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Sports policy promotes safe and enjoyable sports participation through rules of sports and activities, modified rules for children, ~~or~~ matching of opponents, use of protective equipment and ^{by providing} safe grounds, facilities and equipment.

Rules are introduced for fair play, to promote unsafe behaviour and to make it enjoyable for all players.

By acknowledging written and unwritten laws, players reduce chance of injury ie safe tackles in football.

Rules are often modified for children in order for it to be easier, funner & safer. Court sizes are reduced, equipment is downsized and some small rules ignored to ensure that they are able to perform tasks safely and effectively.

When considering different ^{years} players in terms of growth and development and skill, usually the early maturer is faster & stronger. Some football clubs have introduced weight classes instead of age classes to reduce small players being hurt by bigger players. There are issues and concerns related to this though as older smaller players are usually more skilled.

It is important to use protective equipment such as mouthguards and helmets as they

can soften a blow or give extra strength to body parts, reducing injury & promoting safe participation.

The grounds and facilities used should be in good condition, i.e. no pot holes, lights at night, well maintained to promote safe participation.

Environmental considerations include climatic conditions such as temperature, wind, humidity, altitude, pollution etc. and must all be taken into account for safe participation, as a combination of some could lead to hyperthermia or hypothermia. ^{have knowledge of alternate places for training.} Temperature regulation

(evaporation, conduction, convection, radiation) should be considered as training should be in coolest part of day with lots of shade & water to reduce heat injuries such as heat stroke. Fluid intake guidelines should be considered so that no one is dehydrated and acclimatisation may be considered to get athletes ready for the conditions that they will be competing in.

The sports policy and sports environment both take into account preventable

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Aspects of sports participation, modifying unsafe procedures and circumstances so that participation is promoted as safe and enjoyable.

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