

Start here.

Sports policy and the sport environment ~~to~~ promote safe participation through rules and regulations that include safety and health considerations for athletes.

For children this may mean modified games and game rules such as a smaller playing ~~field~~ field or smaller sporting equipment ^{and physical} ~~It~~ accounts for their ~~size~~ smaller size ^{and physical} ~~capabilities~~ capabilities comparison to adult athletes.

* PTO

Safe participation is also further promoted through considerations of environment, such as the effects of the sun, wind, rain and the potential hazards these may have on sport participation at that time. This also includes the use of protective clothing and equipment. For example, ~~snow~~ skiers in cold climatic conditions where there is cold must ensure their face, neck and head are covered so that heat is not lost and that proper attire is worn to maintain body heat.

athletes need to also acclimatise ~~to~~ to new

environments in order to adapt ~~fast~~ physiologically. ~~This is~~ This can be done by ensuring athletes arrive at their location at least 2 weeks before competition to become used to their new surroundings such as higher altitude which means less oxygen available ~~make~~ which may make it more beneficial for athletes who do ~~sprint~~ sprints and discuss but not beneficial to endurance athletes.

Sports policies also ensure that athletes are fit and able to compete in events again following injury. This includes pre and post screenings and tests to ensure an athlete is able to mobilise properly to prevent further injury and allow a proper recovery in athletes. This also incorporates the use of taping and bandaging of injured areas or previously injured areas to ensure it can heal properly as well as regular health checks.

Sports policies also incorporates the use of performance ^{enhancing} drugs which is ~~banned~~ banned to ensure fair treatment of all players and ~~safet~~ includes the health and safety considerations of safe participation due to the ^{negative} implications of these drugs to ^{an} athlete's health.

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* The purpose of this is to enable children to safely participate in sports whilst taking into consideration factors that may affect them in contrast to adults.

Divisions are also made by matching opponents to match weight, size, height and other factors to ensure a fair and equal game. This promotes safe participation through the equality in skill ~~and~~ ~~age~~ level.

You may ask for an extra Writing Booklet if you need more space.