




SINGAPORE
SPORTS COUNCIL

**Sports
Safety**

Safe Cycling Activity Book

Think Safe. Play Safe. Stay Safe.

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 www.sportssafety.ssc.gov.sg

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 <p>Department of Sport and Recreation GOVERNMENT OF WESTERN AUSTRALIA</p>	<p>Government of Western Australia - Department of Sport and Recreation http://www.dsr.wa.gov.au</p>	 <p>SPORTS MEDICINE AUSTRALIA</p>	<p>Sports Medicine Australia http://sma.org.au</p>
 <p>TRAFFIC POLICE</p>	<p>Singapore Police Force – Traffic Police http://www.spf.gov.sg</p>	 <p>Land Transport Authority</p>	<p>Land Transport Authority http://www.lta.gov.sg</p>
 <p>NATIONAL PARKS</p>	<p>National Parks Board http://www.nparks.gov.sg</p>	 <p>Health Promotion Board</p>	<p>Health Promotion Board of Singapore http://www.hpb.gov.sg</p>
 <p>SINGAPORE SPORTS SCHOOL Learned Discipline With Character</p>	<p>Singapore Sports School http://www.sportsschool.edu.sg</p>	 <p>SACAS SINGAPORE AMATEUR CYCLING ASSOCIATION</p>	<p>Singapore Amateur Cycling Association http://www.cycling.org.sg</p>
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 <p>TASKFORCE SAFE CYCLING</p>	<p>Safe Cycling Task Force http://safecycling.org</p>	 <p>SINGAPORE ROAD SAFETY COUNCIL</p>	<p>Singapore Road Safety Council</p>

Think Safe. Play Safe. Stay Safe.

Another initiative by the Sports Safety Division, Singapore Sports Council

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GEAR UP

The facts

- Protective equipment should be worn at all times and fit correctly.
- It is important to regularly check and maintain protective equipment.
- Try out equipment prior to using it.
- Equipment should be specific and appropriate for your sport, size, and age.
- Equipment should always be used according to the manufacturer's guidelines and the recommendations of the sporting body.
- Remember injuries usually mean time on the sideline - **Prevention is the key.**

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.

Helmet

In cycling where high-speed collisions or falls onto hard surfaces are likely, hard-shell helmets can reduce head injuries. Never compromise when choosing a helmet. Fit, comfort and protection level should always be placed ahead of price.

Helmets should carry internationally recognised safety standards and are approved by the sporting association concerned.

- **Fit**
A snug fit is essential when buying a helmet. Choose one with an internal shape that closely matches the shape and size of your head. Don't rely on size pads to 'make up the difference'. Try the helmet first without the pads. Next, use your index finger to check the gap between your head and the polystyrene inner. If your finger slides in easily, the gap is probably too great. If the gap varies from front



to side, there is probably a mismatch between the helmet and the shape of your head.

- **Visibility**
Choose a helmet with bright or fluorescent colours to remain visible. Refrain from black or other dark coloured helmets as they are harder to be seen.
- **Air Vents**
They allow air circulation so you stay cool. While comfort matters, a helmet with many or excessively large vents will offer less protection.

Footwear

Footwear that fits correctly and designed for the sport or activity is essential to prevent many injuries. Important features of correct footwear include fit, cushioning and stability.

ENVIRONMENT

Dehydration occurs when your body does not have sufficient water to work properly. You can get dehydrated when you play hard while having fun on a hot and humid day outdoors/indoors, like when you are cycling in the park. Signs of dehydration include:

- Feeling lightheaded, dizzy, or tired
- Rapid heartbeat
- Dry lips and mouth
- Not passing urine as much or dark or strong-smelling urine

Use the Urine Chart below to see if you are drinking enough water or not!

Urine Colour Chart								
An easy way to find out if you are well hydrated								
Lightly coloured urine			Darker coloured urine			Very dark coloured urine		
1	2	3	4	5	6	7	8	9
WELL HYDRATED Continue the drinking habit			DEHYDRATED Drink more fluid during & after activity			SEVERELY DEHYDRATED Seek doctor's advice		

Adapted from Lew, Slater, Nair, and Miller (2010)

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Disclaimer: colours listed may vary slightly from actual colour due to printing.

Remember to drink water before, during and after play, especially if the weather is hot and sunny. Take breaks in the shade if you are outdoors or rest if indoors.



SPOT THE DIFFERENCE

Try to spot the differences in the pictures below. Before you begin, picture yourself in the following scenarios:

1. Your helmet was not secured to your head, and it fell out when your bicycle hit an object.
2. Your brakes malfunctioned midway through the race.
3. One of the wheels in your bicycle came loose. What do you think will happen next? Always be prepared. Check your equipment before cycling.

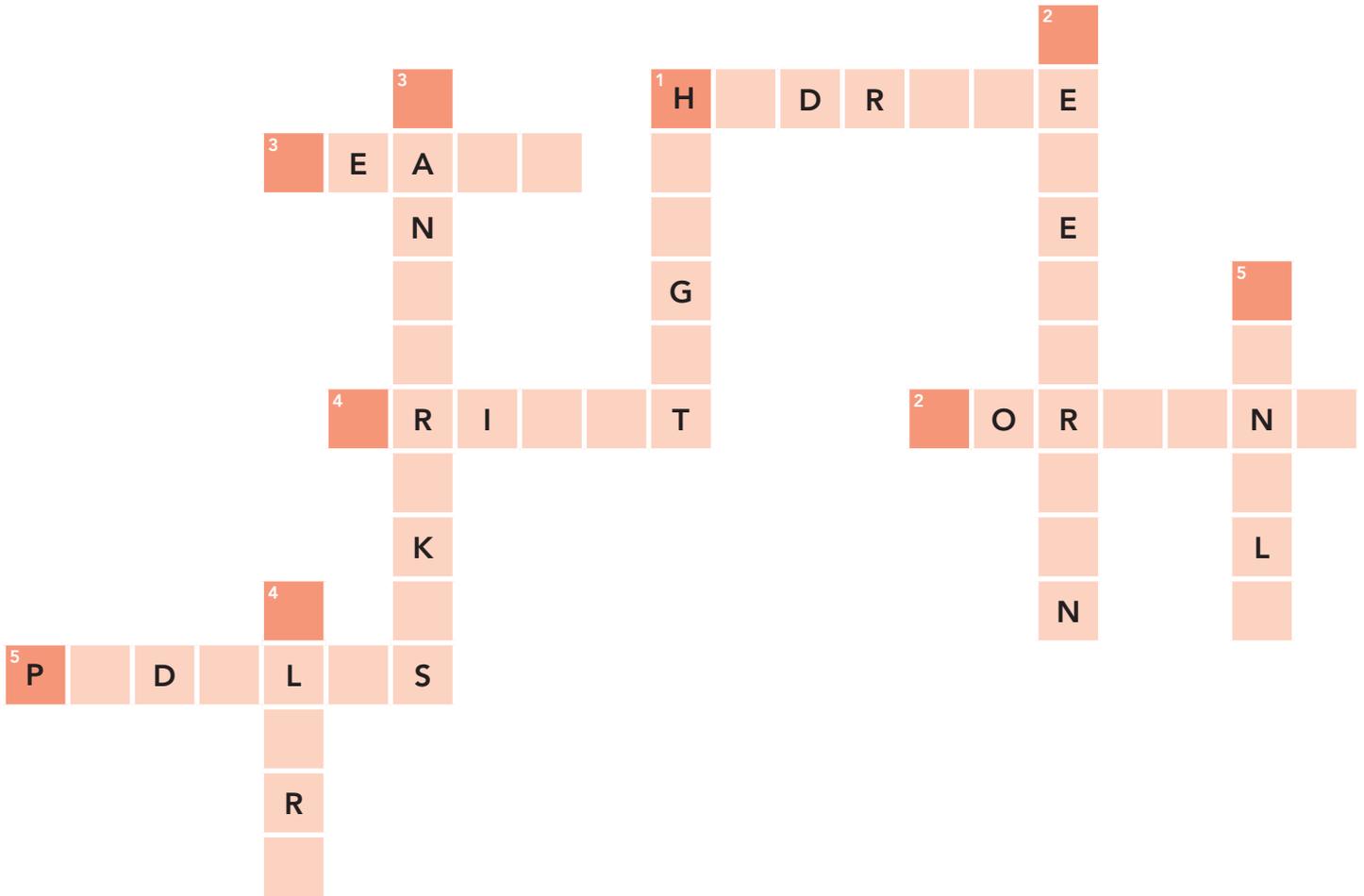


WORD HUNT



- 1 Ensure that you have adjusted and tightened the **straps** of the helmet so that it sits firmly on your head.
- 2 **Mirrors** enable you to be more aware of your surroundings without having to turn your head around too much.
- 3 Wear proper footwear like **shoes** or closed/strapped **sandals** and avoid flip-flops or slippers that provide little or no grip at all, as they have the tendency to slip off while cycling.
- 4 When riding uphill, keep a **straight** line without wobbling or swerving.
- 5 Always wear a **helmet** to protect your head.
- 6 Cycle **slowly** on wet roads and allow for a **longer** braking distance so you may apply your brakes gently.
- 7 Turn around corners slowly while keeping your bicycle as **upright** as possible.
- 8 Avoid carrying heavy or bulky items on **front** load baskets as these can affect the ease with which you can turn your bicycle handle, making steering more difficult. Place them in the **rear** baskets instead.

CROSSWORD PUZZLE



ACROSS:

- 1 Constantly _____ yourself by keeping water easily accessible.
- 2 Before use, inspect your bicycle and make sure everything is in _____ condition.
- 3 Avoid cycling when there is _____ rain or thunderstorm.
- 4 When riding at night, make sure you can be seen. Wear _____ coloured clothing and use front and rear lights.
- 5 Avoid wet _____ whenever possible. They not only provide less traction, there may also be potholes, sharp objects and unseen hazards beneath the water.

DOWN:

- 1 Adjust the _____ of the bicycle seat by placing your heel on the pedal at its lowest point - while ensuring that your leg is straight at full stretch.
- 2 Do not cycle across over-head bridges or _____ crossings. Instead, alight and push your bicycle across.
- 3 Ensure that the handlebars and _____ are within your reach. Your arms should be slightly bent when holding the handle grips and your knees should not hit the handlebar.
- 4 Always be _____. You are your best defence. Pay attention to other users around you.
- 5 Use the bicycle track where provided and cycle in a _____ file.

Answers:
 Across: 1. hydrate; 2. working; 3. heavy; 4. bright; 5. puddles
 Down: 1. height; 2. pedestrian; 3. handbrakes; 4. alert; 5. single

Do not staple. Glue all sides firmly.

Share a Sports Safe Practice

Are you Sports Safe?

What are your Sports Safe Practices?

Everybody knows that getting hurt or injured is never fun. Sports Safe Practices are simply the things that you do to ensure that you and others around you are safe while playing sports.

Some examples of Sports Safe Practices include:

- Wearing the right protective equipment.
- Drinking enough water while playing sports.
- Cycling slowly on wet roads.
- Warming up and cooling down before and after doing sports.



So share with us the things you do when you are playing sports so that everyone stays safe and continue having fun.

Do not staple. Glue all sides firmly.

Fold here

Name: _____ IC No.: _____

Address: _____

E-mail: _____

Contact No: _____ Signature: _____

What is the Sports Safe Practice shared?

Send this card to us to receive a souvenir!

For Official Use:

Acknowledged by the Sports Safety Division:
(Name, Designation & Date)

Do not staple. Glue all sides firmly.

Do not staple. Glue all sides firmly.



**AFFIX
STAMP
HERE**

Mailing Address:
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SAFETY TIPS FOR THE SMART CYCLIST



1 Always wear safe cycling gear.

Wear a properly secured cycling helmet as well as elbow and knee pads to protect against injuries. Wear proper shoes with laces properly tied.

2 Wear light coloured clothes; fitting pants so that they don't get entangled with your bicycle gears.

3 Make sure your handle bar is tight and properly adjusted.

Make sure that your handle bar is correctly adjusted to your height. Both your feet should be able to touch the ground.

4 Make sure that all the lights including the reflectors are working well and are correctly positioned.

5 Remember to inflate your tyres properly.

6 Check that your brakes are working perfectly.

7 Your bicycle bell should be functioning properly.

8 Make sure your bicycle chains are correctly adjusted.

9 Mudguards should be properly fitted to the bicycle.

10 Cycle on bicycle tracks in parks and playgrounds.

11 Children are advised not to cycle on the road.



Partners in Sports



Giving Hope. Improving Lives.