

## **Recommended Safe Practices for Organizing Events**

### **Pre-Event**

- Control Measures identified in the risk assessment are communicated before the commencement of an Event/activity.
- Safety Briefing is to be conducted before commencement of an Activity.
- Proper inspection of the conditions of facilities and/or equipment before utilization and cease usage immediately should there be any faults and report to SDEV immediately
- Organizers ensure that all helpers / volunteers are brief and trained to manage to emergencies.
- Monitor for inclement weather whenever events / activities are outdoor

### **Activities with Physical Exertion**

- Physical Activity Readiness Questionnaire (PAR-Q) should be administered before the start of an event
- Adequate warm-up and stretching should be conducted before the commencement of activities which are strenuous in nature
- Adequate post activities warm down exercises are conducted.
- Any increase of activity intensity to be gradual
- Ensure that participants are advised to don adequate and appropriate attire for activities
- Ensure that adequate plans are in place to prevent participants from getting heat disorders

Inform participants who are classified as being “at-risk” to refrain from participation. (e.g. students with heart / lung condition are advised to avoid participation in this sporting activity)

### **Lightning**

- Organizer to ensure continuous tracking of lightning activity during an outdoor event via NEA Website, NEA Mobile App or a Portable Lightning Detector Cease activity immediately when lightning is detected within 8km of activity site
- Activity may resume when no lightning is detected within 8km of activity site for over 30mins

### **Haze**

- Organizer to ensure continuous monitoring of PSI levels during an outdoor event via NEA Website, NEA Mobile App. (in Singapore)
- Remove at-risk groups from the activity based on the latest haze advisory

### **Sports & Outdoors**

- Where practical, adequate personal protective equipment used shall be in accordance with standards recommended by specific National Sports

Associations or Sport Singapore or respective International Sports Organizations

- Playing rules and regulations adopted should be in accordance with National Sports Associations or Sport Singapore or International Standards
- Safety equipment used should be regularly maintained and in good working condition
- Sparring/Contact/High Impact activities shall only be conducted under strict direct supervision of a certified coach specific to the activity
- Competitors participating in martial arts competitions must undergo a medical examination and be deemed fit by the physician
- Students participating in in-water training must have adequate water skills
- Follow safety guidelines recommended by Sport Singapore for specific sport if available <http://www.sportsingapore.gov.sg/sports-education/sports-safety/safety-resources-and-useful-links>