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b) There are many aspects of sports policy that promotes a safe participation for athletes. These include:

- Matching opponents to skill & size; this will enable fair competition & also reduce the risk of injury.
- Making sure an athlete is fully protected with the right equipment; Including helmets, protective pads, shoes, eyewear, clothing, etc depending on the sport. This will help to keep the athlete safe & reduce the risk of injury.
- Making sure athletes are covered with insurance in case of an accident to enable them to receive the medical advice & help they need.

Although the biggest sports policy that can affect an athlete participating in sport is the environment around them. A number of considerations need to be made before allowing safe participation to begin. These include:

- Temperature; Sport (especially participated outdoors) should commence in the morning & late ~~at~~ afternoon to reduce the risk of heat stroke

and ~~its~~ its affects. The hottest part of the day (10-2) should be avoided, however if neccessary, shade should be provided if able. Also providing adequate hydration to athletes will promote safe participation. Making sure clothing is not to thick & is "breathable" is a must to reduce heat strok & providing sunscreen can reduce the risk of skin cancer.

- Making sure the ground or feild the athlete is playing on is safe is also an important factor. Grounds should be checked over at the start of a competition in case of needles if in a public place or an divets an athlete could hurt themselves in. Also making sure any poles or goal posts have adequate padding will promote a safe participation. Keeping the crowd & fences at a safe distance back will help to reduce the injury risk of both the audience & athletes.

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