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Q29. b). Choosing a safe environment helps the individual decrease their injury.

• Climate can be very important. It can cancel a game for you and it can be very dangerous and has a higher risk of injury if you play. eg. playing on a concrete netball court while its raining has more chance of injury than if you play in fine weather.

• The sports policy is a guide to be followed during a game to help there be safe play throughout the game. It is also good to prevent injuries or fights during the game and avoid being sent off the court/field. It helps both teams to remain safe and initiate for play for both sides.

• The environment does not also only contain climate and the size/noise of a crowd but also involves the relationship between the individual, the coach and the other players. A bad relationship between players can create an unsafe environment between the other players which may involve physical fights/injuries in the team.

• If spectators don't create a supportive environment for the players it can make the players not perform to the best of

their abilities and this can create conflict between the players for lack of success.

- Hydrating and eating lots of nutrients before a game is very important for strength while training/in a game. If you don't have any strength while playing it can cause higher levels of early fatigue and cause injury not only to yourself but to other players around you.

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