



Springfield Secondary School

Lifelong Learners, Exemplary Leaders



Sports Safety Guidelines & Messages



Stretching is KEY

One of the most overlooked aspects of physical fitness is flexibility. Stretching to gain flexibility is important to all exercise programs. Make sure your body is warmed up before attempting any rigorous stretching routine. Remember that everything in your body is connected.



Recover with a cool down ...

Cool down helps your body recover from the stress placed upon it during exercise. Slowing your heart rate and breathing can help to decrease the risk of blood pooling in your legs, which can lead to dizziness and fainting. A typical cool down is accompanied by performing low-intensity cardiovascular exercise and slowly decreasing the intensity until you feel relaxed.



Myth: Overnight results

Fitness goals are achieved over time, so don't expect them to happen overnight. It's important to realise so that you do not become frustrated when the changes you desire are not happening fast enough.



Myth: Muscle can turn into fats

You hear it all the time – “I am working out more so my fats are turning into muscle”.

Muscle and fats are completely different types of tissue and cant be magically changed. Muscle shrink (known as atrophy) when not used and stimulated. Thus, your muscle may seem softer. But the actual result is less muscle mass and extra calories being stored as fat ... a shift in body composition.



Stabilize your joints

Walking, running, jumping, bending and twisting all place unpredictable forces throughout the kinetic chain (foot, ankle to knee, hip to shoulders, neck). A major cause of injuries is the lack of strength, stability and control of the muscles that hold these areas of the body. A good strength training program should have core and balance training.



Never workout on empty

It is important to eat a small carbohydrate and protein snack a few hours before a workout. This will help keep your blood sugar levels stable and give you more energy to work out harder and longer. However, avoid working out on a full stomach, as your blood will be pulled away from the stomach where it is needed for digestion.



Build your muscles with recovery

Rest is the most important aspects of achieving optimal fitness. Doing exercise your body breaks down muscle, and the muscle will not grow and get stronger until it is given adequate rest and recovery time.



Begin the right way

Warming up properly enhances workout performances and decreases the risk of injury. Just 5 to 10 minutes of light cardiovascular work raises your body temperature, helps get the blood flowing and lubricates your leg joints. Simply use a cardio equipment or do jogging in place, or go for a quick run. A safe warm up prevents injuries and allows your heart to adequately prepare for the activity ahead.



Safety First

It is very important to exercise safely. If you are returning to exercise after a long break, it will be a good idea to get medical advice before you begin. Once you begin your program, adopt safe practices including a warm up & cool down routine, and gradually building up your time & intensity for both cardio and strength related activities.



Increase core strength

Many people don't realize that all movement of the human body originates from the core. The deep abdominal muscles are activated before any arm or leg movement. Core activation is essential to stabilize the entire body and greatly reduce lower back pain.



Scale back when you are sick

The systems within your body that get a workout when you exercise are the same systems that your body uses to fight an illness. Exercise puts additional stress on the body and immune system, which may keep you sick longer. Slow down and stop working out when you are sick.



Increase core strength

The old saying – ‘If nothing changes, nothing changes’ applies to exercise too! Your body will get used to any type of exercise and you will eventually stop seeing results. Be sure to change your routine every few months. You might actually enjoy something else along the way.



Choose a healthy diet

When it comes to food, don't just focus on the number of calories that you are consuming. Your food choices can positively or negatively affect your health. A diet deficient of vitamins and minerals can lead to serious health problems. Focus on food items that promote growth & repair of tissue, reinforce immune system and help prevent chronic diseases.



Say Yes to breakfast

Research shows that those who are most successful in their weight loss never skip breakfast. Try to keep it balanced with some protein, healthy carbohydrates and a small amount of fat.



Drink, Drink, Drink

Drink the normal amount you would usually drink, and then drink a little more. When you are working out, you often forget to drink. If you wait until you are thirsty to drink, then you are very likely dehydrated. Drink early and often.



There is strong evidence that regular exercise is beneficial

Although exercise does bring about some transient risks

The national survey on Sports Participation showed that the number of Singaporeans who exercised at least one a week doubled from 24% (1992) to 48% (2005) & at least 3 times tripled from 8% to 25% over the same period



- From 2000 to 2006, there were a total of 28 sports related deaths at our public sports facilities – gym, stadia, tennis, squash courts, hockey pitch and swimming pools
- First timers & inexperienced athletes may not be aware of how hard to push themselves. Knowledge with regards to hydration, nutrition, training methods etc may be lacking



Are you sports safe??

- Has your doctor ever said that you have a heart condition
- Do you feel pain in your chest when you do physical activity
- In the past month, have you had chest pain when you were not doing physical activity



Are you sports safe??

- Do you lose balance because of dizziness or do you ever lose consciousness
- Do you have a bone or joint problem
- Is your doctor currently prescribing drugs for your blood pressure or heart condition
- Do you know of any other reason why you should not do physical activity