

My Sports Safety Kit

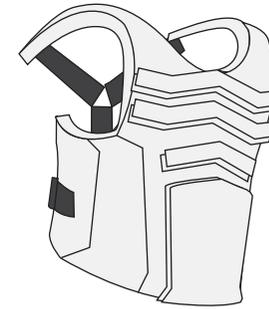
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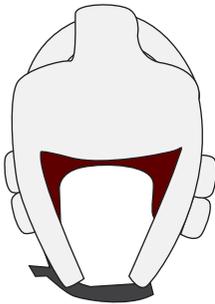
Sports
Safety

Mix 'n' Match

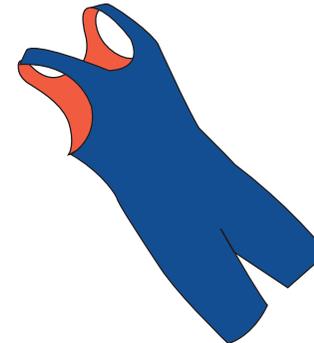
Find the correct head protection for the respective sports!



Taekwondo



Skateboarding



Wrestling

A Sports Safe Singapore

The Singapore Sports Council (SSC) recognises that safety must be a fundamental component of a sporting culture and a prerequisite for every healthy lifestyle. Therefore, SSC has set a corporate goal of zero injuries, in the belief that all accidents are preventable. Emphasising the need for personal accountability, SSC also urges people to be responsible for the safety of others. SSC's first Sports Safety Division was formed in 2006 directly under the purview of the CEO's office. 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 <http://sportssafety.ssc.gov.sg>.

Acknowledgements

The Singapore Sports Council (SSC) would like to thank and acknowledge the organisations and individuals who have contributed to the content of this guide. The feedback and suggestions greatly improved the final delivery of this publication.



Think Safe. Play Safe. Stay Safe.

Another initiative by the Sports Safety Division, Singapore Sports Council

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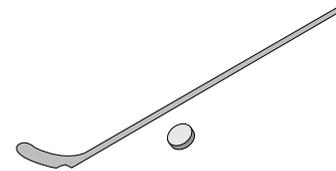
Mix 'n' Match

Find the correct head protection for the respective sports!

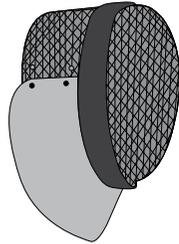


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Ice Hockey



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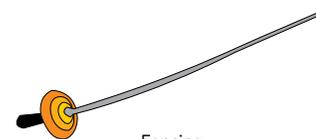


Cycling



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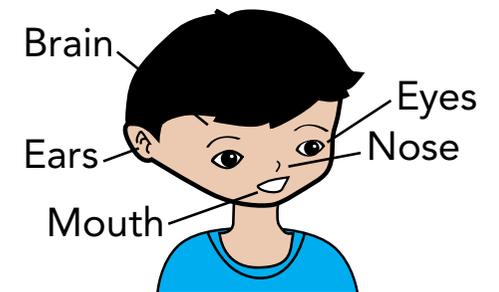
Fencing

Why Head Protection is Important

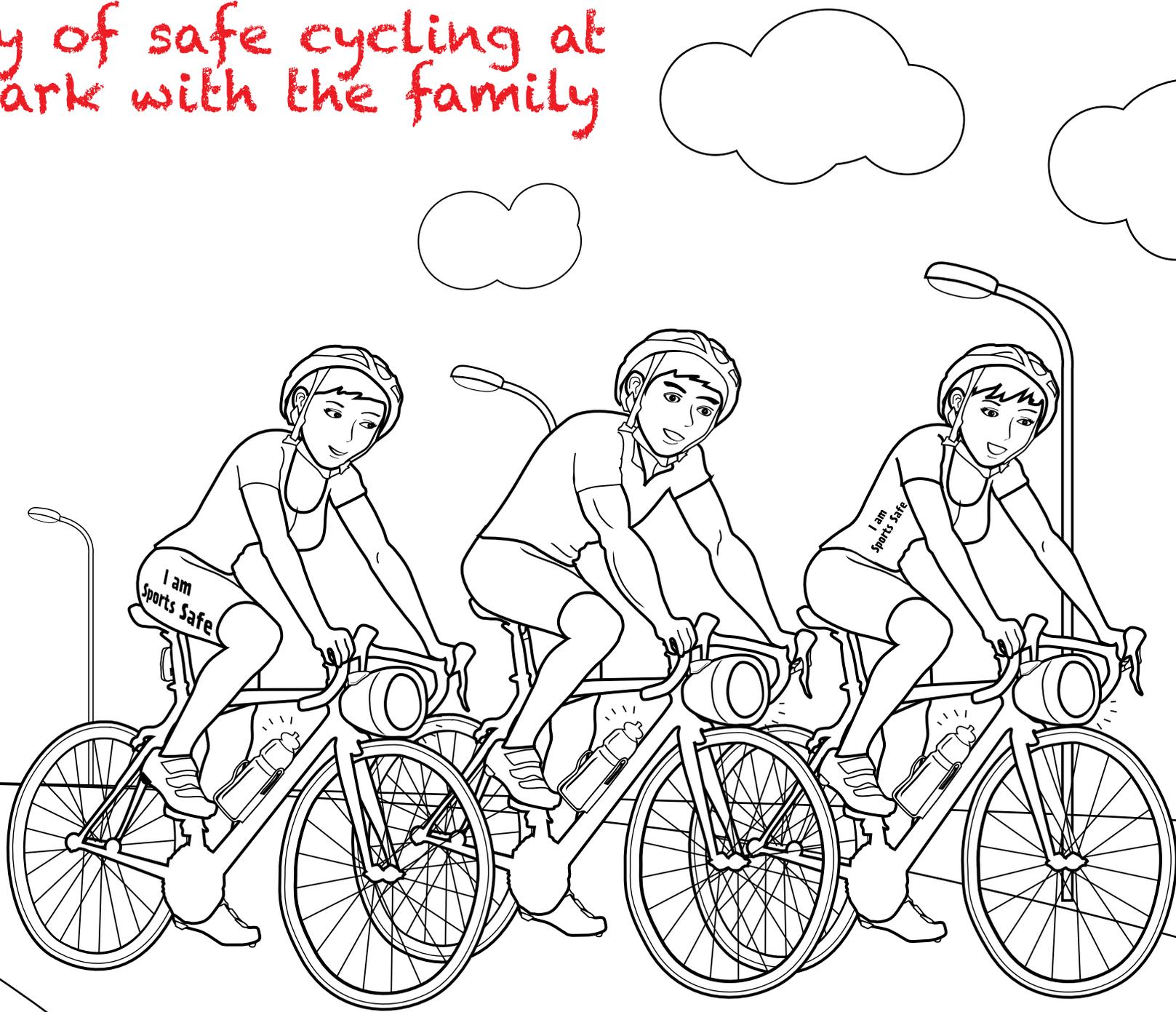
Your head is a very delicate part of your body. In and around your head are:

- Your eyes, with which you see;
- Your ears, with which you hear;
- Your nose, with which you smell;
- Your mouth, with which you eat and speak; and
- Your brain, with which you think.

Injuries to the head are very serious. For this reason, head protection and safety are very important.



A day of safe cycling at
the park with the family



Have fun with Word Search



CLUES:

1. Always remember to **w_ _m - up** before you exercise and **c_o_ _** down afterwards.
2. **Dr_ _k** water to hydrate yourself during activities.
3. **Pr_t_ct** yourself by wearing **s_f_ty** gears.
4. After raining, the floor will be slippery so you need to be **ca_e_ul**.
5. Make sure you can spot your **pa_e_ts** and the **li_e-gu_rd** when swimming.



1. warm, cool
2. Drink
3. Protect, safety
4. careful
5. parents, life-guard

ANSWERS:



THINK SAFE · PLAY SAFE · STAY SAFE

**SPORTS SAFETY
IS EVERYONE'S
RESPONSIBILITY.**



ALL ACCIDENTS ARE PREVENTABLE

ZERO ACCIDENTS
ARE OUR COLLECTIVE GOAL



I AM SPORTS SAFE

Sports SAFE U

4 Simple Rules For Sports Safety

- S**creening
- A**dequate Hydration
- F**air Play
- E**nvironment



<http://sportssafety.ssc.gov.sg>

This Portion is diecutted out

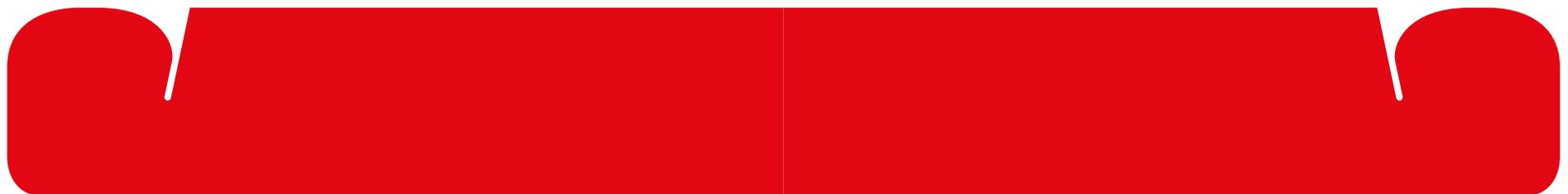
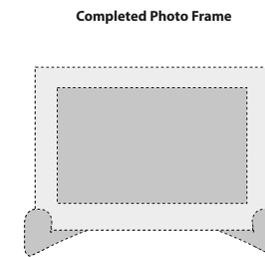
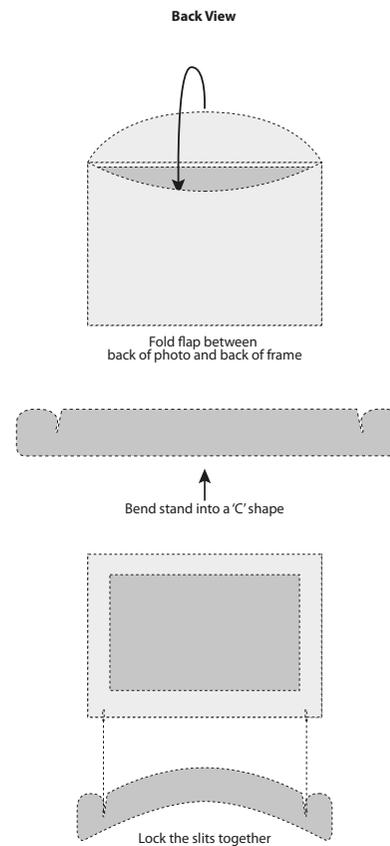
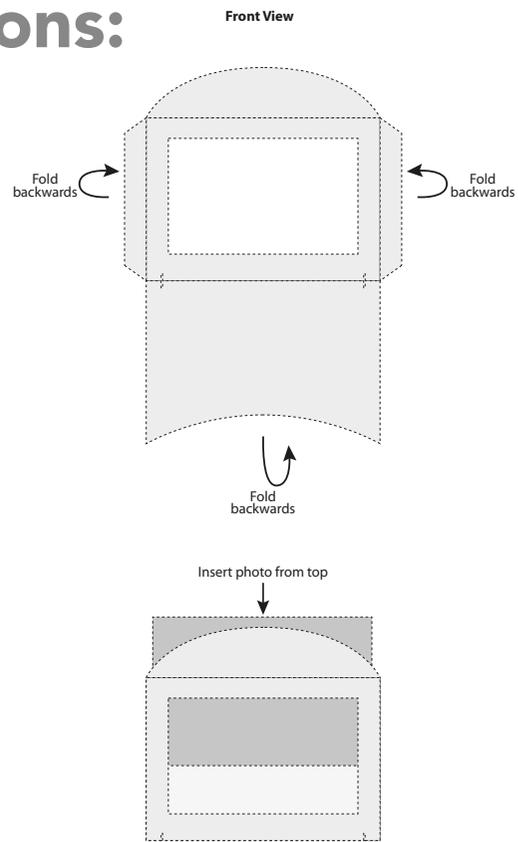
Think Safe. Play Safe. Stay Safe.

Paste double sided tape here

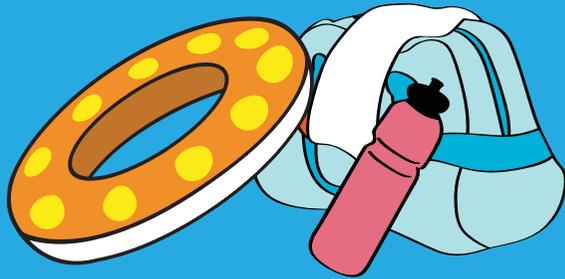
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Make your very own Photo Frame

Instructions:



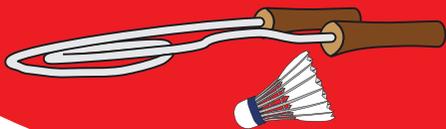
**I AM
SPORTS SAFE**



**SPORTS SAFETY
STARTS WITH
ME.**



**THINK
SAFE · PLAY
SAFE · STAY
SAFE**

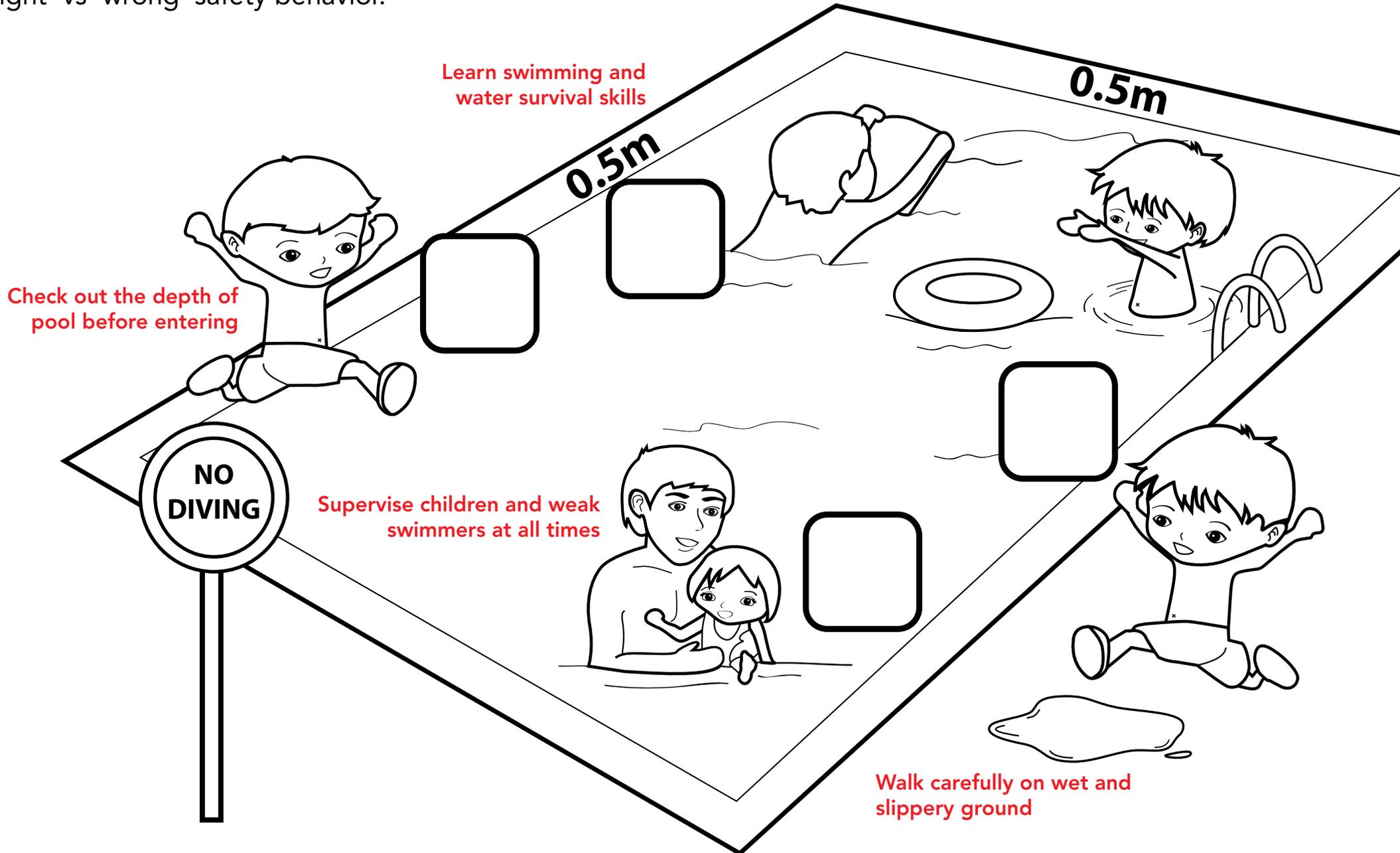


**ALL
ACCIDENTS
ARE PREVENTABLE**



Right vs Wrong

Place a tick (✓) or cross (x) in the box to indicate the 'right' vs 'wrong' safety behavior.



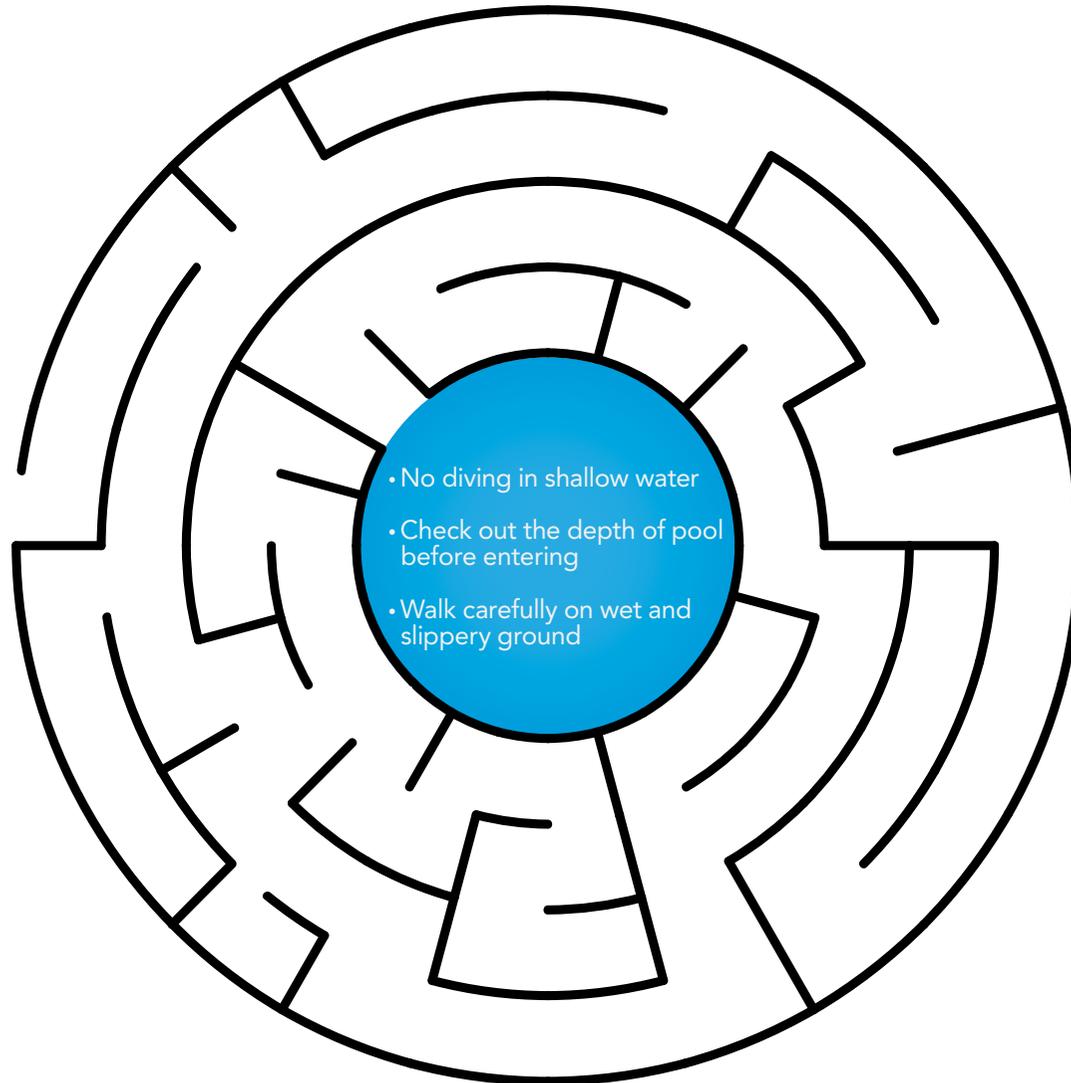
Spot the Difference

Circle the missing sports safety gear!



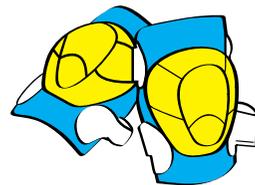
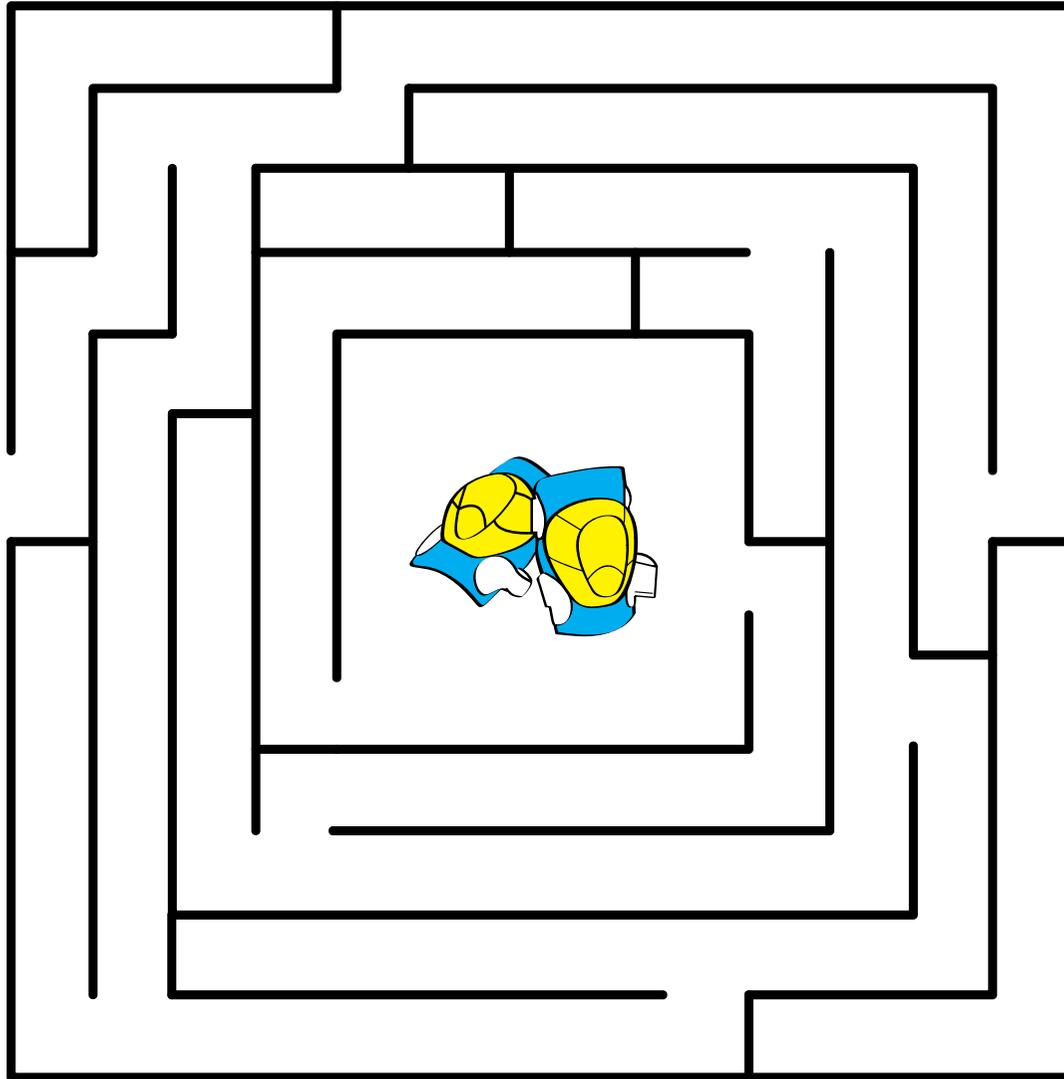
Jane needs your help!

Guide her to some safety tips for her swimming lesson!



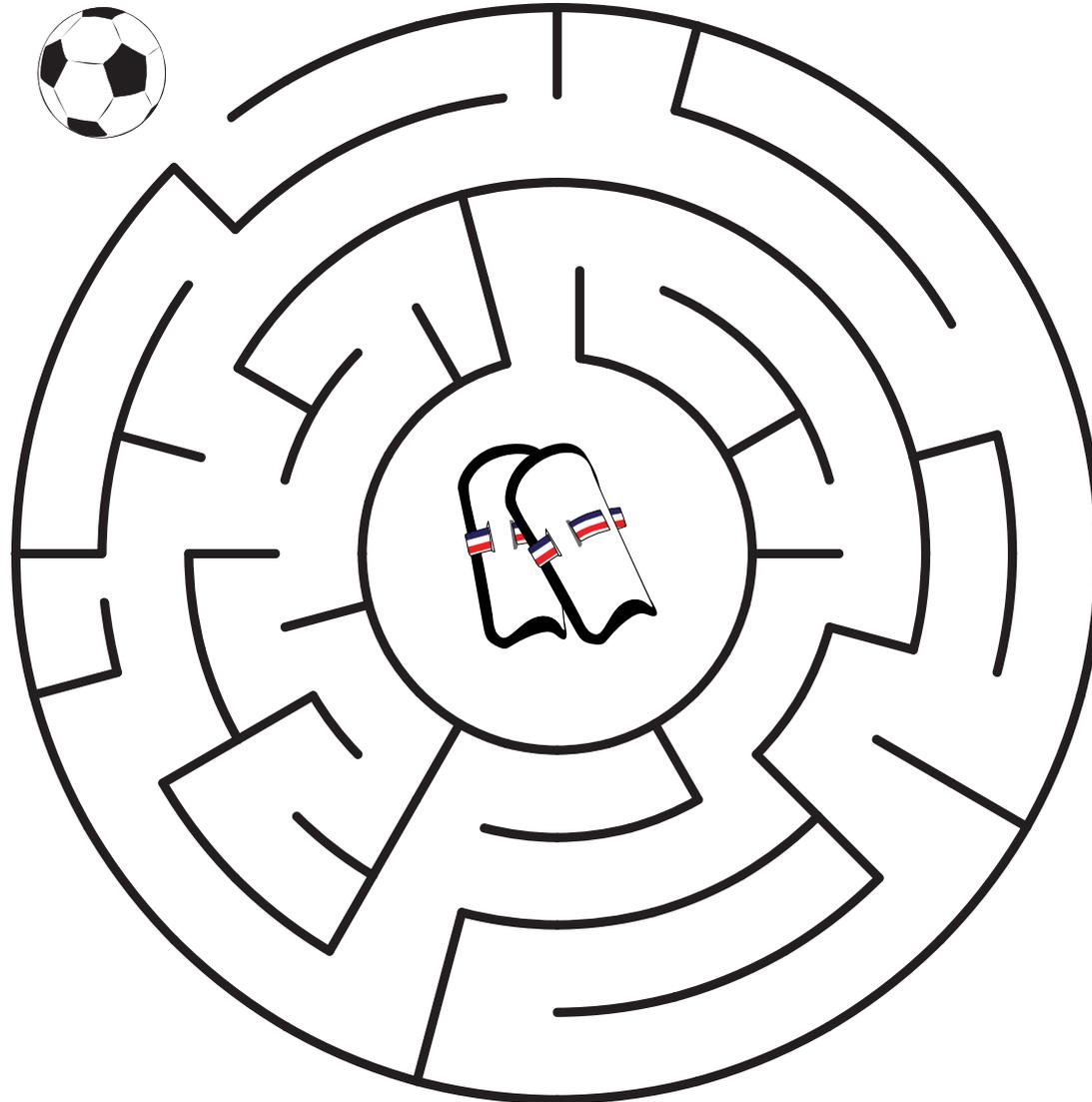
Sarah needs your help!

Direct her to her protective knee pads before her rollerblading session!



Tom needs your help!

Help him find his shin guards before his soccer match!





Partners in Sports



Giving Hope. Improving Lives.

My Sports Safety Kit