

# SPORTS S . A . F . E U

4 SIMPLE RULES  
FOR SPORTS SAFETY



LET'S  
PLAY



SINGAPORE  
SPORTS COUNCIL

# SCREENING

## Are You Ready for Sports?

PAR-Q is designed to help you assess your level of readiness for physical activity. It is simple and it only takes a fraction of your time to complete!

### PAR-Q & You

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and 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 doctor before they start becoming much more physically active.

If you are planning to become much 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 over 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

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?     |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do physical activity?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, have you had chest pain when you were not doing physical activity?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you lose your balance because of dizziness or do you ever lose consciousness?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. 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? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?                    |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of any other reason why you should not do physical activity?   |

### If you answered **YES** to one or more questions

Talk with 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. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

### If you answered **NO** honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much 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 – talk to your doctor before you start becoming more active.

### **PLEASE NOTE:**

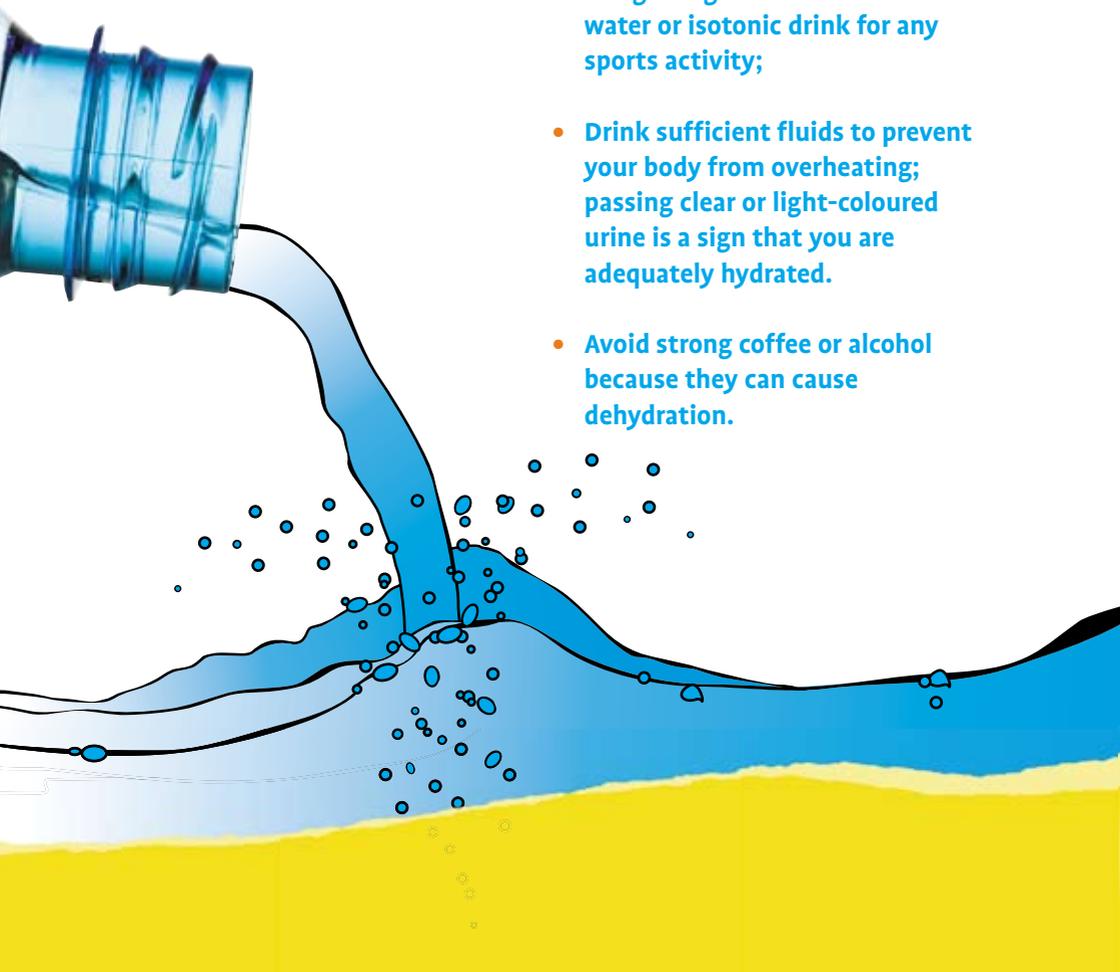
If you answer **YES** to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

# 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. Isotonic or sports drinks are also recommended for any activity that lasts more than an hour.

The precautions you can take to maintain adequate hydration are:

- Bring along a bottle of cold water or isotonic drink for any sports activity;
- Drink sufficient fluids to prevent your body from overheating; passing clear or light-coloured urine is a sign that you are adequately hydrated.
- Avoid strong coffee or alcohol because they can cause dehydration.



# FAIR PLAY & INJURY PREVENTION

To keep yourself injury-free, practise the following:

- Do warm-up and stretching exercises to tune up your body muscles before a sports activity.
- Allow your body sufficient time to cool down and wind down properly after the activity.
- Understand the rules of the game, proper techniques and fair play to reduce the risk of injuring yourself or harming others.

## FAIR PLAY AND SAFE ENVIRONMENTS PROMOTE PARTICIPATION AND ENJOYMENT.

Warming up and active stretching exercises prepare your mind, heart, muscles and joints for higher levels of exertion during a sports activity. They also improve performance and prevent injuries.

Cardiovascular exercises involving your heart, lungs and leg muscles, such as jogging, brisk walking or jumping jacks, can help you to warm up. All sporting activities should end with static stretching and cool down exercises.

Let's make it a habit to warm up and cool down before each sport activity.



# ENVIRONMENT



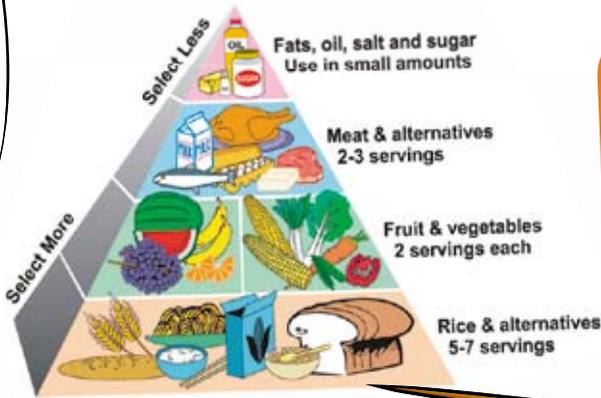
The environment should be safe and suitable for the sport you participate in. If the sports activity involves rough waters or steep terrain, wear proper protective gear, and check that all safety precautions are in place.

To avoid getting caught in bad weather, check the weather forecast\* before a sports activity. Cancel or postpone any outdoor activity if there are signs of heavy downpour or lightning and seek shelter if you are caught in stormy weather.

## OTHER TIPS

### NUTRITION

The Health Diet Pyramid is a guide to help you plan a well balanced daily diet. Generally, your daily food intake should have more servings of items from the Pyramid's lower tiers and fewer servings of items from its upper tiers.

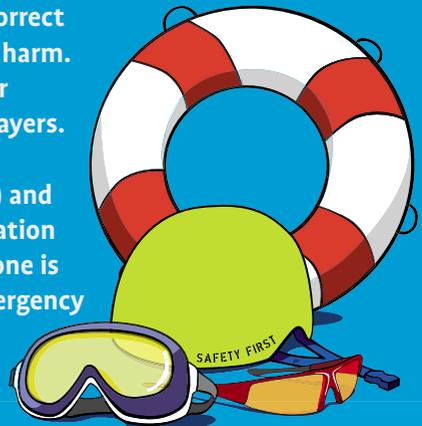


Source: Health Promotion Board

## EQUIPMENT AND ESSENTIAL SKILLS

Wearing protective sports gear and using the correct sports equipment reduce the risk of injury and harm. Examples of protective gear include helmets for cyclists and shin guards for soccer or hockey players.

First Aid, Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) certification are essential skills in a critical situation. Everyone is encouraged to equip themselves with such emergency response skills. All of us have a role to play in ensuring a fun, invigorating and safe sporting experience.





**S**afety is a big part of our sporting culture and should be the cornerstone of every individual's healthy lifestyle. Therefore, it is important for each of us to take responsibility for keeping ourselves safe and injury-free.

#### **4 SIMPLE RULES FOR SPORTS SAFETY**

**Screening . Adequate Hydration . Fair Play & Injury Prevention . Environment**

