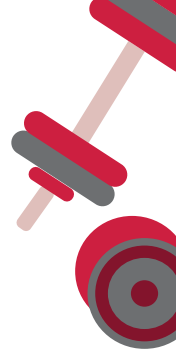




**Sport Safety**

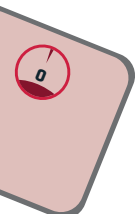


## Introduction:

All instructors and coaches should conduct safety briefings prior to any physical/virtual/sport activities.

All participants should assume personal responsibility for their safety and those around them.

Any information in this deck, if deemed useful, may be extracted/adapted and used for your own briefings.




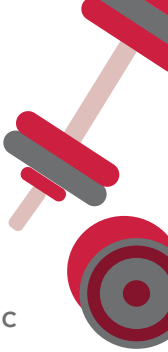
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**Personal responsibility**

- 
- 
- Participants on wheelchairs or with medical conditions such as epileptic fits, cardiac or respiratory illnesses, etc. should be accompanied by caregivers or someone who can check on them regularly.
  - Take personal responsibility; exercise with a buddy and look out for each other.
  - Ease into a new workout; don't overexert.
  - Stop exercising when experiencing dizziness, pain, or faint.



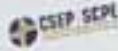
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# Get Active Questionnaire



## Get Active Questionnaire - Reference Document

ADVISE ON PAGE 17-18 IF YOU HAVE A YES RESPONSE

Physical activity improves your physical and mental health. You will benefit from physical activity throughout your life.

This questionnaire is designed to help you assess your current level of physical activity and determine if you need to become more active. It also provides information on how to get started and how to stay motivated.

- I am currently physically active.
- I am not currently physically active.

### PROGRAM TO BECOME MORE ACTIVE

This program is designed to help you assess your current level of physical activity and determine if you need to become more active. It also provides information on how to get started and how to stay motivated.


- 1. Determine your current level of physical activity.
- 2. Set realistic goals for your physical activity.
- 3. Find ways to incorporate physical activity into your daily routine.
- 4. Find a support system to help you stay motivated.
- 5. Monitor your progress and adjust your goals as needed.
- 6. Celebrate your successes and stay motivated.

- Use the information I use provided YES to indicate you have not considered a health care provider to assist in your physical activity.
- 1. Do you currently have pain or swelling in any part of your body such as your back, neck, knees, or hips that makes it difficult to be physically active?  YES
  - 2. Has a health care provider told you that you should avoid or modify certain types of physical activity?  YES
  - 3. Do you have any other medical conditions such as heart disease, diabetes, or high blood pressure that may affect your ability to be physically active?  YES

After reading the advice for your YES response, go to page 2 of the Get Active Questionnaire for more information on physical activity.

**Start off with a pre-participation screening**



- 
- Pre-participation screening (e.g. Get Active Questionnaire) is important to assess one's level of readiness before engaging in any physical/virtual sport activities.
  - If you answered YES to any of the questions in the questionnaire, refer to the reference document which will provide further advice.




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**Visit the washroom  
prior to activity**

- 
- Visiting the washroom prior to any activity will ensure your full participation.
  - In a swimming class or organised water activities, it will prevent children from loitering to deep pools without supervision.



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**Stay hydrated**

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- 
- “Are you drinking enough water?”
  - Check your urine color. Drink water if the colour is darker.
  - However, do note that drinking too much water might be harmful to your body too, so always drink in moderation.



FULLY  
HYDRATED



HYDRATED



DEHYDRATED



VERY  
DEHYDRATED



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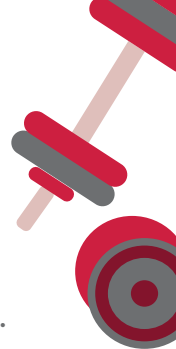
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**Sport equipment**

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- Check to ensure all sporting and personal protective equipment are safe for use.
- Brief participants on the safe use of sporting equipment.
- Advise participants to wear appropriate and well-fitted personal protective gear.
- For virtual activities, improvise suitable equipment if required. Do not use equipment that may increase risk of injury.



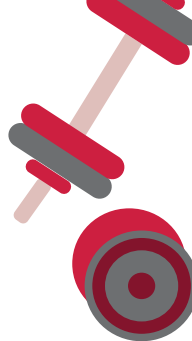
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**Fall prevention**



- Pay attention to instructions and be present.
- Ensure sufficient space and lighting without bumping into things or persons.
- Ensure the exercise area is clear of trip and slip hazards.
- For virtual activities, if any furniture needs to be used for support, ensure that it can hold your weight and is sturdy.



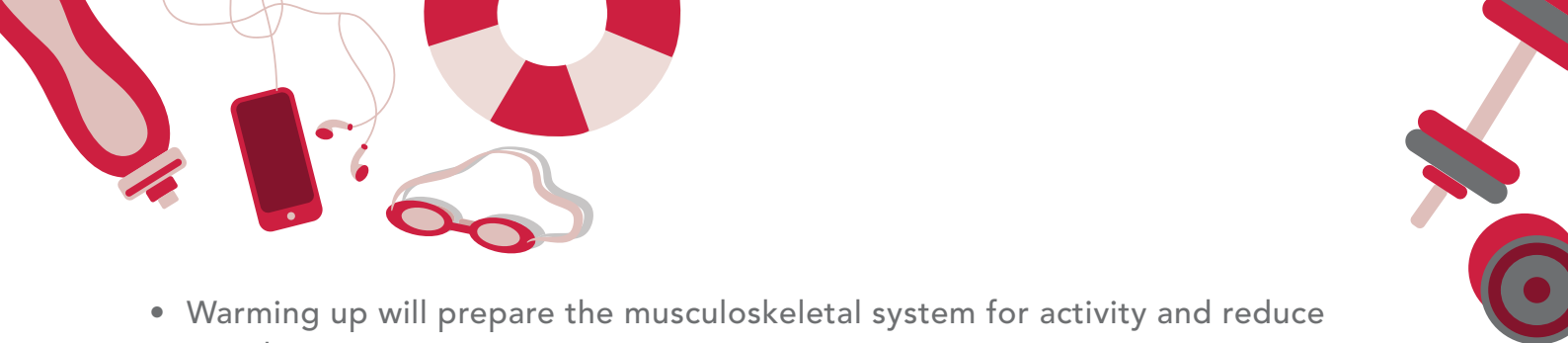
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**Warm up and cool down**

- 
- Warming up will prepare the musculoskeletal system for activity and reduce muscle injury.
  - Cooling down will gradually allow the body to recover from exertion as well as loosen muscles, reducing discomfort and soreness.



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