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Question 29 part (b)

Sports policy and the sport environment promote safe participation in several ways.

Sports policy involves the rules and regulations involved with sport. The rules of individual sports, i.e. rugby, cricket and soccer, are set in place and enforced to ensure that each game is not only fair, but excessive risk of injury etc. is minimised. People that break these rules are disciplined as they are placing themselves and others in unnecessary risk, eg. slide tackles in soccer are banned.

Regulations about the age and size of competitors are also important in promoting safe participation in sport. In children's sport, athletes are matched according to their age and sometimes their size to ensure safety through equal mental and physical capacity between competitors. Games are often modified for children to ensure safety, such as in walla rugby and kanga cricket where field size and dangerous situations are reduced, i.e. no jumping in lineouts in walla rugby and a softer ball in kanga cricket.

The sport environment is also essential in promoting safe participation in sport. Playing fields need to be kept in good condition to ~~to~~ reduce the risk of injury due to an athlete falling over or rolling an ankle. Appropriate surfaces are used for particular ~~to~~ fields or ~~to~~ courts to promote safety as well as improving performance, i.e. hard courts for basketball and netball, and grass fields for Australian rules football and rugby league.

All sporting equipment needs to be maintained, upgraded when appropriate to ensure safety is promoted in the sport. If equipment is damaged or ~~to~~ out of date there is a high risk of injury associated with the sport.



Together, ~~the rules~~ Sports policy and the sport environment effectively promote safe participation in sport if the rules and regulations are enforced and the sport environment is well maintained. It is the responsibility of sports clubs, managers, officials and coaches to ensure that safe participation in sport ~~is~~ is promoted effectively through sports policy and the sport environment.

If sport safety is well promoted through these mediums, the ~~is~~ occurrence of and risk of injury in sport is likely to decrease, and the participation in sport will increase due to a greater level of confidence in sports policy and the sport environment's promotion of sport safety.

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