



Partners in Sports



Giving Hope. Improving Lives.



SINGAPORE  
SPORTS COUNCIL

Sports  
Safety

# Sports SAFE U

4 simple rules for sports safety.

## 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

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

*Another initiative by the Sports Safety Division, Singapore Sports Council*

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## The Physical Activity Readiness Questionnaire (PAR-Q)

is designed to help you assess your level of readiness for physical activity. It is simple and it only takes a fraction of your time to complete.

Regular physical activity is fun and healthy. Increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctors before they start becoming more physically active.

If you are planning to become more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are above 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: **check YES or NO.**

- | YES                      | NO                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?     |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel pain in your chest when you do physical activity?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you lose your balance because of dizziness or do you ever lose consciousness?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you know of any other reason why you should not do physical activity?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?                   |
| <input type="checkbox"/> | <input type="checkbox"/> | In the past month, have you had chest pain when you were not doing physical activity?  |

### If you answered YES to one or more questions:

Consult your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want – as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. Consult your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programmes are safe and helpful for you.



### Personal Safety

- Listen to your body. Know when to stop, bearing in mind that not all of us have the same level of physical abilities.
- Have adequate rest and water before you exercise.
- Warm up before exercising and cool down after the activity.
- Wear attire that is appropriate for the sports.
- Do not overlook safety gear. If unsure, please check with the relevant people.

### If you answered NO honestly to all PAR-Q questions, you can be reasonably sure to:

- Start becoming much more physically active. Starting slowly and building up gradually is the safest and easiest way to go.
- Take part in a fitness appraisal. This is excellent for determining your basic fitness so as to plan the best way to live actively. Evaluating your blood pressure is also strongly recommended. For readings above 144/94, consult your doctor before you become more physically active.

### Delay becoming much more active:

- If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better, or;
- If you are or may be pregnant – consult your doctor before you start becoming more active.

Please note:

If you answered Yes to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Download PAR-Q in Chinese, English, Malay or Tamil from [www.ssc.gov.sg](http://www.ssc.gov.sg) For more information, please call 6500 5431.  
Source: Canadian Society for Exercise Physiology

## ADEQUATE HYDRATION

Cool down your body and beat dehydration by drinking adequate amounts of water. Drink about 500ml of water 30 minutes before exercise, 250ml to 500ml every half-hour during exercise and 1000ml after exercise. Isotonic or sports drinks are also recommended for any activity that lasts more than an hour.

The precautions you can take to maintain adequate hydration are:

- (i) Bring along a bottle of cold water or isotonic drink for any sports activity.
- (ii) Drink sufficient fluids to prevent your body from overheating; passing clear or light-coloured urine is a sign that you are adequately hydrated.
- (iii) Avoid strong coffee or alcohol because they can cause dehydration.



## FAIR PLAY & INJURY PREVENTION

### Fair Play

Fair Play is a key part of an injury-free sports environment. It is important that we respond to the principles of fair play - respect, integrity and fairness - by understanding the rules of the game and abiding by them to reduce the risk of injuring yourself or harming others. By doing this, you will help ensure that all participants get the most out of sports and more importantly, demonstrate good sporting behaviour both on and off the field.

Encourage Fair Play by:

- showing respect for other participants (players, spectators, officials)
- upholding rules and regulations

For certain sports like running, cycling or sailing, this includes knowing and abiding by traffic or maritime regulations.



## Warm Up, Cool Down and Stretch

The warm up is often part of the start of a physical activity session. The warm up aims to:

- prepare the mind and body for the activity
- increase body temperature
- increase heart rate
- increase breathing rate

The warm up should include activities that use the same movement patterns as the activities to be performed during the session. Warm up exercises should begin at a low intensity and gradually increase to the level required in the activity. Warm ups help participants mentally and physically prepare for the activity ahead while cool downs assist in recovery.

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

- activity of significantly reduced intensity, such as 2 - 3 minutes of easy jogging or walking
- 5 minutes of gentle, dynamic stretching exercises

Stretching activities should move the muscles through the full range of movement and include all muscle groups that will be used later. Stretching can be performed in different ways but there is some evidence that, for younger people, dynamic stretching (moving slowly through a full stretch) is better than static stretching (holding one angle for more than a few seconds).

**Fair play and safe environments promote participation and enjoyment.**



The environment should be safe and suitable for the sport you participate in. If the sports activity involves rough waters or steep terrain, wear proper safety and protective gear, and check that all safety precautions are in place.

To avoid getting caught in bad weather, check the weather forecast\* before a sports activity. **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 is a tropical island. It is mostly bright and sunny all year round. Therefore, it is important to stop all activities when the weather gets too hot, especially when you are doing high intensity exercises. You should always be aware of the early symptoms of heatstroke and heat exhaustion like dizziness, chills, headache and loss of coordination. You should stop the activity **immediately** if such symptoms occur.



\*For more information, please contact the Singapore Meteorological Station at 65427788 or log on to [www.nea.gov.sg](http://www.nea.gov.sg)

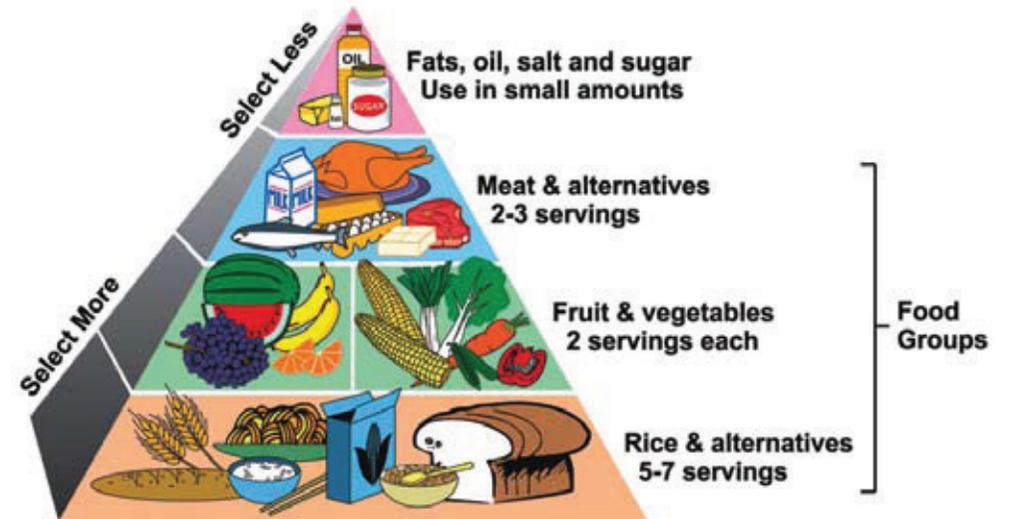
# OTHER TIPS

## Equipment and Essential Skills

Wearing protective sports gear and using the correct sports equipment reduce the risk of injury and harm. Examples of protective gear include helmets for cyclists and shin guards for soccer or hockey players. First Aid, Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) certification are essential skills in a critical situation. Everyone is encouraged to equip themselves with such emergency response skills. All of us have a role to play in ensuring a fun, invigorating and safe sporting experience.

## Playing Equipment Checklist:

- Equipment should only be used for the sport it was designed for.
- All safety and protective equipment worn by participants must conform to recommended safety or industry guidelines.
- When not in use, all equipment must be properly stored and secured.
- All shared protective equipment must be hygienically cleaned after games.
- Picking the right shoes are important. The shoes should be stable and supportive.



Source: Health Promotion Board

## Nutrition

The Health Diet Pyramid is a guide to help you plan a well balanced daily diet. Generally, your daily food intake should have more servings of items from the Pyramid's lower tiers and fewer servings of items from its upper tiers.

### Water

- Did you know that more than three quarters of your body is made up of water?
- If we do not drink enough water, dehydration sets in, making us prone to headaches and illness.
- Drink lots of water before, during and after exercise.

### Nutrients

- When you eat, the sugar and carbohydrates from your food intake provides your body with energy.
- Try to have a balanced diet as much as possible.
- If you are going for long exercise sessions, bring along some snacks to provide you with energy.

### Rest

- Our body needs rest to function well, keep alert and make good judgement and decisions.
- A sleepy person may not perform as well as someone who has had enough sleep and rest. Try to get ample sleep before exercising.