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b) Sports policy and the sport environment have many aspects which promote safe participation. In all sports competitions it is required that the organisation registers all teams or individuals taking part in the event, thus ensures that they are prepared for any injuries or illnesses, and everyone is accounted for. The appropriate equipment, protection and footwear are also required to provide protection from injuries. The playing field for the sport must also be in a safe and suitable condition to greatly reduce the chance of injury. Referees are also needed to monitor the event at all times and react swiftly and correctly if an injury does occur. The use of age categories are also vital in many sports to ensure safety, by grouping people together that are of similar age and ability, though this method is not always effective because many younger people grow at a dramatically different rate. The combination of these sport policies and the sport environment provide the safest possible opportunity for people to participate in sport, though it is impossible to avoid all injuries.