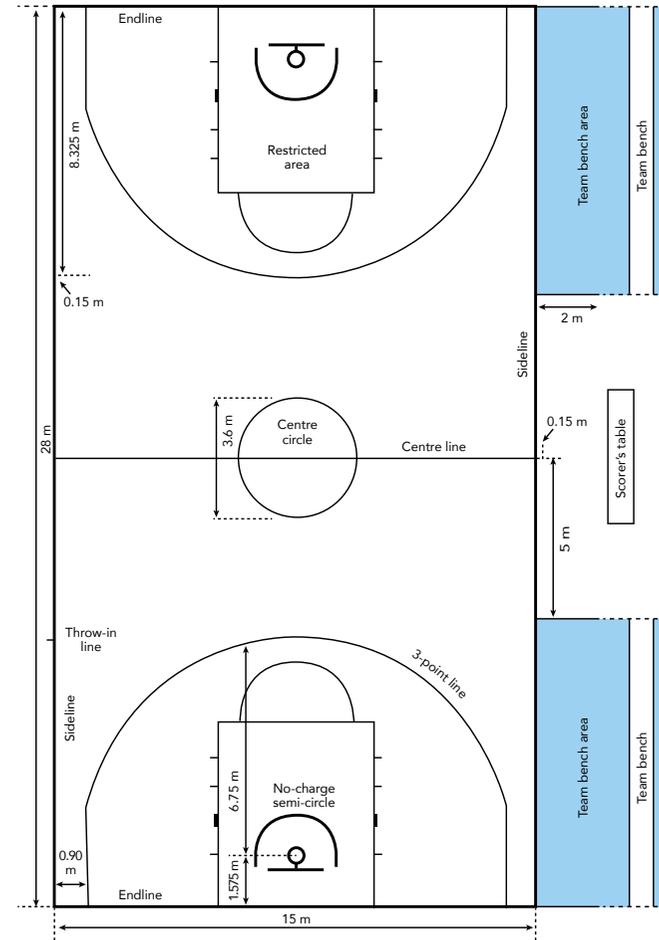
Participants should do a cool-down routine at the end of every activity session, consisting of:

1. Activity of significantly reduced intensity, such as 2–3 minutes of easy jogging or walking.
2. 5 minutes of gentle, dynamic stretching exercises.





## FIELD OF PLAY



A full-size FIBA regulation size basketball court measures 28m by 15m. Check that the basketball environment is safe and remember to:

1. Check and maintain the playing surface to remove hazards e.g. stones, wet surfaces.
2. Backboards and baskets should be of a high standard and securely mounted.
3. Backboards, their supports and walls should be suitably padded.
4. Baskets and boundary lines should not be too close to walls and fixtures. Refer to International Basketball Federation (FIBA) rules for further information.
5. If installing a ring at home, ask a suitably qualified person such as a building professional to assess the safety of your installation.
6. Do not fix a basketball ring or backboard to brickwork.



### INCLEMENT WEATHER (OUTDOORS)

Always have someone to check/observe the weather condition before or during the basketball game. The organizers have the right to cancel the game if there is lightning or thunderstorm.

### EQUIPMENT

#### PERSONAL TRAINING EQUIPMENT

Wear shoes appropriate for the playing surface. Running shoes should not be worn as the soles are not designed for quick turning, stopping and jumping. Taped ankles or ankle supports with high-top basketball shoes will reduce the severity of ankle injuries.

#### PROTECTIVE EQUIPMENT

1. Wear the right gear. If you have a history of injury, speak to your doctor or physiotherapist about appropriate bracing or protective gear.
2. Always wear a mouthguard, preferably custom-fitted.
3. Wear shoes designed specifically for basketball.
4. Consider preventive measures, e.g. ankle taping/guard, if involved in jumping and rebounding frequently or if you have a history of ankle injury.
5. Wear pads to protect the knees and elbows from bruises and floor burns. Additionally, a knee brace can be useful if you have a history of knee injuries.

Mouthguard



Basketball Shoes



Pads



Ankle Bracing



### SLAM DUNK

Slam dunk is a type of basketball shot that is performed when a player jumps in the air with the ball and scores by putting the ball directly through the basket with one or both hands above the rim. However due to the power of the action, there is an enhanced factor of danger when executed improperly.

Dunking is one of the best moments when playing basketball, however, dunking requires great support due to the extra power and weight when dunking.

### PORTABLE BASKETBALL HOOP

Most portable basketball hoops are not designed to handle dunks. Only portable systems approved by FIBA under their Approved Equipment guide allows for dunking. <http://www.fiba.basketball/documents/ApprovedEquipmentGuide.pdf>

## WALL-MOUNTED BASKETBALL HOOP

Not all wall-mounted basketball hoops are designed to handle dunking. Only wall-mounted systems approved by FIBA under their Approved Equipment guide allows for dunking.

<http://www.fiba.basketball/documents/ApprovedEquipmentGuide.pdf>

## IN-GROUND BASKETBALL HOOP

In-ground basketball hoops are generally sturdier and able to withstand a larger impact compared with other hoops. However, it is not advisable to dunk on in-ground basketball hoops due to the possibility of wear and tear and age of the structure.

## BACKBOARD FOR DUNKING

Tempered glass is the official and standard backboard material for indoor basketball. The tempered glass backboard is made of hardened glass to allow perfect ball-bounce on the backboard. In addition, the hardening is a safety measure, as this allows the glass to shatter into small marble size crumbs in case of breakage.

The backboard support structure is to be secured to the playing floor so as to prevent any movement. If playing floor anchoring is not possible, sufficient ballast weight on the basket support base must be used to prevent any movement.

## SAFETY ADVISORY SIGNS – BASKETBALL RINGS AND BACKBOARDS

Appropriate product warning information must be provided regarding the basketball rings and backboards. Such information includes but is not limited to:

1. Improper installation or hanging on the basketball ring may cause serious injury or death.
2. Appropriate product warning symbol.



## PLACEMENT OF ADVISORY SIGNS

Written warnings and/or warning symbols must be placed in a prominent place, e.g. permanently marked on the front of the backboard. Possible warning may read as "ANY FORM OF HANGING ON THE RING MAY CAUSE SERIOUS INJURY OR DEATH."

## "NO-DUNK" RULE

For non-competitive games, do use the "no-dunk" rule. Backboards and rims can be broken if too much stress is placed on them and the change in momentum can cause you to lose your balance and fall.

## OTHER SAFETY TIPS

1. Follow the rules and play fairly.
2. Do not undercut your opponent by going under him / her when he/she is going for a dunk or layup.
3. Do not place your feet underneath your opponent when he is jumping. If he lands on your feet, he might injure his ankle.
4. Do not swing your elbow directly at someone's head or face.
5. Eat a well-balanced diet.
6. Drink water before, during and after play.
7. Avoid playing in inclement weather. Where possible, games should be rescheduled.
8. Coaches, players, and parents should be aware of heat illness symptoms.
9. Qualified first aid personnel, first aid kits, ice packs and a stretcher should always be available.
10. Telephone access, to contact emergency services, is essential.
11. Don't wear chains, rings, and metal wrist bands. If you wear glasses, they should be secured and have shatter-proof lenses.
12. AED needs to be present within 10 meters of the sporting activity. AED-certified personnel need to be present and clear direction should be provided to access it.



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