SAFETY AND FIRST AID
EXPLAIN THE IMPORTANCE OF OBSERVING SAFETY PRACTICES IN PERFORMING SPORTS, EXERCISE AND RECREATIONAL ACTIVITIES

Quarter 1 – MODULE 1
Session: WEEK 1

What I Need to Know?

This module was developed to help the learners demonstrate understanding of safety, injury prevention and management in sports, exercise and recreational settings for prompt and proper response during emergencies. The learners demonstrate safety practices consistently in sports, exercise and recreational activities.

This lesson will guide the learners to explain the importance of observing safety practices in performing sports, exercise and recreational activities; SP_SFA11-Ia.1.

At the end of the module, you should be able to:
1. Identify safety practices in performing sports, exercise and recreational activities.
2. Explain the guidelines for general exercise safety.
3. Follow general exercise safety guidelines to avoid injuries.

What I Need to Know?

Task 1: PRE-TEST

Direction: Choose the letter of the best answer. Write the chosen letter on your Study Sheet.

1. It can help protect your teeth while you play sports.
   A. Shin guard       B. Mask       C. Mouth guards
2. Players need to warm up__________.
   A. Before the game  B. During the game  C. After the game
3. Wearing the right equipment with the right fit decreases your chances of getting hurt.
   A. True            B. False         C. Not sure
4. If you've been injured or hurt and you try to come back too soon, you run the risk of reinjuring yourself—maybe even more seriously than before.
   A. True            B. False         C. Not sure
5. Wearing a helmet prevents concussions.
   A. True            B. False         C. Not sure
6. It is a good idea to warm up before you play a sport.
   A. True            B. False         C. Not sure
7. The following are the safe warm-up activities EXCEPT;
   A. Brisk walking     B. Jogging       C. Lifting weights
8. The following are an example of preventative measure **EXCEPT**;
   A. Warm up  
   B. Correct footwear  
   C. Work as hard as you can

9. Stop exercising and seek medical help if you experience symptoms such as:
   A. Feeling thirsty  
   B. Feeling tired  
   C. Very rapid or irregular heartbeat during exercise.

10. Stretching, warming up and cooling down can help aid injury prevention during exercise.
   A. True  
   B. False  
   C. Not sure

**What’s In?**

**Task 2:** Find the 15 words on the puzzle that is related to the “Safety Practices in Sports”. 
The words are written vertically, horizontally, diagonally and backwards. Write your answer on your Study Sheet.

**LOOP-A-WORD**

L S V E T K Y D X A X S V D A F B
Q X W Y Y C O N L M C M A E M U G
V M A N O I T N E V E R P H S M E
D C Y J A B F P V M R F W Y B K J
N S P O R T X R E W O M Z D D V Z
F E E G D R W U I G F G J R E U F
U V U K L H G M O C X J H A T E A
C G H B O I X K M K D X S T A X G
O H A K T R V B T W V T U I R E S
O R A A I F T Q I R R D E O D R R
L U F X N Z I S J E A O Q N Y C K
D L Y S J K K R T Y S I L H I X
O E T Q U C G C S A C H N E B S J
W S E H R N H C T T E R H I U E Y
N F F T Y I A O I D A H B H N G Q
L L A C N L K Y H Z H I J S X G K
U H S G Z P U M R A W S D U G Q D
Task 3: Answer the question based on your own knowledge and understanding. Copy and answer this to your Study Sheet.

- What do you think is the best practices that can help reduce risk of exercise injury? Write your answer on your activity sheets.

1. 
2. 
3. 
4. 

What’s New?

Exercise safety

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks. You can reduce your risk of exercise injury by:

Guidelines for exercise safety

Some guidelines for general exercise safety include:

- Use pre-exercise screening to identify whether you are at a higher risk of experiencing a health problem during physical activity. This is a filter or ‘safety net’ to help decide if the potential benefits of exercise outweigh the risks for you. Ensure you read through pre-exercise self-screening tool before you embark on a physical activity or exercise program.
- When deciding if any exercise is safe, you need to consider the technique used as well as your individual condition, such as injury history and fitness level.
- Be guided by a qualified fitness instructor. If you have a pre-existing injury or medical condition, consult a sports medicine doctor, exercise physiologist or physiotherapist.
- There are many changes during pregnancy, such as changes in body shape and size that pose potential risk of increased injury. It is essential that all pregnant women discuss their exercise plans with their doctor, as each pregnancy is different.
- Be aware that increasing the speed of any exercise can increase the risk of injury.
- Avoid or modify any exercise that causes you pain or discomfort. Don’t ignore your body’s signals of fatigue, discomfort and pain.
- Cross-train with other sports and exercises to reduce the risk of over training.
- Make sure you have at least one recovery day, preferably two, every week.
- Remember that injuries need rest – trying to ‘work through’ the pain will cause more damage to soft muscle tissue and delay healing.
When to stop exercising immediately

Stop exercising and seek medical help if you experience symptoms such as:

- discomfort or pain
- chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- extreme breathlessness
- a very rapid or irregular heartbeat during exercise.

Stretching and exercise safety

Stretching, warming up and cooling down were previously thought to aid injury prevention during exercise. However, there is not a lot of evidence that these activities are effective in reducing exercise injury risk.

There is some evidence that warming up and cooling down might help to reduce muscle soreness after exercise, even if they don’t prevent injuries. Careful stretching can be included as part of your overall warm-up and cool-down routine. Some people also find psychological benefits in stretching and warming up to put them in the right frame of mind for exercise or to help them relax after exercise.

Warming up and exercise safety

As the name suggests, your warm-up (five to 10 minutes) should gradually warm your muscles and body temperature. The type of activity done in the warm-up should include the major muscle groups that will be used in your sporting activity.

Your warm-up could begin with a low intensity activity such as brisk walking or jogging. Stretching should be performed once the muscles have been warmed, as the stretching of cold muscles is less effective. It is also important to stretch after activity to assist recovery.

Cooling down and exercise safety

In the last five minutes of exercise, slow down gradually to a light jog or brisk walk, then finish off with five to 10 minutes of stretching (emphasize the major muscle groups you have used during your activity). This helps to reduce muscle soreness and stiffness.

Exercises that could be harmful

Some exercises that involve fast or repetitive twisting, or long-lasting or held movements are best avoided because they can cause damage to bones and muscles. When deciding if any exercise is safe, you need to consider the technique and the load, as well as your personal circumstances, such as any previous injuries and your fitness level.

Water consumption and exercise safety

You can lose around one and a half liters of fluid for every hour of exercise. One of the first symptoms of dehydration is fatigue, which causes a significant drop in sporting performance. It may also cause you to experience cramps, heat stress and heat stroke.

Suggestions include:

- Avoid starting exercise dehydrated. Drink plenty of fluids for several hours prior to exercise.
- If you are well hydrated you should be able to pass a good volume of clear urine in the hour before exercise.
- Drink at least 500 ml (2 cups) an hour before exercise.
- Drink at least 150 ml every 15 minutes during exercise.
- During exercise take advantage of all breaks in play to have a drink.
- After exercise, drink more to ensure you are fully rehydrated.
Exercise safety in hot weather
Exercising in hot weather puts additional strain on your body. Heat-related illnesses such as heatstroke and sunstroke occur when your body can't keep itself cool. Sweating isn't enough on its own to cool your body.

Symptoms of heat-related illness can include:
- Irritability
- general discomfort
- weakness
- headache
- nausea
- cramps

Suggestions to avoid heat-related illnesses include:
- Drink plenty of water before, during and after exercise.
- Wear lightweight, light-colored, loose-fitting clothes.
- Protect yourself from the sun with clothing such as long-sleeved tops, full-length trousers, a hat and sunglasses or an umbrella.
- Exercise in the cooler parts of the day – preferably before dawn or after sunset.
- Reduce your exercise intensity. Take frequent breaks and drink water or other fluids every 15 to 20 minutes, even if you don't feel thirsty. If you have clear, pale urine, you are probably drinking enough fluids.
- Don't drink alcohol, tea or coffee before or after exercising, as these beverages promote fluid loss.
- If you have travelled to a hotter climate, remember that it may take about 10 days of exercising before you fully acclimatize.

Exercise safety in cold weather
In cold weather, muscles are more susceptible to injuries.

Safety suggestions include:
- Wear appropriate warm clothing. Multiple layers of clothing trap more body heat than one bulky layer.
- Devote more time to warming up and stretching before exercising and make sure you do a thorough cool-down.
- Keep up your fluid intake, since cold weather prompts fluid loss.
- Don't forget sun protection – it is possible to be sunburnt even in cold weather, especially at high altitudes or on clear days.

Exercise safety and your equipment
Most sports and exercises rely on some type of equipment, such as shoes, bicycles or racquets. Protective equipment – such as mouth guards, shin pads and helmets – can significantly reduce the risk of injury by absorbing the impact of falls or collisions.

Safety suggestions include:
- If your sporting equipment is handheld, make sure you are using the right grip – for example, holding a tennis racquet the wrong way can increase your risk of tennis elbow (tendonitis).
- Make sure your equipment is appropriate to your sport or activity and your size and age.
- Wear appropriate shoes for your sport and replace them before they wear out.
- Wear protective equipment during training, not just for competition and games.
Check equipment regularly and replace if worn out. If you are unsure how to maintain or check your equipment, consult with your coach or sporting association.

Injuries can also be caused by incorrect form or technique. Consult your gym instructor, coach, sporting association, exercise physiologist or physiotherapist for instruction on how to improve your sporting technique.

Following sports rules can help prevent injuries, too.

**What’s More?**

**Task 4:** Copy and answer this to your *Study Sheet.*

**A. You can reduce your risk of exercise injury by:**

1. 
2. 
3. 
4. 

**B. When to stop exercising immediately?**

5. 
6. 

**C. What are the best aid injury prevention when doing physical activity?**

7. 
8. 
9. 

**D. When a person loses a lot of fluid from exercise he/she may experience symptoms of dehydration. What is the first symptoms of dehydration?**

10. 

**What can I Engage In?**

**Task 5:** Write at least two things that the kids are doing (or not doing) that might be dangerous. (please refer to the picture on the side). Write your answer on your *Study Sheet.*

a. 

b. 

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We don't need helmets since we already know how to ski.

I'll wear my big brother's ski boots to save money.
**Task 6: TRUE OR FALSE.** Write TRUE if the statement is correct, write FALSE if the statement is incorrect. Write your answer on your Study Sheet.

1. Mouth guards can help protect your teeth while you play sports. **TRUE**
2. Players need to warm up before games, but not during practice. **FALSE**
3. Wearing the right equipment with the right fit decreases your chances of getting hurt. **TRUE**
4. If you’ve been injured or hurt and you try to come back too soon, you run the risk of reinjuring yourself—maybe even more seriously than before. **TRUE**
5. Wearing a helmet prevents concussions. **FALSE**
6. It’s a good idea to warm up before you play a sport. **TRUE**

**Multiple Choice.** Encircle your answers. It can be multiple answer.

7. Underline safe warm-up activities:
   - brisk walking
e) lifting weights
   - jogging
d) jumping hurdles
   - jumping jacks
   - c) doing jumping jacks
   - e) lifting weights
   - f) sprinting

8. What would be an example of preventative measure?
   - a) warm up
   - b) work as hard as you can
c) correct footwear
d) work at the correct level for you

9. Symptoms of heat-related illness can include:
   - a) Weakness and headache
   - b) Nausea and cramps
   - c) Cold and clammy

10. An example of low intensity activity is ___________.
    - a) Sprinting
    - b) Brisk walking or jogging.
    - c) Running

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**What I Have Learned?**

**Task 7:** Copy and answer this to your Study Sheet.

❖ What you have learned from the lesson and reflect on the importance of safety in exercise?

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**Assessment**

**Task 8: POST-TEST**

*Direction:* Choose the letter of the best answer. Write the chosen letter on your Study Sheet.

1. Regular physical activity is vital for good __________________
   - A. Physical, social and emotional health
   - B. Physical, social and spiritual health
   - C. Physical and social and health
2. The following are guidelines for exercise safety, EXCEPTION:
   A. Cross-train with other sports and exercises
   B. Make sure you have at least one recovery day
   C. Exercise as hard as you can
3. When to stop exercising immediately?
   A. Feeling discomfort or pain
   B. Feeling sleepy
   C. Feeling tardy
4. What is the correct sequence in doing physical activity?
   A. Stretching, warm-up, cool-down
   B. Warm-up, stretching, cool-down
   C. Cool-down, warm-up, stretching
5. Players need to warm up_____________.
   A. Before the game       B. During the game       C. After the game
6. This type of activity will be done 5-10 minutes to increase body temperature and it could begin with a low intensity. It includes the major muscle groups that will be used in your sporting activity.
   A. Stretching          B. Warm-up          C. Cool down
7. This should be performed once the muscles have been warmed. It is also important to do after activity to assist recovery.
   A. Stretching          B. Warm-up          C. Cool down
8. This helps to reduce muscle soreness and stiffness.
   A. Stretching          B. Warm-up          C. Cool down
9. This is one of the first symptoms of fatigue, which causes a significant drop in sporting performance. It may also cause to experience cramps, heat stress and heat stroke.
   A. Dehydration         B. Hydrated         C. Rehydrated
10. Which of the following statement is NOT TRUE?
    A. Following sports rules is nothing to do with injury prevention.
    B. Keep up your fluid intake even if the weather is cold.
    C. During exercise you can take advantage of all breaks in play to have a drink.

References


**Answer Key**

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**What's Next**

- **Pre-Game**
  - Safety
  - First Aid
  - Prevention
  - Exercise
  - Dehydration
  - Fatigue
  - Cool Down
  - Warm-Up
  - Injury
  - Stroke
  - Heart Attack
  - Stretching
  - Training
  - Rules

- **What's More**
  - 1. Warming up, stretching
  - 2. Using the correct equipment
  - 3. Drinking lots of water
  - 4. Warming up and stretching
  - 5. Discomfort or pain
  - 6. Chest pain or other pain that could indicate a heart attack
  - 7. Exhilarating Down to the am of
  - 8. Warming down
  - 9. Coughing Down
  - 10. Fatigue

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**Task 5: Answers may vary.**

**Exercise 6**

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**Attachment**

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**Instruction**: What 9 there

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**What can 9**

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**Engage 9**