

RULES FOR P.E. AND SAFETY PRECAUTIONS IN SPORTS & GAMES

1. Attendance

- Attendance for all PE lessons and sports events is compulsory.
- Exemption applies only if student is unwell (i.e. supported by medical certificates, parent letters, medical reports, or recent illness/ injury). Teachers should be informed of any illness/ injury prior to the start of any physical activity.

2. Precautions

- Always note safety precautions in teacher briefings before commencement of any activity.
- Stop and rest if tired, breathless or unwell. Inform your teacher if you do so.
- Ensure proper warm-up and cool-down exercises are followed done before and after physical activities. Follow safe stretching and exercising techniques.
- Students with medical conditions (e.g. asthma) are highly advised to have your prescribed medicine (e.g. inhaler) with you at all times/
- Drink appropriate amounts of fluids (preferably plain water) before, during and after exercise to prevent heat injuries.
- Always follow the appropriate methods and procedures when using any equipment to prevent injuries.
- Set realistic targets and do not over-exert yourself.
- If conducting own sports activities, assess the weather (heat, humidity, cold, wind and rain) before beginning any outdoor activities. Check <http://www.nea.gov.sg/> for weather updates.
- Do not train or play outdoors during inclement weather due to risk of lightning strikes. Students must stay indoors when the Lightning Risk alert is activated.

3. Attire

- School PE attire (T-shirt and shorts) must be worn throughout the duration of the PE lesson.
- Wear suitable attire for your respective activities (e.g. shin pads and long socks when playing football).

4. Equipment

- Handle all school equipment with care and responsibility.
- Before playing, ensure that the equipment is appropriate and meets safety requirements.
- Students are required to report any lost or damaged equipment to their PE teachers.