



Sports Safety Tips

for Popular Competitive Sports

A Sports Safe Singapore

The Singapore Sports Council (SSC) recognises that safety must be a fundamental component of our sporting culture and a prerequisite for every healthy lifestyle. Therefore, the SSC has set a corporate goal of zero injuries, since all accidents can be prevented. Emphasising the need for personal accountability, the SSC also urges people to be responsible for the safety of others. Our Sports Safety Division was formed in 2006 under the direct purview of the CEO's office. It was tasked to promote safety throughout Singapore's sporting community and inculcate a safety-first mentality in the minds of every stakeholder. For more information, please visit <http://sportssafety.ssc.gov.sg>

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Think Safe. Play Safe. Stay Safe.

Another initiative by the Sports Safety Division, Singapore Sports Council

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INTRODUCTION



Singapore's sporting landscape is becoming more vibrant and dynamic with more Singaporeans getting involved in sports everyday. With the hosting of the inaugural Youth Olympic Games, Singapore's sporting scene is now more fired up than ever before.

As part of Singapore's legacy from hosting the Games, the Singapore Youth Sports Development (SYSD) committee has unveiled plans to set up Satellite Centres for Sports Development to build on the momentum that has been developed in youth sports. The centres will provide our youths with more opportunities to learn and play sports in a fun and safe environment while encouraging them to embrace a sporting lifestyle.

All pursuits, sporting or otherwise, carry certain risks. As such, one should never neglect to ensure that basic practises of sports safety are observed when playing sports. Most, if not all, sports accidents and injuries are preventable and only occur due to negligence or a lack of awareness.

Produced by the Singapore Sports Council, in this general guide to sports safety you will find simple safe practices that are easy to observe as well as contact details of the respective National Sporting Associations and Satellite Centres for the sports featured should you be keen to find out more about the sport.

Safety is perhaps the most cost efficient and effective 'insurance policy' one can find. Therefore, it is essential for each of us to take responsibility for keeping ourselves safe and injury free while participating in our favourite sports.

We wish you a great sporting experience.



GENERAL SPORTS SAFETY TIPS



Weather

- The weather can affect athletes' safe participation in sports activities. Young people are highly susceptible to extremes in temperature. Fluid replacement is important during any sporting activity, particularly in hot and humid environments like Singapore. Athletes should hydrate themselves regularly before partaking in trainings and/or competitions. The weather (heat, humidity, wind and rain) should be assessed before beginning an activity to determine if training/competition should commence.
- If athletes are exercising in the heat, do acclimatise them to the warm and humid weather conditions. Start activities slowly and build endurance. If an athlete does not feel well, stop the activity, rest and assess fitness status before returning to play.
- Ensure adequate shade and sunscreens are available. All participants, officials and spectators should have appropriate clothing, hats and sunglasses to prevent overexposure to the sun.
- Do not train outdoors during a thunder storm to minimise lightning risks.

Hydration

- Everyone should establish a hydration plan that allows drinking of water or sports drinks throughout sports sessions, whether you are a participating athlete, official and/or spectator. Hydrate BEFORE, DURING and AFTER training, sports activity and/or competition. Without proper hydration, the risk of developing exertional heat related illnesses is higher.
- Adequate hydration is essential to avoid dehydration and overheating. It is best to drink 500ml of water half an hour before exercise, 250-500ml every half an hour during exercise and 1000ml after exercise. Isotonic drinks are recommended for any activities that last more than an hour.
- It is important to note that although isotonic drinks provide some replacement of salt and sugar lost during vigorous activity, they also may be high in sugar content which can sometimes cause cramps, nausea and diarrhoea. Water is usually the best choice of fluid intake.*
- Always bring along a drinking bottle when training and exercising.
- Preferable to have cold fluid available during training and competition.
- Always drink enough (a gauge is based on the colour of urine; clear or pale yellow).

Heat Illness

Heat illness is a serious matter and can be life-threatening if not taken seriously. Singapore is generally a hot and humid country with the exception of occasional rainfalls. Vigorous exercise under hot and humid weather may cause internal body heat to build up and result in heat illness. Athletes who still exercise at their cool climate intensity while lacking acclimatisation will also be at increased risk of heat illness.

The risk of heat illness increases when a person can't produce enough sweat to release heat and cool down, and when high humidity hinders the effective evaporation of sweat.



**Adapted from American Academy of Pediatrics, 1999a*

GENERAL SPORTS SAFETY TIPS



Symptoms of heat illness include:

- a. Excessive thirst
- b. Nausea or vomiting
- c. Headaches
- d. Light headedness or dizziness
- e. Fatigue or weakness
- f. Profuse perspiration, often accompanied by cold, clammy skin
- g. Obvious loss of skill and coordination/clumsiness or unsteadiness
- h. Anxiety or confusion
- i. Aggressive or irrational behaviour
- j. Collapse
- k. Paleness
- l. Muscle aches and cramps

- Acclimation is the body's adaptation to a higher heat tolerance. Gradually increase practice intensity and duration over at least five days of training in hot or humid conditions.
- Rest frequently to help stay hydrated and cool, seek shade when possible.
- If you feel unusually fatigued, or if your exercise performance is suffering, stop activity and try to cool off.
- Assist the cooling process with the use of fans or by wetting the skin.
- Under hot conditions, adjust duration and intensity of warm-up to minimise increase in body heat and temperature before competition.
- Avoid intense exercise during the hottest time of day; train closer to sunrise or sunset.
- Wear fewer and loose-fitting, lightweight clothing in hot weather so sweat can evaporate.

Injury Prevention

Warming up prepares the mind, heart, muscles and joints for the upcoming activity. It also improves performance and prevents injuries. Any sporting activity should start with warming up. It is advised to start with some cardiovascular exercises like jogging, brisk walking or jumping jacks to get the muscles warmed up. Stretching exercises should follow after the above initial warm up routine. It is important because the tissue is more elastic (flexible) due to the increase in heat and blood flow to the muscles.

Cooling down after each session helps the body recover and return to its normal temperature. It also releases the lactic acid in the muscles. This would reduce the likelihood of sore muscles and allows the heart rate to return to its resting state.



The Physical Activity Readiness

is designed to help you assess your level of readiness for physical activity

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

- ☐ ☐ Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- ☐ ☐ Do you feel pain in your chest when you do physical activity?
- ☐ ☐ 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?
- ☐ ☐ Do you lose your balance because of dizziness or do you ever lose consciousness?
- ☐ ☐ Do you know of any other reason why you should not do physical activity?
- ☐ ☐ Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?
- ☐ ☐ 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.

Physical Activity Readiness Questionnaire

ity. It is simple and it only takes a fraction of your time to complete.

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 <http://sportsafety.ssc.gov.sg>. For more information, please call 6500 5431.

Source: Canadian Society for Exercise Physiology

ARCHERY

Archery is a sport involving the use of a bow and arrows, with the aim of scoring the most points by accurately shooting the arrow to the centre of the target.

General Safety Tips:

- Set up a distinct single shooting line for archers to shoot from.
- Archers should leave an arm's length distance from other archers.
- Heed instructions on when to commence shooting, cease shooting and retrieve arrows.
- Ensure appropriate protective gears are worn (e.g. finger tabs, arm guards and chest guards).
- Store archery equipment safely.



For more information, please contact the Archery Association of Singapore
MacPherson Road Post Office, PO Box 097 Singapore 913404
Website: www.archerysingapore.com

ATHLETICS

Athletics or Track and Field, is about running faster, jumping higher, throwing further than competitors and enduring long distances.



General Safety Tips:

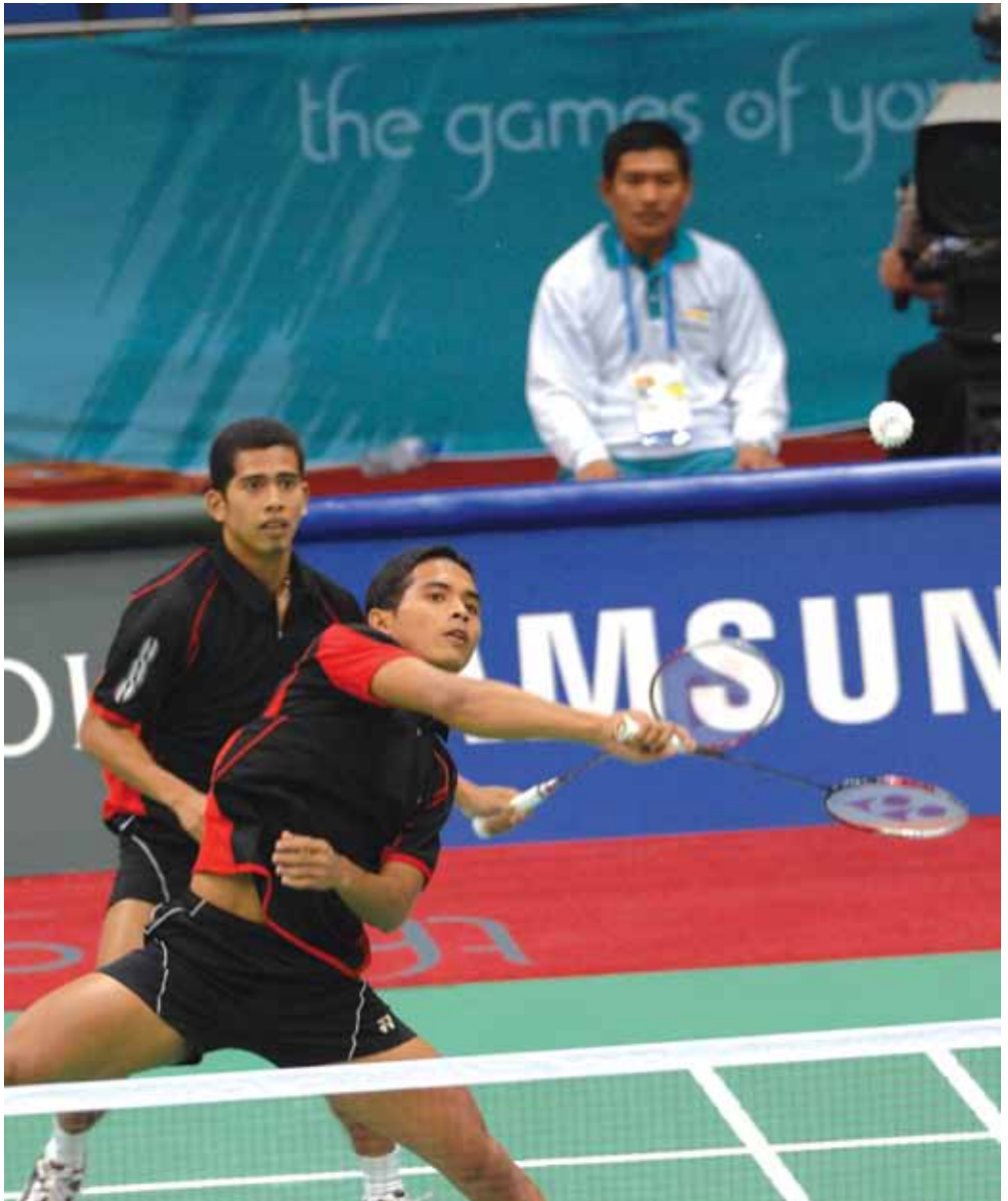
- Ensure proper footwear is worn (e.g. sports shoes, running, throwing or jumping spikes).
- Equipment should be used with an adult's supervision.
- Stay in the demarcated areas for your own sport.
- Survey the field for others during field event practices.



For more information, please contact the Singapore Athletic Association
3 Champions Way Singapore Sports School, #01-10 Singapore 737912
Tel: 6386 2721 | Fax: 6386 7773
Email: athletics@pacific.net.sg
Website: www.singaporeathletics.org.sg

BADMINTON

Badminton is a racquet sport played by two opposing players/pairs. The objective is to score points by hitting the shuttlecock over the net into the opponent's half of the court, so that it hits the ground before the opponent is able to return it.



General Safety Tips:

- Ensure that the court is dry.
- Wear appropriate footwear.
- Play within demarcated areas.

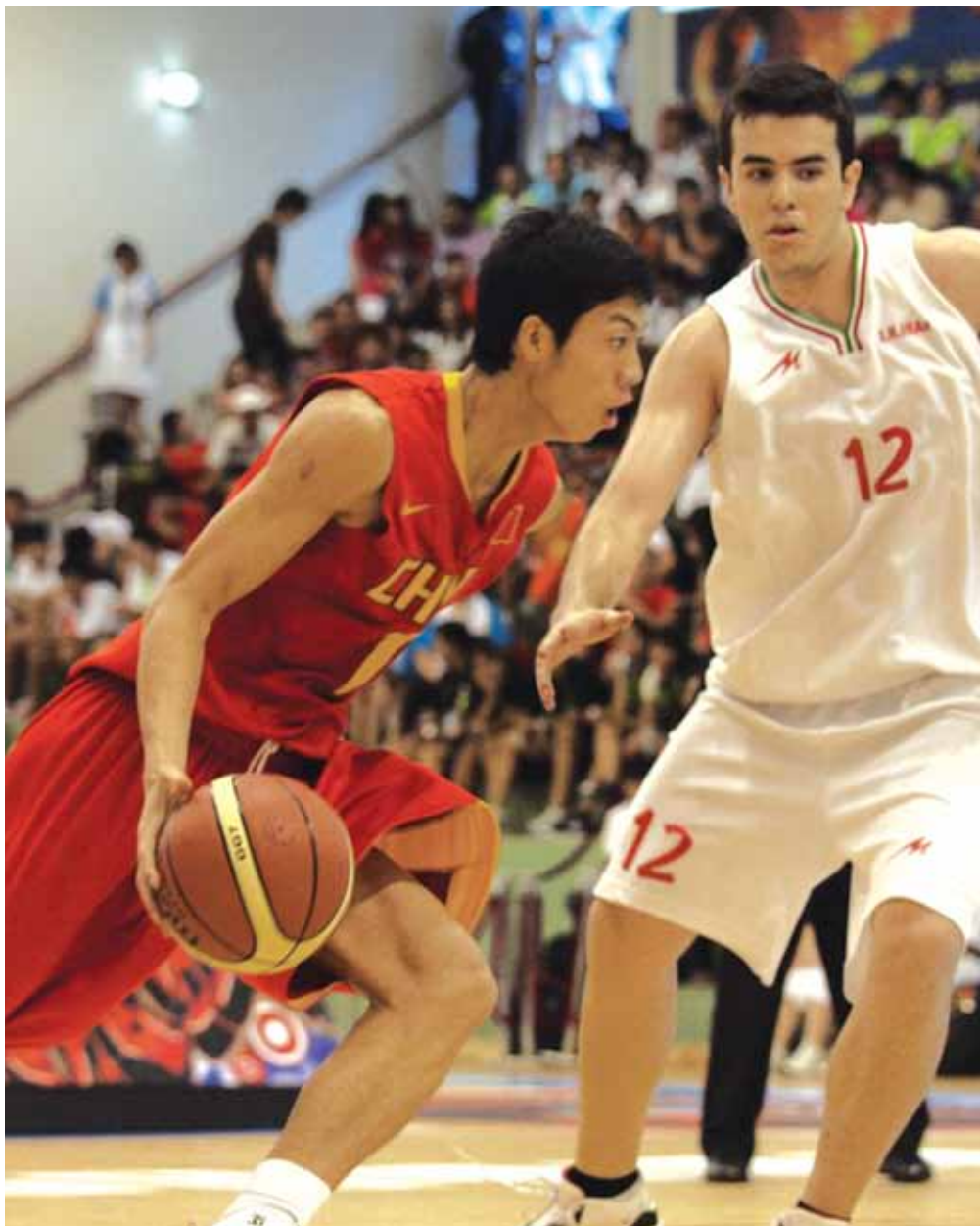


The Badminton Satellite Centre is located at North Vista Primary School's Indoor Sports Hall. Three sessions will be conducted per weekend for the age group of 6-15 at a cost of \$180 per participant. Players will be posted to join Badminton clubs upon completion.

For more information, please contact the Singapore Badminton Association
3 Champions Way Singapore Sports School, #03-50 Singapore 737912
Tel: 6344 1773 | Fax: 6767 2868
Email: secretariat@singaporebadminton.org.sg
Website: www.singaporebadminton.org.sg

BASKETBALL

Basketball is a ball sport played by two opposing teams consisting of five people each. Players score by shooting the ball into the opposing team's basket.



General Safety Tips:

- Wear appropriate footwear with good ankle support.
- Ensure the boundaries of the court are clear of spectators and belongings.
- Trim or tape long fingernails.
- Ensure that the court is dry.



The Basketball Satellite Centre is located at Bukit Panjang Government High's Indoor Sports Hall. Three sessions will be conducted every Sunday for the age group of 6-15 at a cost of \$180 per participant. Participants can join in the Basketball Association of Singapore's other advance initiatives.

For more information, please contact the Basketball Association of Singapore
610 Aljunied Crescent, #01-04 Singapore 389862
Tel: 6743 8425 | Fax: 6743 8426
Email: xiaowei@bas.org.sg
Website: www.bas.org.sg

BOXING

Amateur boxing is a sport where points are scored through punches to an opponent above his waistline.

General Safety Tips:

- Ensure appropriate protective gears are worn (e.g. hand wraps, mouth guards, helmets, soft sole shoes, etc).
- Ensure boxing ring is free from hazards.
- Ensure training equipments are in working condition.



For more information, please contact the Singapore Amateur Boxing Association
Email: contact@saba.org.sg
Website: www.saba.org.sg

CANOE-KAYAK

The Kayak is a covered deck canoe propelled with a double-bladed paddle with the paddler seated in the boat. The Canoe is an open canoe propelled with a single-bladed paddle with the paddler kneeling in the boat.

General Safety Tips:

- Equip yourself with necessary swimming and survival skills.
- Be familiar with capsize drills.
- A well-fitting Personal Flotation Device (PFD) should be worn at all times when out in the water.



For more information, please contact the Singapore Canoe Federation
32 River Valley Close, #18-32 Singapore 238436
Tel: 6344 6337 | Fax: 6344 3915
Email: info@scf.org.sg
Website: www.scf.org.sg

CYCLING

Cycling can be divided into four main events: BMX, Mountain Bike, Road Race and Time Trial, testing the speed and endurance of athletes as they speed through the course.





General Safety Tips:

- Ensure that bicycles and accessories (e.g. brakes, tyres, chains and gears) are in good working condition.
- Wear a well-fitting helmet with the chin strap securely fastened.
- Wear lightweight breathable clothing.



For more information, please contact the Singapore Amateur Cycling Association
Website: www.cycling.org.sg

DIVING

Diving combines artistry and athleticism with undeniable courage – divers hit the water at about 55km/h.



General Safety Tips:

- Equip yourself with necessary swimming and survival skills.
- Attempt advance jumps progressively.
- Be careful of wet and slippery floors.
- Only one swimmer is allowed on the diving board or platform at any one time.
- Wait for the previous diver to leave the water before diving.
- Do not swim under the boards to exit the water.



For more information, please contact the Singapore Swimming Association
301 Lorong 6 Toa Payoh Toa Payoh Swimming Complex Singapore 319392
Email: contact@swimming.org.sg
Website: www.swimming.org.sg

EQUESTRIAN

In Equestrian, the horse and rider work together to demonstrate feats of grace, agility and speed. There are seven Equestrian disciplines recognised by the International Equestrian Federation which includes dressage, jumping, eventing, reining, vaulting, endurance and driving.



General Safety Tips:

- Ensure appropriate protective gears are worn (e.g. riding helmet, body protectors and riding boots).
- Saddles and harnesses should be undamaged and properly secured.
- Adjust the horse bit correctly to make sure that it is not worn at the joints.
- Undergo proper training in riding style and horse safety (e.g. mounting and dismounting from horse).



For more information, please contact the Equestrian Federation of Singapore
80, Mount Pleasant Road Singapore 298334
Tel: 6256 6708 | Fax: 6256 6709
Email: Website: www.efs.org.sg

FENCING

Fencing is a traditional sport developed based on ancient sword fighting, involving two competitors contesting bouts using light weapons: épée, foil or sabre.





General Safety tips:

- Ensure appropriate protective gears are worn (e.g. padded white jacket, underarm protector, gloves, wire mesh mask, flat soled shoes).
- Refrain from using the weapons when off training mats.
- Only engage in fencing activities in the presence of an instructor.
- Check your weapon regularly to ensure it is safe and usable. Use a new blade if you are in doubt about the safety of your weapon.



For more information, please contact Fencing Singapore
 518 Clementi Avenue 3 Clementi Sports Hall Singapore 129907
 Tel: 6778 9918 | Fax: 6778 9918
 Email: info@fencingsingapore.org.sg
 Website: fencingsingapore.org.sg

FOOTBALL

Football is played between two teams of 11 players on the field of play at any one time. The ball may be passed, tapped, rolled or dribbled in any direction using the feet, as well as thrown from the sideline in the case of a throw.



General Safety Tips:

- Ensure shin pads and soccer boots are worn during play.
- Goal keepers should wear gloves.
- Ensure the boundaries of the field/court are clear of spectators and belongings.
- Wear lightweight breathable clothing.



For more information, please contact the Football Association of Singapore
100 Tyrwhitt Road Jalan Besar Stadium Singapore 207542
Tel: 6348 3477/6293 1477 | Fax: 6348 6477 / 6293 3728
Email: info@fas.org.sg Website: www.fas.org.sg

GYMNASTICS

Gymnastics is a sport involving the performance of sequences of movements. It requires competitors to perform set moves either on the floor, apparatus or in the air, requiring a high level of flexibility, agility and strength.



General Safety Tips:

- Ensure gymnastic equipments are in proper condition.
- Acquire basic skills and have someone to help when attempting more advanced moves.
- Perform a skill only if you are confident on executing it.
- Wear well-fitting clothing.



For more information, please contact Singapore Gymnastics
Delta Swimming Complex 900 Tiong Bahru Road Singapore 158790
Tel: 6258 4851 | Fax: 6258 4853
Website: www.singaporegymnastics.org.sg

HANDBALL

Handball is a fast-paced, contact sport involving two teams of seven players on the field of play at any one time. Amid intense physical contact, players pass, throw, roll, catch and dribble the ball with their hands while trying to score goals. The team which has scored more goals than the opponent is the winner.

General Safety Tips:

- Ensure the boundaries of the court are clear of spectators and belongings.
- Trim or tape long fingernails.
- Ensure that the court is dry.
- Ensure proper footwear is worn.
- Wear lightweight breathable clothing.



For more information, please contact the Handball Federation Singapore
20 Jurong West Street 93 #02-05A Jurong West Sports Hall Singapore 648965
Tel: 6686 2154
Email: info@hfs.org.sg
Website: www.hfs.org.sg

HOCKEY

Hockey is an exciting sport played on artificial turf with two teams of 11 players. Players use their hockey stick to control, dribble and hit the ball. The team that scores the most goals wins the match.



General Safety Tips:

- Goalkeepers are advised to remove their protective gears, including helmet during the break to prevent the body from overheating.
- Ensure goalkeepers wear appropriate protective gears (e.g. helmet with face guard, chest protector, gloves, protective pads and kickers).
- Wear face masks when defending a penalty corner.
- All players are to use well fitted shin-guards and mouth guards.
- Check goal posts and structures for stability.
- Ensure proper footwear is worn.



For information, please contact the Singapore Hockey Federation
Delta Stadium 900 Tiong Bahru Road
Tel: 6479 3466 | Fax: 6479 8077
Email: info@singaporehockey.org
Website: www.singaporehockey.org

JUDO

Judo, a traditional Japanese martial art sport, means 'gentle way'. Governed by the philosophy 'minimum strength, maximum efficiency', Judo involves two individuals who, by gripping the Judo uniform or Judo gi, use the forces of balance, power and movement to throw the opponent over. There is no kicking, punching or weapons involved.



General Safety Tips:

- Put on proper footwear when off the mat. Do not exit and return to the mat barefoot.
- Spar with an opponent with a level of skill similar to you.
- The instructor must be notified when an individual enters or exits the mat during practice.
- Wear undamaged Judo gi and/or appropriate athletic clothing.
- Hard metal objects (e.g. jewellery, ear studs, rings, etc) are not to be worn.



For more information, please contact the Singapore Judo Federation
Judo House 1 Guillemard Road Singapore 399913
Tel: 6844 4234 | Fax: 6844 4704
Email: sjudofed@hotmail.com
Website: www.singaporejudo.org.sg

MODERN PENTATHLON

The Modern Pentathlon consists of five disciplines: fencing, shooting, swimming, running and equestrian.



General Safety Tips:

Fencing

- Ensure appropriate protective gears are worn.
- Check your weapon regularly to ensure it is safe and usable. Use a new blade if you are in doubt about the safety of your weapon.

Shooting

- Treat every gun as if it were loaded and ready to fire.
- Always keep the gun pointed in a safe direction.
- Eye and ear protection are mandatory at all times on the range.

Swimming

- Ensure that swimming caps and goggles are in good condition.

Running

- Wear proper fitting, comfortable shoes and attires.

Equestrian

- Ensure appropriate protective gears are worn (e.g. riding helmet, body protectors and riding boots).
- Saddles and harnesses should be properly secured.
- Undergo proper training in riding style and horse safety.



For more information, please contact the Singapore Modern Pentathlon Association
Website: singaporepentathlon.blogspot.com

ROWING

Rowing is an Olympic sport where athletes (one or more depending on the event) sit in a rowing boat, facing backwards, and use oars or sculls to propel the boat forward over a straight course of 1,000m.

General Safety Tips:

- Equip yourself with necessary swimming and survival skills.
- Be familiar with capsize drills.
- Personal Flotation Device (PFD) should be worn at all times when out in the water.
- Apply ample sun block to all areas of exposed skin to prevent sunburn caused by the reflection of the sun on water. Reapply regularly.



For more information, please contact the Singapore Rowing Association
249 Jalan Buroh Singapore 609832
Tel: 69735889
Email: sra@rowing.org.sg
Website: www.rowing.org.sg

SAILING

Sailing is a sport involving the maneuvering of a boat using wind as the only source of power to navigate a specially-marked course in a race.

General Safety Tips:

- Check your equipment before casting off.
- Always protect your head, hands and feet when sailing.
- Equip yourself with necessary swimming and survival skills.
- Be familiar with capsize drills.
- Wear light and thin clothing to prevent heat stroke and dehydration.



The Sailing Satellite Centre is located at Marina Barrage. Four half-day sessions will be conducted per weekend for the age group of 7-14 at a cost of \$50 per participant. Participants can proceed to follow the Singapore Sailing Federation system which comprises of the SailSmart programme or sign up for basic sailing courses available at sailing clubs island-wide.

For more information, please contact the Singapore Sailing Federation
National Sailing Centre 1500 East Coast Parkway Singapore 468963
Tel: 6444 4555 | Fax: 6448 0485
Email: gosailing@singaporesailing.org.sg
Website: www.sailing.org.sg

SHOOTING

Shooting is a target sport categorised according to the weapon or target used. Shots are fired at a ten-ring target. The higher score is awarded when a shot touches the line between two zones.

General Safety Tips:

- Treat every gun as if it were loaded and ready to fire.
- Never load a gun until you are sure that it is safe to shoot.
- Always keep the gun pointed in a safe direction.
- Always keep your fingers off the trigger until ready to shoot.
- Ensure appropriate protective gears are worn (e.g. ear muffs, shooting glasses and vest).



For more information, please contact the Singapore Shooting Association
Email: operations@singaporeshooting.org Website: www.singaporeshooting.org

SWIMMING

Swimming events include Freestyle, Breaststroke, Backstroke, Butterfly and Medley, testing the speed and endurance of participants in Individual and Team competitions.

General Safety Tips:

- Equip yourself with swimming and survival skills.
- Take note of depth markers.
- Be careful of wet and slippery floors.



For more information, please contact the Singapore Swimming Association
301 Lorong 6 Toa Payoh Toa Payoh Swimming Complex Singapore 319392
Tel: 6258 1011 | Fax: 6258 4793
Email: contact@swimming.org.sg
Website: www.swimming.org.sg

TABLE TENNIS

Table Tennis, also known as Ping Pong, is a sport in which two or four players hit a lightweight, hollow ball back and forth with bats. A game is won by the player or pair who first scores 11 points.



General Safety Tips:

- Ensure no table tennis balls are near your feet where you might easily trip over them.
- Avoid hitting or running into your partner while playing doubles.
- Check equipment for cracks.
- Ensure that courts are dry.
- Avoid jumping across barriers between courts.



For more information, please contact the Singapore Table Tennis Association
297-C Lorong 6 Toa Payoh Singapore 319389
Tel: 6354 1014 | Fax: 6353 9109
Email: wonghuileng@stta.org.sg
Website: www.stta.org.sg

TAEKWONDO

Taekwondo, a martial art sport, involves the use of both hands and legs to score points by hitting the legal scoring areas. The sport prohibits the use of dangerous techniques. The trademark of the sport is its fast and flamboyant kicks delivered to permitted regions of the body and head.



General Safety Tips:

- Spar with an opponent with a level of skill similar to you.
- Observe the rules and regulation of the sport.
- Ensure appropriate protective gears are worn (e.g. head gear, groin guard, body protector).
- Hard metal objects (e.g. jewellery, ear studs, rings, etc) are not to be worn.



For more information, please contact the Singapore Taekwondo Federation
260A Tanjong Katong Road Singapore 437048
Tel: 6345 1491 | Fax: 6345 1452
Email: tkdf@pacific.net.sg or stf@singapore.com
Website: www.stf.sg

TENNIS

A Tennis match is a game of endurance, quick-wittedness and precise execution. It consists of a predetermined number of sets, which in turn consists of games. Each game is made up of a sequence of points played with the same player serving.



General Safety Tips:

- Clear the court of all tennis balls at all times.
- Ensure that the court is dry.
- Wear appropriate footwear with good support.
- Avoid jumping or climbing over the net.



For more information, please contact the Singapore Tennis Association
100 Tyrwhitt Road #04-02 (Jalan Besar Swimming Complex) Singapore 207542
Tel: 6295 2283 | Fax: 6295 1577
Email: info@singtennis.org.sg
Website: www.singtennis.org.sg

TRIATHLON

The Triathlon competition format for individual competitions includes a 750m swim in open water, a 20km cycle ride (three-lap course), and a 5km run (two-lap course). The 4 x Mixed Team Relay competition includes a 250m swim in open water, a 7km cycle ride (one-lap course), and a 1.7km run (one-lap course).



General Safety Tips:

Swimming

- Acclimatise to the open sea factors such as water temperature, waves and currents.
- Use the buddy system during training sessions regardless of how good a swimmer you are.

Cycling

- Be prepared for unfamiliar terrain (e.g. uneven/slippery surfaces, speed bumps, etc).
- Wear a well-fitting helmet with straps secured in place.
- Ensure that bicycles and accessories are in good working condition (gears, brakes, lights, etc).

Running

- Wear appropriate footwear with good support.



For more information, please contact the Triathlon Association of Singapore
Delta Swimming Complex 900 Tiong Bahru Road Singapore 158790
Tel: 6227 7577 | Fax: 6224 7411
Website: www.triathlonsingapore.org

VOLLEYBALL

Volleyball is played by two teams of six players on court at any one time. Players try to score points by grounding the ball on the opponent's court under specific rules.



General Safety Tips:

- Wear well-fitting protective gear such as elbow and knee pads to prevent injuries.
- Wear appropriate shoes with good support to prevent injuries.
- Ensure the boundaries of the court are clear of spectators and belongings.
- Ensure that the courts are dry.
- Trim or tape long fingernails.



For more information, please contact the Volleyball Association of Singapore
Pei Chun Public School 16 Lorong 7 Toa Payoh Singapore 319320
Tel: 6259 2786
Website: www.vas.org.sg

WEIGHTLIFTING

In Weightlifting, competitors compete to lift a weighted bar above their head and hold it under control until signalled by the referee to replace it on the platform.

General Safety Tips:

- Put the weights back to their respective places after use.
- Ensure pins are firmly in place in weight stack machines.
- Ensure proper footwear is worn.
- Bring a towel and wipe down gym benches before and after use.
- Adopt a proper weight advancement training programme.
- Engage spotters when trying major lifts.
- Maintain good lifting position, back management techniques and correct breathing techniques while lifting weights.



For more information, please contact the Singapore Weightlifting Federation
28 Jalan Lokam Tai Keng Court Singapore 537872
Email: swf@swf.org.sg
Website: swf.org.sg

WRESTLING

Wrestling is an ancient individual combat sport fought between two wrestlers. Each competitor attempts to throw the other to the mat, and 'pin' their shoulders to the ground to register a 'fall'. There are several distinctions in rules between the two major international styles of wrestling: Greco-Roman and Freestyle.

General Safety Tips:

- Spar with an opponent with a level of skill similar to you.
- Ensure appropriate protective gears are worn (e.g. proper fitting clothing, padded and protective safety gear).
- Wrestle within a safe distance from hazards.
- Hard metal objects (e.g. jewellery, ear studs, rings, etc) are not to be worn.



The Wrestling Satellite Centre is located at the National Wrestling Centre. Two half-day sessions will be conducted every Saturday for the age group of 7-16 at a cost of \$85 per participant. The sessions will continue, allowing participants to work through the belt system.

For more information, please contact the Wrestling Federation of Singapore
2nd Floor, 102 Upper Aljunied Road
Tel: 6280 4748, Fax: 6285 5384
Email: info@singaporewrestling.com
Website: www.singaporewrestling.com