SAFETY AND FIRST AID

OBSERVES “SAFETY AWARENESS” (PREVENTIVE AND REHABILITATIVE) AT ALL TIMES

Quarter 1 – MODULE 2
Session: WEEK 2

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 observes “safety awareness” (preventive and rehabilitative) at all times and enumerates ways to safeguard participants from possible injuries.

At the end of the module, you should be able to:

1. Identify factors that can prevent and reduce injuries in sports, exercise and recreational activities.
2. Explain the importance of safety in sports.
3. Apply knowledge on safety practices in performing sports, exercise and recreational activities.

What I Know?

Task 1: PRE-TEST

Direction: TRUE or FALSE. Write T if the statement is TRUE, write F if the statement is FALSE. Answer this on your Study Sheet.

1. Physical benefits is the only beneficial aspects of participation in sports.
2. It’s OK to keep playing when you are injured.
3. Children are more susceptible to sports injuries than adults.
4. A balanced fitness program can help prevent injuries.
5. Not all sports injuries require a visit to the doctor or emergency department.
6. There is nothing you can do to prevent sports injuries.
7. Players need to warm up before games, but not during practice.
8. Mouthguards can help protect your teeth while you play sports.
9. Brisk walking, jogging are activities that are not good ways to warm up:
10. Wearing the right equipment with the right fit increases your chances of getting hurt.
Task 2: Write your answer on your Study Sheet.

CROSSWORD PUZZLE.

Across
4. use to keep your teeth where they should be. It also help prevent tongue and lip injuries and help reduce the risk of suffering a concussion or fractured jaw.
5. a covering for all or part of the face that protects the person wearing it:

Down
1. a strong, hard hat that covers and protects the head
2. a piece of rubber or plastic material worn inside a sock to protect the lower part of your leg when playing a sport such as soccer
3. one of a pair of coverings for your feet

D What’s New?

Task 3: Write down on the second column the safety equipment use for the following sports. You can add other sports as many as you can. Copy and answer this to your Study Sheet.

<table>
<thead>
<tr>
<th>TEAM SPORTS</th>
<th>SAFETY EQUIPMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Basketball</td>
<td></td>
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<td>2. Baseball/Softball</td>
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<td>3. Football/Soccer</td>
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<td>4. Volleyball</td>
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<td>9.</td>
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<td>10.</td>
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</tbody>
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Sports Safety

Playing sports is great for children and adults. It has both physical and psychological benefits. Sports can increase physical coordination, fitness, and self-esteem. They also teach important lessons about teamwork and self-discipline.

But children are at risk for sports injuries. That's because their bodies are still growing and their coordination is still developing. Many children ages 14 and younger are treated for sports-related injuries each year. Half of all of those injuries can be prevented with proper use of safety gear and changes to the playing environment.

Most sports injuries occur due to the following:

- Lack of education and awareness about safety precautions and potential injury
- Inappropriate or lack of equipment
- Poorly conditioned players

These are general safety precautions to help prevent sports injuries:

- Wear the right safety gear and equipment.
- Make sure the playing environment is well lit and appropriate for the sport in question.
- Enforce safety rules.
- Stay hydrated during and after sports.
- Take breaks while training and during games to prevent overuse injuries.
- Following sports rules can help prevent injuries, too.

Tips to prevent injuries when you exercise

1. Choose your workout carefully

   High-impact exercise programs aren't ideal for women with conditions like arthritis or osteoporosis. Non-impact exercises, including swimming or using an elliptical exercise machine, will give you aerobic conditioning without stressing your joints.

2. Learn the proper technique

   Don't start any new exercise without first learning the correct form. To learn the right form, work with a trainer at home or in the gym, or consult a physical therapist to help you tailor a workout to your health conditions and physical capabilities.

3. Get the right gear or equipment

   Safety gear should be sport-specific. It may include such items as goggles, mouth guards, shin-elbow-knee pads, and helmets. The safety gear should fit properly. Sports equipment (such as bats, baskets, and goals) should also be in good working condition. Any damage should be repaired or the item should be replaced. The playing area should be free from debris and water. Buy a pair of sturdy, comfortable sneakers that provide good arch support and have a cushioned heel to absorb shock. Wear loose, comfortable clothing that gives you room to move and breathe.
4. **Start gradually**

   Don't jump into a new exercise program. "The greatest risk of injury comes with changing an exercise program or adding a new exercise," Dr. Berkson says. Start slowly. If you're cycling, for example, set the bike's controls on the lowest speed and tension, and pedal for just a few minutes your first few times. Gradually increase the speed and intensity only when you feel ready.

5. **Warm up**

   Cold muscles are more injury-prone. "A proper warm-up can improve blood flow to the working muscle and reduce stiffness, potentially lowering the risk of injury," says Dr. Berkson. Your warm-up should be active, meaning that you walk or do dynamic stretches, such as arm or leg lifts, for five to 10 minutes. Avoid passive stretches in which you assume a position and hold it, because they can lead to muscle tears. It pays to concentrate on correct technique. Use the right form when you exercise to prevent injuries.

6. **Stay hydrated**

   When you work out, you sweat, and that means you lose some of the essential fluids your body needs to take you through your exercise program. Try to drink a glass of water before you exercise, and then take a few sips of water every 15 minutes throughout your routine.

   Sweat lost during sports must be replaced with equal amounts of fluids each hour of intense sports activity. You or your child should drink fluids before, during, and after each practice or game. To avoid stomach cramps from drinking large amounts of fluids at once, drink about 1 cup of water (or a type of sports drink) every 15 to 20 minutes. Don't drink beverages with carbonation and caffeine.

   *The following are the most common symptoms of dehydration:*
   
   - Extreme thirst
   - Weakness
   - Headache or dizziness
   - Dark-colored urine
   - Slight weight loss

   If you or your child has signs of dehydration, make sure you or your child gets fluids immediately, as well as a snack. The symptoms of dehydration may look like other health problems. Always see a healthcare provider for a diagnosis.

7. **Cool down**

   Finish your workout with a slow walk or gentle stretch for five or 10 minutes to cool down and maintain flexibility.

8. **Vary your workouts**

   Even if you love yoga, alternate it with other programs, such as dancing, tennis, or water aerobics. The variety will work different muscle groups, prevent boredom, and give your body a chance to recover between sessions.
9. **Know when to stop**

You never want to work out to the point of pain. If an activity hurts, stop doing it right away. "Playing through pain can often prolong your healing time and take you away from the game or exercise you enjoy," Dr. Berkson says. "Remember to seek the advice of a medical professional whenever pain seems abnormal or is not improving." Get help immediately if you suddenly feel dizziness, shortness of breath, or chest pain.

**What’s More?**

**Task 4:** Study the table below. Under Column A are the “Tips to Prevent Injuries” when you exercise. Under Column B write the statement that correspond to the Column A. You may choose your answer from the choices given below. Copy and answer this to your Study Sheet.

<table>
<thead>
<tr>
<th>Tips to prevent injuries when you exercise.</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Choose your workout carefully</td>
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<td>4. Start gradually</td>
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<td>9. Know when to stop</td>
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</tbody>
</table>

**CHOICES:**

A. A proper warm-up can improve blood flow to the working muscle and reduce stiffness, potentially lowering the risk of injury.

B. Safety gear and equipment should be sport-specific and should be fit properly. Sports equipment should also be in good working condition. Any damage should be repaired or the item should be replaced.

C. Sweat lost during sports must be replaced with equal amounts of fluids each hour of intense sports activity. It is ok to drink water from time to time whenever have a chance to drink to avoid dehydration.

D. A person may do variety of exercise or activity to prevent boredom and possible injury because of repetitive use of muscles. The variety will work different muscle groups so it will give your body a chance to recover between sessions.

E. It is important to understand and practice the correct form of exercise before proceeding to another exercise.

F. This will be done after the activity or exercise to avoid injuries and to maintain flexibility.

G. Exercise programs should be ideal defends on the physical condition of a person.

H. Do not work out to the point you feel pain. Playing through pain can often prolong the healing time.

I. When starting exercise it is important to start slowly and gradually.
What can I Engage In?

Task 5: Assuming you are an official in a specific sports and you are going to provide a list of “General Safety Precautions” to prevent injuries during the game. (You may refer to your own sport-event). Copy and answer this to your Study Sheet.

A. List down the sports equipment or safety gear use in your sport.

Name of sport: __________

Example Sport: FOOTBALL
Example: Shin-guard

1. __________
2. __________
3. __________
4. __________
5. __________

B. Write down rules of the game related to safety precautions during the duration of the games.

Example: No shin guard, no play.

1. __________
2. __________
3. __________
4. __________
5. __________

What I Have Learned?

Task 6: Complete the following unfinished statements below. Copy and answer this to your Study Sheet.

1. I discovered that …………………………………………………………………………………
2. I realized that ………………………………………………………………………………………
3. I learned that ………………………………………………………………………………………

Assessment

Task 7: POST-TEST

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

1. This are the benefits in sports participation.
   A. Physical
   B. Mental
   C. Emotional
   D. All of the above is correct

2. They are more susceptible to sports injuries.
   A. Child
   B. Adult
   C. Physically impaired person
   D. All of the above is correct

3. It can help prevent injuries.
   A. A balanced fitness program
   B. Wearing improper sports attire
   C. Following personal rules
   D. All of the above is correct

4. Sports injuries that require a visit to the doctor or emergency department.
   A. Feeling pain and numb
   B. Feeling Lazy
   C. Feeling thirsty
   D. All of the above is correct
5. The following are the most common symptoms of dehydration:
   A. Extreme thirst and Weakness  
   C. Dark-colored urine
   B. Headache or dizziness  
   D. All of the above is correct

6. Players need to warm up to_______________________________.
   A. To warm the muscles  
   C. To maintain flexibility
   B. To maintain agility  
   D. All of the above is correct

7. Players need to cool-down to_______________________________.
   A. To warm the muscles  
   C. To maintain flexibility
   B. To maintain agility  
   D. All of the above is correct

8. It can help protect your teeth while you play sports.
   A. Mouthguards  
   C. Mask
   B. Shin guard  
   D. Body Protector

9. This are activities that are not good ways to warm up.
   A. Brisk walking  
   C. Jogging
   B. Running  
   D. All of the above is correct

10. Most sports injuries occur due to the following:
    A. Lack of education and awareness about safety precautions and potential injury
    B. Inappropriate or lack of equipment
    C. Poorly conditioned players
    D. All of the above is correct

References
https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=85&contentid=P00861
https://www.health.harvard.edu/pain/10-tips-to-prevent-injuries-when-you- exercise