



SINGAPORE
SPORTS COUNCIL

Partners in Sports



Giving Hope. Improving Lives.



Sports
Safety

Safety Guidelines

For children and young people
in sports and recreation.

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>

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Think Safe. Play Safe. Stay Safe.

Another initiative by the Sports Safety Division, Singapore Sports Council

PREVENTION STRATEGIES

The Environment

- The weather (both hot and cold) can affect children and young people's safe participation in sports and recreation activities.
- Children and young people are highly susceptible to extremes in temperature. Fluid replacement is important during any sports or recreation activity, particularly in hot environments. All children and young people should be well hydrated before participation through regular fluid intake. The weather (heat, humidity, cold, wind and rain) should be assessed before beginning an activity and an appropriate decision made regarding whether participation should go ahead.
- Children and young people (in particular thin/lean children) are also susceptible to illness in cold weather as they lose body heat more easily. Physical activity is one of the best ways to stay warm in a cold environment. However, coaches, parents and officials should pay particular attention to children and young people playing water sports or activities subjected to wet conditions because water increases the loss of body heat.
- Do not train or play outdoors during a thunderstorm due to a possibility of being struck by lightning.
- Ensure adequate shade and sunscreen are available and all participants, officials and spectators have appropriate clothing, hats and sunglasses to prevent overexposure to the sun.
- In hot conditions, children and young people are the best judge of their own well-being and capacity to play. If they feel unwell, they will usually stop the activity. This is the best first response to heat illness. Under no circumstances should children be compelled to keep playing if they feel unwell in the heat.
- Have some flexibility from competition rules about clothing to allow children and young people to feel more comfortable in extremely cold or hot weather. This includes allowing hats when it gets hot, even if this is not part of one's uniform.



The environmental weather conditions before, during and after an activity should be assessed regularly and the activity modified or cancelled where appropriate.

Equipment

The use of appropriate and properly fitted equipment is essential to reduce the risk of injuries. All equipment used should meet acceptable standards and be:

- suited to the size and ability of the participant
- regularly checked and maintained
- replaced when inadequate for its purpose
- sufficient in number
- appropriately padded
- properly erected/constructed
- used by senior members and other role models as an example of good safety to juniors
- required at all times - training as well as competition
- easily and safely lifted or moved to the field of play
- sports specific

Some commonly used protective equipment include:

- mouthguards
- helmets
- footwear
- gloves
- protective padding
- eyewear
- strapping and taping

Clubs and schools should develop creative ways to ensure appropriate protective equipment and playing equipment are available for participants who are unable to provide their own (e.g. special fundraising, equipment sharing, developing good relationships with equipment suppliers).





**Safe equipment
is important for
prevention of injury.**

**One size does NOT
fit all – get the right
equipment for the
activity and the person.**

**Parents, coaches,
clubs, schools, safety
personnel and
associations should
ensure all children and
young people have
access to well fitted
protective equipment of
an acceptable standard.**

Examples of the Importance and Use of Protective Equipment

Mouthguards:

Dental injuries are the most common type of facial injury in contact sports. Most dental injuries in sports can be prevented if a professionally fitted mouthguard is worn. Young participants undergoing orthodontic treatment can be at greater risk of dental injury. Someone should be trained to deal with dental emergencies where there is a risk of dental injury.

Helmets:

Hard helmets protect the head in high speed sports such as cycling, rollerblading or skate boarding and sports which involve missile-like objects such as baseball, hockey and cricket. Soft helmets protect against minor injuries such as cuts, but not against more serious injuries like concussion or spinal injuries.

Footwear:

Correct and well fitting footwear are essential to reduce injuries in sport.

Important features of correct footwear include:

- fit
- cushioning

- stability
- an absence of shoe-related pain or discomfort in the foot or lower limb

Footwear specifically designed for a sport should be used rather than general running or sports shoes, particularly in sports which require sideways movement like netball and basketball. Football boots should have the appropriate studs for the sport and the surface, although studs may not be appropriate on grounds hardened by drought.

Other Protective Equipment:

Contact your local sport, recreational club, various sports federation and leisure centres for more information about equipment that are used in your child's activities such as eyewear protection and protective padding such as knee pads, elbow pads or gloves. To find out more about strapping and taping, talk to a sports trainer, first aider or sports medicine professional.

RECORD KEEPING, MANAGING ILLNESS AND MEDICAL CONDITIONS

Grounds and facilities need policies and plans for injury prevention.

Attention to detail during checks, reports, and follow up are key strategies for clubs and schools to put into practice.



Grounds And Facilities

Grounds and facilities should be regularly checked by an appropriate person (club/association representative, official, coach, parent) to ensure they are safe to use.

This should include checking that:

- The playing surface is in reasonable condition without holes, exposed sprinkler heads or hard patches.
- All rubbish is cleared away, especially broken glass, stones and ripped top lids from bottles and cans.
- Changing rooms, toilets, showers and first aid treatment areas are clean and hygienic.
- Corner posts and other field posts do not injure participants on contact.
- Permanent fixtures such as goalposts are padded.
- Perimeter fences are well back from the playing area.
- Spectators, unnecessary equipment and vehicles are kept well back from the sidelines.
- Lighting is adequate if playing at night.
- Matting is adequate where necessary, like gymnastics.

Make sure all identified hazards are removed or rectified before grounds and facilities are used, for example goalpost padding is secure and holes on the playing surface filled.

If possible, use a comprehensive, written checklist to ensure that whoever is doing the inspection knows what to look for and whoever is fixing the problem knows what needs to be done.

Ground staff, councils and associations should avoid the use of dehydrated lime for marking lines, as it may cause skin burns or eye damage.

National Sports Associations (NSAs) and the organisation from whom the facility is hired should be the first point of call in establishing appropriate facility management.

For young people aged 15 and above, Physical Activity Readiness Questionnaire (PAR-Q) can be downloaded from www.ssc.gov.sg and is available in English, Chinese, Malay and Tamil.

Good use of pre-participation screening information by clubs, schools, officials and coaches is important for injury prevention.

Check the information regularly and modify activities where required.



Pre-Participation Screening

To plan a safe, beneficial and appropriate activity programme the coach or teacher must know the relevant medical history of all participants as well as family, school, other sporting and social commitments. Collection of information from pre-participation screening is only a starting point. This information needs to be reviewed regularly, communicated to people who need to know and made available in case of an emergency.

Physical screening of young participants can take several forms. The most economical and logical screening involve questionnaires. The contents of the questionnaire are likely to vary at the sports and local levels. Some authorities in contact sports overseas such as rugby recommend questions about brain injury history, including how it was recognised and assessed. Other medical agencies recommend two questions to estimate the presence of exercise induced asthma.

Testing for exercise-induced asthma and cardiac abnormality may be important if positive symptoms exist, and may best apply to young people participating in "serious" (e.g. participating at any of the various inter-school competitions or school nationals) rather than recreational sports or physical activity.

Collecting Information And Keeping Records

Types of information that may be collected include athlete medical forms, consent for collection of images, and asthma management plans. As important as collection and sharing of participant information is, it is just as important that the privacy of the participant's information is respected, that the participant is aware of who will have access to their information and, that access complies with privacy laws.



Parents of a child taking prescription medication should discuss any implications for participation with the treating doctor before participating in sports or physical activity.

Coaches should be aware of any medical conditions of participants and how participation in sport might affect them adversely.

Illness And Participation

Children and young people are particularly vulnerable during times of illness, with the risk of damage to tissues or organs being very high. Children and young people should not participate in sports when ill or when recovering from a viral illness with symptoms such as fever or a higher than normal body temperature in the past 24 hours.

When assessing whether a child should participate in physical activity remember:

- The child should not participate if the symptoms are general (e.g. temperature, aches, pains, general muscular tiredness).
- For uncomplicated upper respiratory tract symptoms, such as a runny nose or sneezing, the child should be allowed to participate for 10 - 15 minutes. The child's condition should then be reassessed, and if they feel unwell, or are obviously struggling to keep up, then they should not continue to participate in that session.

Ensure all participants complete medical questionnaire and update this as and when necessary.



Medical Conditions And Participation

A number of conditions, when medically supervised, do not permanently preclude a child's involvement in a sporting activity (but may at any given time exclude participation).

These include:

- chronic infections
- cardiovascular abnormalities
- musculoskeletal problems like arthritis
- medical conditions such as asthma, diabetes, epilepsy

Children and young people who suffer from asthma should have an asthma management plan (established in conjunction with their doctor) and always have easy access to their inhaled medication. This is particularly important if the asthmatic child has an upper respiratory tract infection. The coach should know the child's asthma management plan.

Coaches and officials should be aware of these common medical conditions and their effect on the child. While these conditions can be controlled through proper management and medication, there are times when the child's participation may be limited by unforeseen changes in the condition.

The capacity to participate with a medical condition may depend on whether the sports or activity is classified as contact or collision, limited contact or non-contact.

The American Academy of Pediatrics listed a number of long term conditions and their suitability to safe sports participation. Conditions include: different types of cardiac conditions, kidney disease and diabetes.

CONSIDERATIONS FOR PARTICIPATION

Well-planned, varied and simple game-based activities should make up the majority of training sessions for young participants. Sessions should aim to gradually increase challenges to all areas of fitness, conditioning, skill development and game/activity understanding.



Training Sessions

To ensure activity sessions are safe and enjoyable, they must be planned in advance, well-structured, and contain the following components:

- warm up (cardiovascular increase of muscle temperature, including dynamic stretching, may increase performance, but may not prevent injury)
- skill practice (using drills, games and practices)
- activity (application of skills in game - like situations)
- cool down

Fitness can be developed through well organised, varied, and active skill drills, practices and games. Development of fitness, strength, agility, flexibility and balance can be promoted through enjoyable learning activities, and will establish a good base for specific conditioning in the future. Training should focus on activities, practices and games incorporating fundamental movement activities some of which are basic to all movements, such as running, jumping and others more specific to the sport or activity such as passing, catching, kicking, supporting and rolling. An introduction to evasion and contact techniques can be progressively introduced through simple drills, sequenced activities, and small group games. Fitness activities at training, (e.g. runs, interval schedules, sprint training and circuits) should be appropriate to the stage of the season (e.g. pre-season) and participants' age/fitness levels. For example "beginner" level running can be developed via running based games. A games-based approach to running more closely resembles the stop start nature of children and youth's play and is more likely to be a more positive experience than running laps on an oval or court.

Well planned warm up and cool down activities can help participants get the most out of their sessions.

Stretching during recovery can improve flexibility.

Warm ups help participants to mentally and physically prepare and cool downs assist in recovery.



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 to mentally and physically prepare and cool downs assist in recovery.

Participants should do a cool down routine at the end of every activity 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 in the activities to come. Stretching can be performed in different ways but there is some evidence for youths that dynamic stretching (moving slowly through a full stretch) is better than static stretching (holding one angle for more than a few seconds).

Coaches should monitor frequency of participation to avoid overuse injuries in their athletes.



Amount And Intensity Of Activity - Preventing Overuse Injury

Overuse injuries, such as tendonitis or muscle soreness caused by excessive and/or repetitive use, are preventable.

Coaches and teachers of young sports participants with particularly demanding activity schedules need to find out about other demands placed on the individuals. For example, many elite swimmers may be training intensively up to two times per day and also be attending schools that place physical demands on talented young students. Coaches should be mindful that talented young participants may be involved in multiple sports, in the same sport at different levels of representation and be undertaking multiple training sessions per week. There will also be the peak demands of normal school work, such as extra study for exams.

Teachers and parents of active young participants also have a responsibility to communicate with coaches to help manage the demands of talented young participants. Busy young participants may be more susceptible to burnout, over training and/or under recovery.

Overuse is a common cause of injuries in child and adolescent participants. Avoid excessive participation that may lead to physical and/or psychological injuries by:

- avoiding year-long participation in one sport
- altering participation at times when multiple representative squads or teams are taking place at the same time
- being conservative in planning programmes involving increase in intensive participation
- reminding young participants that sports should be fun
- acting on injuries at the earliest sign
- asking young participants regularly how they feel

High intensity, maximal effort activities (e.g. 400-metre sprint or repeated 10 to 20-metre sprints) need to be of short duration. High intensity exercises, combined

Careful grouping of young participants is a basis for safe and fair play in sports.

The amount and intensity of physical work that any child can do will vary because of age, fitness, motivation, experience and general growth.

There is no recommended amount or intensity of activity for age groups, so take care when asking young people to exercise for longer times or at higher intensities than they are used to.

with a high frequency of participation is not sustainable for many young people, and may result in injury and a negative attitude to sports. Improvement at an individual, rather than group rate is a better way to account for individual differences.

Distance running for young participants should be carefully considered in the context of:

- injury risk (particularly in immature skeletons and around the growth spurt)
- conditions that might induce heat stress
- aerobic capacity
- psychological consequences
- social context of participation (a lot of time spent in isolation from others during individual participation)

Jarring activities on hard surfaces should be interspersed with other activities.

Balanced Competitions

Balanced competitions are important to reduce the risk of injury.

In junior contact sports, the grouping of children and young people by age group is not always the best way of establishing a balanced competition. Use common sense – consider age, size, gender, strength, skill, experience, attitude to competition, and psychological (emotional and social) maturity of the participants.

Using modified rules and playing modified games can also decrease the risk of injury for young participants. National Sports Associations (NSAs) are a good place to investigate modified games for balanced competition and training.

Strength Training

Strength training (also known as weight training or resistance training) is an essential part of sports training for adults and there have been some debate about whether strength training is appropriate for children and young people.

The current position on youth strength training is that a properly designed and supervised programme is safe and can help to increase strength, prevent injury, and enhance motor skills and performance. A strength training programme should increase gradually and focus on correct techniques. Correct techniques are essential to gain maximum benefit from strength training as well as reducing the risk of injury.

Children should work on strengthening all the big muscle groups, using free weights and body weight movements with relatively light loads. The programme should be closely monitored by a qualified strength and conditioning coach to avoid overuse injury.

No single strength training programme can be written for all young people. However, a training frequency of twice per week is sufficient to achieve strength gains in young people. A single set with a weight capable of being lifted 13 to 15 times is a recommended starting point because it is likely to provide an opportunity for success. But, as with adults, ultimately, the ideal intensity and volume will depend on the individual.



Any sign of injury or illness from strength training should be referred for medical advice at the earliest occurrence.



Some general guidelines for strength training for children and young people include:

- Strength training programmes for children and young people can be safe and effective if properly supervised and good techniques and safety precautions are followed.
- Children and young people should avoid competitive weightlifting, power lifting, body building and maximal lifts until they reach physical and skeletal maturity.
- Medical approval should be sought if the strength training programme is likely to challenge young participants in a particularly intensive and new manner.
- Aerobic fitness training should be coupled with strength training for general health benefits.
- Specific strength training exercises should be learned initially, without the use of weights or resistance. Skill mastery should be achieved before loading with weights or resistance.
- The use of light loads and high repetitions is recommended initially – for example, successful completion of 8 to 15 repetitions with appropriate technique before increasing weight or resistance.
- A general strengthening programme should address all major muscle groups and include activities that work through the complete range of motion.

Recovery

Recovery is an important part of any training programme. As children and young people experience rapid growth, recovery is about enabling the body and mind to rest and recuperate from an activity and allow regular growth patterns both physically and mentally. Growth and development of children and young people is the first concern when planning and monitoring training and competition requirements.

Simple recovery techniques can include:

- drinking plenty of fluids straight after training or competition to replace what has been lost
- eating plenty of carbohydrate-rich foods immediately after training
- massage (either self massage or by a massage therapist)
- cross training to avoid continued repetition and allow enjoyment of other activities
- an active warm down with minimal resistance aids in the removal of waste (lactic acid) produced during exercise
- management of injury (on the advice of a sports first aider, sports trainer or treating medical professional)
- a good night's sleep!

Recovery should be built into the overall training programme, including easy days or sessions in a long term training programme or off-season breaks.

Barriers to recovery include:

- disordered eating and simply just not eating enough
- lack of awareness (coach, parent, participant)
- insufficient time
- participation in multiple sports, teams, sessions (overload)
- low self esteem

Failure to include adequate recovery strategies can result in the body's immune system being placed under stress, leaving the athlete vulnerable to coughs, colds and infections. One becomes ill or injured more easily if the body is constantly tired. More is not better. An overtrained athlete is one who has done more work than they can physically and mentally tolerate, they will not improve and their performance may even go backwards. It is the responsibility of coaches, teachers, safety personnel and parents to plan for recovery, monitor how the child or young person is feeling, provide education and engage children and young people to take responsibility and form good practices in terms of training and competition, eating, drinking, balancing commitments and managing injury to form healthy habits for healthy bodies and minds now and into the future.

Learning about recovery techniques can help build healthy habits.

Prior to returning to sports or physical activity a child who has sustained an injury should have medical clearance.

If an injury occurs, the golden rule in management is "do not further damage".



Injury Management And Return To Play

When coaches, officials, sports first aiders, other safety personnel, parents and participants follow the safety guidelines the risk of serious injury is minimal. While the rate of injury is higher in contact sports than non contact sports, the overall benefits of children's participation far outweigh the risk.

The most common injuries are minor cuts, abrasions, muscle strains and joint sprains.

If an injury occurs the golden rule in managing it is "do no further damage". Inadequate or inappropriate first aid may aggravate the injury and cause an increase in the time necessary before returning to participation. It is important that the injured participant is assessed and managed by an appropriately qualified person such as a sports first aider, sports trainer or medical professional.

Immediate management approaches include **DRABCD** (checking **Danger, Response, Airway, Breathing, Compression** and **Defibrillation**) **RICER NO HARM** (when an injury is sustained apply **Rest, Ice, Compression, Elevation, Referral** and **NO Heat, Alcohol, Running or Massage**).

Young participants returning to activity too soon after an injury are more susceptible to further injury. Before returning to participation, the participant should be able to answer YES to the following questions:

- Is the injured area pain free?
- Can you move the injured part easily through a full range of movement? (i.e. compared to the participant's non injured side).
- Has the injured area fully regained its strength?

Whilst serious head injuries are uncommon in children and young peoples' sports, participants who have lost consciousness or who are suspected of being concussed must be removed from the activity, taking no further part until cleared by a doctor.

ROLES AND RESPONSIBILITIES



Clubs, Schools And Providers Of Sports And Recreation Opportunities

Clubs, schools and other sports and recreation providers (e.g. National Sports Associations, various sports federation and leisure centres) can play an important organisational role in safety and injury prevention. By adopting a risk management approach to safety that includes awareness raising and education, clubs, schools and local sports associations and organisations can identify, manage and monitor the risks associated with participation in sports.

These include:

Medical Records and Safety Auditing

- Gathering appropriate health information from participants.
- Gathering information about who gets injured and how (using insurance records and incident reports).
- Safety concerns of key stakeholders (surveys of participants, parents, coaches and first aid providers).
- The hazards and risks in the environment and equipment (conducting inspections and audits).

Organisational Commitment to Policy and Education

- Making a commitment to safety and including it as a key organisational objective and part of core business.
- Developing and regularly reviewing safety action plans (e.g. having an emergency safety plan and people trained to implement it).
- Regularly and effectively communicating safety information (in newsletters, at meetings and on notice boards).
- Appointing a person or committee to be responsible for safety.
- Allocating appropriate resources (money and people) to safety activities, education and awareness raising.



Clubs, schools and other sports and recreation opportunities should be managed and organised to promote and encourage safety and to support the safety efforts of individual coaches, teachers, participants and safety personnel.

Raising awareness, education and training, policy and record keeping are all necessary to building a safe sports and recreation environment.



- Ensuring safety is included as a regular agenda item at management and committee meetings.
- Ensuring parents, coaches, teachers, safety personnel and sponsors adhere to agreed codes of behaviour and understand their responsibilities.
- Providing appropriate information, facilities and equipment to support safety personnel (at clubs, competitions or at recreational activities).
- Sports organisations should ensure their pathway programmes endorse safe practices and preparation of children and young people.
- Providing education and training for safety personnel (such as first aider, sports trainer, teacher).
- Ensuring coaches and officials are properly qualified.
- Providing information and education to all involved to raise awareness and educate about safe practices and injury prevention.
- Ensuring positive messages regarding anti-doping and alcohol are relayed to members.
- Create a flexible junior sport environment that promotes inclusiveness and participation such as flexible uniform policies.



Safety Personnel

When coaches, officials, sports trainers, sports first aiders, other safety personnel, parents and participants follow safety guidelines, the risk of serious injury is minimal.

Inadequate or inappropriate first aid may aggravate the injury and cause an increase in the time necessary before returning to participation. It is important that the injured participant is assessed and managed by an appropriately qualified person such as a sports first aider, sports trainer or medical professional.

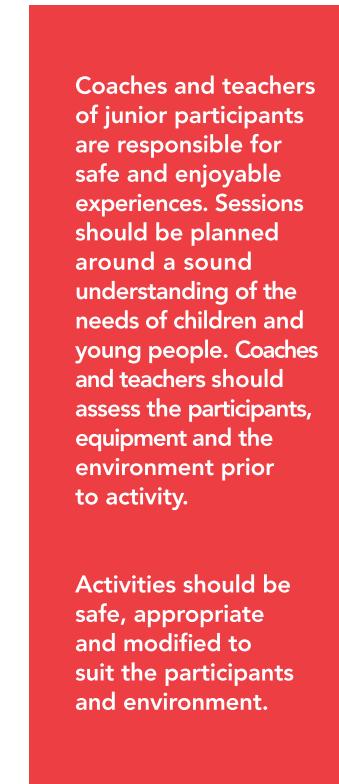
An appropriately qualified first aider should be on hand at all sporting and recreation events, including training and practice sessions.

An appropriately qualified first aid provider should be on hand at all sporting and recreation events, including training and practice sessions.



The role of sports personnel is about risk management and injury prevention, as well as treatment. Risk management strategies extend to the acquisition and maintenance of appropriate equipment including a well stocked first aid kit, mobile phone, tape, and an emergency action plan.

It is recommended that a first aider should be present at all sporting events with participants under 16 years of age. A safety personnel should be present at all sporting events with participants over 16 years of age. Any complaint of pain, tenderness, limitation of movement or disability should be promptly referred to a qualified sports first aider, sports safety personnel or medical professional for management.



Coaches And Teachers

Qualified coaches and trained teachers are vital to safe participation in junior sports and active recreation.

Coaches and teachers should have:

- at least an entry-level coaching accreditation
- completed a safety focused course such as sports trainer or sports first aid courses

Coaches and teachers should:

- create an environment that encourages fair play and playing within the rules
- plan all coaching sessions and keep records
- be aware of child protection responsibilities
- ensure that key medical information about the participants is collected and taken into account before participation
- conduct a warm-up before activity
- include activities that are appropriate for the participants' physical and skill levels
- progress activities at a rate suitable for all participants, and match participants in physical contact situations
- set and enforce rules for activities
- check playing areas, facilities and equipment to ensure they are suitable for use
- ensure that safety equipment and protective devices are used during training and competition
- take the environmental conditions into account and modify activities if necessary (e.g. hot/humid or cold/wet conditions)
- provide adequate instruction and supervision, consider individual needs and adapt/modify activities if required
- consider different athlete growth rates and maturity when planning activities
- undertake ongoing professional development

Officials have a key role in injury prevention including making sure the environment and equipment are safe and that participants play by the rules.



Officials

Referees, umpires, judges, timekeepers and officials, in partnership with coaches and parents, can provide a safe environment to protect young participants from physical injury and emotional abuse by:

- rule management (game safety and fairness)
- rule education (participant development and sportsmanship)

These involve identifying, managing, and reviewing risks. For example, being prepared to make the hard decisions and cancel games if safety is compromised.

Officials should practise safety in sports and recreation by:

- checking that facilities and equipment are safe
- cancelling the contest or event if safety is compromised
- ensuring the spirit of participation is observed (i.e. fun and inclusion)
- enforcing the rules of the sport
- controlling the conduct of participants
- keeping records of any incidents that may occur
- being aware of child protection responsibilities



Supporting safe and fair sports participation for children and young people.

Understanding what is expected of them and their children from coaches, clubs, schools and associations.

Talking to the coach about their child and the activity program.

Asking questions before they join a club to make sure it is the right place for their child.

Being involved.



Parents

Parents support and contribute to their children's safe participation in sports and active recreation. Parents are key role models to promote safety and provide their children with the correct safety equipment.

Children and young people should be encouraged and allowed to try a number of sports and activities for a long time before they become specialists in individual sports. Talent in one particular sport or activity usually doesn't emerge until adolescence or early adulthood.

Experience in a number of sports and activities may prevent injuries by:

- Providing whole body strength and development.
- Helping to develop confidence and competence to safely participate in new tasks decreasing the potential of overuse injuries.

Parents should look for opportunities to promote safety by:

- Focusing on their children's and team's efforts and enjoyment rather than winning or losing.
- Providing appropriate protective equipment (e.g. mouthguards, head gear, hats and water bottles) asking the teacher, coach or club what is needed.
- Supporting fundraising efforts for protective equipment and volunteers.
- Abiding by the code of conduct.
- Dropping off and picking up on time and notifying the coach who will pick up your child.
- Filling in forms in detail.
- Providing appropriate nutrition and encouraging healthy practices.
- Working with their child and their coaches and teachers to monitor activity load and intensity and plan appropriately to avoid overtraining.

10 POINTS TO REMEMBER

① Clubs, schools and providers should ensure that they identify, manage and monitor the risks involved in sport and recreation activities.



② An estimated 50% of all sports injuries are preventable.

③ Coaches should have at least an entry-level qualification from a coaching course conducted by SSC or the respective National Sports Associations (NSAs).



⑥ The environment and facilities should be inspected and made safe before participation.



⑧ Warm up, cool down and stretching should be included before and after all participation.



⑦ All coaches and teachers must be aware of the medical history and other commitments of participants. A physical activity readiness questionnaire (PAR-Q) should be completed by all participants and the current medical state of individuals should be taken into consideration prior to and during participation. A medical clearance must be obtained from the treating doctor before any child or young person taking prescription medication participates in sports or physical activity.

④ A first aider should be present at all sporting events with participants under 16 years of age. A sports trainer/safety personnel should be present at all sporting events with participants over 16 years of age. Any complaint of pain, tenderness, limitation of movement or disability should be promptly referred to a qualified sports first aider, sports trainer/safety personnel or medical professional for management.



⑤ Appropriate and properly fitted protective equipment, clothing and footwear should be used at all times.



⑨ Activities for children and young people should be well planned and progress from easy to more difficult. Strength training can be safely introduced to young people provided it is carefully supervised. It should involve low resistance and high repetitions to avoid maximal lifts.

⑩ To reduce the likelihood of injury, match the physical and mental maturity of the child to the level of participation, complexity of the task and the game rules.