



Sports Safety for Varsity Teams

All varsity athletes must adhere to the NUS Health and Safety Guidelines (For Athletes), below:

Introduction

All pursuits, sporting or otherwise, carry certain risks. As such, one should never neglect to ensure that basic practices 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.

As Sports Leaders, you have a responsibility to promote a safe sporting environment for your team members.

General

The guidelines below should be observed and implemented by Sports Leaders for their respective teams:

1. Weather

- Sports Leaders, with the advice of their coaches, should conduct a weather assessment before beginning an activity to determine if training/competition should commence.
- In a hot and humid environment like Singapore, do acclimatize your members to the extreme conditions and conduct periodic checks to ensure they are feeling well enough to continue.
- Do not train outdoors in the event of a lightning risk. Observe strict adherence to [SRC Lightning Warning System](#).

2. Hydration

- Hydrate BEFORE, DURING and AFTER training or competition to alleviate the risk of heat related illnesses. Water is usually the best choice of fluid intake.
- Always drink enough (a gauge is based in the color of urine; clear or pale yellow).

3. Injury Prevention

- Ensure adequate warm up to prevent injuries and cooling down to help the body recover.



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4. Information & Training

- Provide every member involved with information on all the hazards that they will be likely be exposed to.
- Ensure that all members have the necessary qualification/certification to participate in the sport e.g. all members of the Canoeing team must have a Kayaking Personal Skills 1-Star Certificate (as directed by the National Sports Association).
- Ensure that at least two appointment holders are CPR and AED trained by the end of Sep each year. Otherwise, nominate them to undergo a 2-hour CPR & AED familiarisation course organized by the Office of Safety Health & Environment. Please check their course schedule and sign up [here](#). A copy of the certificate is to be submitted to the SRC counter for verification and filing once the course is completed.

5. Equipment & Maintenance

- Conduct check of equipment before start of session and also reinforce need for members to constantly check on their equipment as part of safety.
- Conduct one annual inspection of all training and competition equipment (To be advised by Sports Officer).

6. Emergency Procedures

- Render First Aid, CPR & AED and whatever assistance required to the injured team member.
- Sports Officer should be informed. Sports Officer will inform NOK if necessary.
- If the injured requires evacuation from NUS to hospital for treatment, call Campus Security at 68741616 so they could direct the ambulance to your location. Call 995 for off-campus evacuation
- Advise injured member on matters relating to insurance coverage. More details can be found [here](#).



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7. Health Declaration & Indemnity

- Appointed Sports Leaders are to ensure all new and existing members complete the [Health Declaration & Indemnity for Varsity Athletes](#) by the end of August each year. Those who had previously completed the declaration should also be reminded to review and resubmit by this date.
- If any team member experiences health changes that lead to a “Yes” to any of the questions in the declaration, please notify the Coaches and Sports Officers immediately and remind the member to re-submit the online declaration.
- Any student who intends to join a varsity team for trials or trainings, he/she will have to complete a hard copy of the [Health Declaration & Indemnity for Varsity Athletes](#) form and hand them to the sports leaders before doing so. If any of the questions answers ‘Yes’ in the form, seek Sports Officer clearance before allowing the student to join in for try-out/training.
- Once the student is accepted into the varsity team, remind him/her to complete the [Online Health Declaration & Indemnity for Varsity Athletes](#).

Sports Specific

Sports Leaders should ensure that the team adheres to all safety guidelines as set by the respective National Sports Association. For the popular competitive sports, please refer to [Sports Singapore website](#).

Water Specific

For Canoe Polo, Canoeing and Dragon Boat, all students must pass a Swim Test conducted by the Sports & Recreation Centre before they are allowed to join the team for water trials and trainings.

Swim Test criteria: Able to swim continuously without any floatation aid for at least 50m under 2 minutes.