



# General Sports Safety

## Personal Safety

When you participate in sports, you must take active responsibility for your own safety. You should download, read and observe the following 4 simple rules (SAFE) as detailed in the [Sports SAFE U](#) document:

### Screening

Participating in sports is very safe for most people. However, some people should check with their doctors before they start becoming more physically active. Complete the Physical Activity Readiness Questionnaire (PAR-Q) to see if you are physically ready to participate in sports.

### 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.

### Fair Play & Injury Prevention

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. In addition, warm-up, cool down and stretch to prevent injuries.

### Environment

Check that the environment should be safe and suitable for the sport you participate in. Wear proper safety and protective gear, and check that all safety precautions are in place.



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## Organising Sports Events/ Activities

As organisers of any sports events or activities, it is your responsibility to provide your participants with a safe environment by:

1. Adhering to the Event and Activity Safety guidelines which can be found [here](#).
2. Immediately stopping all outdoor activities and getting everyone to seek shelter when the SRC Lightning Warning System is activated. Please read and understand more about our SRC Lightning Warning System [here](#).
3. Collecting and checking all participants' Health Declarations and Indemnity Forms. A sample Health Declaration and Indemnity Form can be found [here](#).
4. Collecting and checking all participants' submit Declaration of Swimming Ability Forms for water sports. A sample Declaration of Swimming Ability can be found [here](#).