

Minimising the risks of injury

Personal protective equipment

- Risks from some hazards can be limited by using PPE
- For example the use of protective gloves as a goalkeeper or a rugby player wearing a gum shield

Correct clothing and footwear

- Important to wear the correct clothing and footwear
- For example football boots with appropriate studs
- Warm waterproof clothing for outdoor adventurous activities

Appropriate level of competition

- Make sure fit for activity
- Stretched to increase flexibility
- Consider participants age, time available, equipment available and skill level
- Must get to a particular skill level and have good technique before high level competition occurs
- Injury is less likely the higher the level of personal skills

Lifting and carrying equipment safely

- Back strains and even broken limbs can be caused by incorrect methods of lifting and carrying sports equipment
- Bend knees and not the back
- Some equipment needs to be lifted with mechanical assistance
- Some equipment requires specific training to be able to put up safely- Trampoline

Warm up and cool down

- Should be prepared by carrying out an effective warm up.
- A cool down is equally important and should take place immediately after exercise
- You should ensure you “listen” to your body and stop exercise if it hurts or you are getting unduly tired.

Potential Hazards

