

Safety Guidelines for Students during PE, CCA, Sports & Games @ Riverside Secondary School

	BEFORE Physical Activity	DURING Physical Activity	AFTER Physical Activity
Screening: How ready are you for a particular physical activity?	Ask yourself the following questions: <ul style="list-style-type: none"> . Are you well? . Did you just recover from an illness? . Are you injured? . Have you been diagnosed with a medical condition? . Have you been training for the activity? 	Ask yourself the following questions: <ul style="list-style-type: none"> . Are you well? . Are you injured? <p>Stop if you are injured or unwell at any time during the activity. Seek help from your teacher or instructor or inform the staff in the General office immediately</p>	Ask yourself the following questions: <ul style="list-style-type: none"> . Are you well? . Are you injured? <p>Seek help from your teacher or instructor or inform the staff in the General Office immediately should there be any signs of injury or illness following the activity. If you have already left school, inform parents and seek medical advice.</p>
	Do not participate in the activity if you are unwell, injured, just recovered from an illness or diagnosed with a certain medical condition, check with your doctor if you are suitable for the activity. If you are in doubt, consult your teacher or instructor.	Monitor your physical wellbeing as well as your teammates; and opponents'. Frequently to stay hydrated and cool.	Monitor your physical wellbeing as well as your teammates' and opponents'. Rest to stay hydrated and cool. Ensure all are well before leaving school.
Hydration: Hydrate yourself adequately by drinking water regularly.	Drink about 500ml of water 30 minutes before the activity.	Drink about 250 to 500ml of water every 30 minutes of activity.	Drink about 1000ml of water after the activity.

Exercise	Conduct warm up exercises (e.g. jogging) before performing stretching exercises. This will tune your body muscles for the activity and prevents injury.	Do stretching exercises whenever you feel muscular strain or cramps. This will help to prevent injury.	Conduct 'cool-down' routines (e.g. walking, stretching) and allow your body sufficient time to wind down. This will help to prevent muscle cramps.
Weather	<p>Check the weather conditions. You can check the National Environment Agency (NEA) website for weather updates.</p> <ul style="list-style-type: none"> . Do not train or play if there is poor air quality, extreme heat or lightning risks. . Consider the use of sunblock/sunscreen lotion to prevent overexposure to the sun if necessary. . If the activity allows (e.g. brisk walking), wear a cap to provide shade from the sun for your face, ears and neck. . Do not play outdoors when the Lightning Warning System is activated. 		
Environment	<p>Check that the playing environment (e.g. field, court) is free from litter or hazards (e.g. wet floor or field, sharp object). Have them removed or cleared before start of the activity. If you are not able to remove the hazard(s), do not play and inform the staff in the General Office immediately.</p>	<p>Remove or clear any litters or hazards that may arise in the course of activity (e.g. wet floor, water bottles, drink can). If you are not able to remove the hazard(s), stop play and inform the staff in the General Office immediately.</p>	<p>Remove or clear any litter or hazards that may pose a risk to other users of the facility. . If you are not able to remove the hazard(s), inform the staff in the General Office immediately.</p>
	<p>The environment should be safe and suitable for the activity you are participating in (e.g. doing gymnastics in basketball court is not appropriate, overcrowding in hall)</p>		-

	<ul style="list-style-type: none"> Play in a safe area at all times. Keep away from any areas that may pose a safety risk. For indoor activity, ensure the venue is well lit. 		-
Attire and Personal Belongings	Put on appropriate attire for the activity.	Maintain appropriate attire for the activity. Stop play if your attire is damaged or torn unless you have a replacement.	-
	Remove all hard/sharp objects and accessories (e.g. chains, ear studs, rings, wallets) and put them in your school bag for safekeeping. Your school bag should be within sight, or locked up in the classroom during PE lesson.		-
	Bring along your water bottle and other necessary personal belongings required for the activity.		Ensure you have all your belongings with you before leaving the venue.
Gears and Equipment	Check that all personal protective gears (e.g. helmet, shin guard) and equipment (e.g. rackets, shoes) are in good working condition.	Stop play immediately if the protective gears or equipment gets damaged in the course of activity. Replace it with one in good working condition before resuming activity.	Report all damaged or faulty school gear or equipment to the teacher or instructor.
Meals	Do not consume heavy meals 2 hours before any physical activity.	Do not consume heavy meals in between physical activity. You may have a light snack if the activity lasts for a prolonged period of time.	Have a good meal to replace energy lost during the physical activity.
Medical Condition	Inform your teacher if you are unwell or have any medical condition. Submit parent letter/medical	Stop if you are injured or unwell at any time during the activity. Seek help from your teacher or instructor or inform the staff in the	Seek help from your teacher or instructor or inform the staff in the General Office immediately should there be any signs of injury or illness following the activity. If you have already left school,

	certificate to teacher.	General office immediately .	inform parents and seek medical advice.
Buddy System	Always be in pairs and move about with your buddy. Inform your teacher or instructor of your whereabouts.	Ensure your buddy is well before leaving venue.	-
Fairplay	Understand the rules of the game, proper techniques and fair play to reduce the risk of injury to yourself and others.	Do not engage in play that is likely to cause injury to anyone, including you	Always thank your classmates / teammates / opponents / teacher / instructor for a good session.
Instructions	Follow instructions from the teacher or instructor at all times.		