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QUESTION 29 - SPORTS MEDICINE

b) Sports policy and sports participation promote safe participation for all athletes.

Sports policy provides frameworks to allow safe ~~play~~^{participation} and safety of all athletes through regulation and rules.

Policies such as the Knockout Rule in boxing, which does not let a boxer who has been knocked out in a fight, compete for a further 3 months, allows for ^{mandatory} safe participation by athletes. By not allowing the boxer to fight for three months, full recovery is allowed so no further damage may be caused to the athlete. An example of a policy that protects players is the NRL's Blood Bin policy, where a player who has an open wound that is bleeding is required to leave the field and have the blood removed and wound fixed. This provides safe participation from opponents as they are not exposed to the other athletes' blood which could potentially carry disease. Policies protect athletes and allow safe participation yet they can also protect officials and sporting organisations.

By having implemented strong and clear policies, sporting associations and organisations

can be protected from possibly complaints or legal action if athletes or members have not conformed to policies.

A sporting environment plays a major role in safe participation for athletes. Undue danger or stress may be brought upon an athlete from an unsuitable sporting environment. For an example, pre season matches of Rugby along with other sports are often played in very hot weather conditions which are not ideal, by playing the season during winter, the athletes are exposed to a lot lower temperatures, reducing risk of over heating. In this case policy also comes into play as pre season matches are often split into 4 quarters rather than halves to allow rehydration and a break for athletes. A safe sport environment is also having properly maintained playing surfaces that are kept to playing standards and will not create risk for an athlete. For example a soccer field with divots in the grass may cause an athlete to trip or sprain/strain an ankle.

Through the implication of safe sports policy and sport environments Additional writing space on back page.

sale participation is successfully promoted.

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