

EAST COAST PRIMARY SCHOOL

**SPORT SAFETY
HANDBOOK
FOR
STUDENTS**

Name: _____

Class: _____



SPORTS SAFETY

PHYSICAL EDUCATION / MODULAR CCA / ECCA

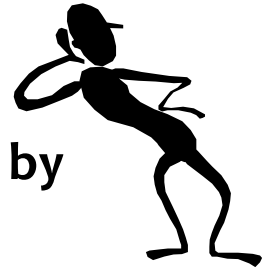
1. Prepare the mind and body before the activity
- drink enough water before and after a physical activity.



- warm-up, cool down and stretch before and after a physical activity.



2. Uphold the rules and regulations of the games at all times.



3. Listen and follow all instructions given by your teacher / instructor.

4. Wear protective gear if activity requires it.

5. Be familiar with the PE equipment before using it.



6. If you are unwell, before /during/ after an activity, immediately inform the teachers.

