

SS 681:2022
(ICS 97.220.01; 97.220.10)

SINGAPORE STANDARD

Code of practice for sport safety



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Foreword

This Singapore Standard was prepared by the Working Group on Sport Safety set up by the Technical Committee on Workplace Health and Safety under the purview of the Quality and Safety Standards Committee.

This Singapore Standard is based on Sport Singapore's 2019 Sports Safety Committee report.

This standard provides requirements and recommendations to improve sport safety. It covers a wide range of settings, including competitive and school sport, recreation and fitness activities, and addresses the risks and challenges to good safety practice that were encountered in recent years. It advocates a strong proactive approach to managing risks, especially with the desire to increase safe sport participation across all demographics, with the aim to foster a culture of continuous improvement to safety that is both prudent and practical in application.

This standard also places emphasis on the roles and responsibilities of individual participants, athletes, coaches, sport officials, volunteers, educational institutions and event organisers in various aspects of sport safety. It sets out key responsibilities to be assigned to specific personnel in risk monitoring and review, communication and training of other team members on risk management, and will better equip sport facilities to identify the sources of risks.

In preparing this standard, reference was made to TR 71 : 2019, "Code of practice for water safety – Aquatic facilities".

Acknowledgement is made to Sport Singapore for their kind permissions to use the materials from 2019 Sports Safety Committee Report for the development of this standard.

Attention is drawn to the possibility that some of the elements of this Singapore Standard may be the subject of patent rights. Enterprise Singapore shall not be held responsible for identifying any or all of such patent rights.

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Code of practice for sport safety

0 Introduction

0.1 With rising interest and changing trends in sport due to increased participation in extreme, ultra-endurance, combative and mass-participation sport, it is important to enhance safety levels. Exercise promotion is integral to the management of various chronic diseases. This standard outlines requirements and recommendations relevant to the present landscape of sport.

0.2 With a systematic approach to the various aspects involved in sport safety, event organisers and relevant associations should work together with key stakeholders to implement the recommendations outlined in this standard to eliminate preventable incidents and take a zero-tolerance approach on accidents leading to deaths and injuries.

0.3 This standard aims to raise sport safety standards through a strong preventative approach to manage risks. The sporting communities should implement risk management protocols and a robust medical support plan as detailed in this standard.

1 Scope

This standard is applicable across a range of settings including competitive sport, school sport, active recreation and fitness activities. While it aims to cover a spectrum of sport activities adequately, it does not provide in-depth coverage of highly specific areas relating to certain sports.

The focus areas are:

- (a) fundamental principles of sport safety;
- (b) training and education in sport safety;
- (c) water safety;
- (d) sudden cardiac arrest (SCA) and death in sport;
- (e) pre-participation screening;
- (f) heat injuries in sport;
- (g) event medical support plan;
- (h) exercise and training facilities; and
- (i) surveillance, evaluation and follow-up.

2 Normative references

The following referenced documents are indispensable for the application of this standard. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

TR 71	Code of practice for water safety – Aquatic facilities
SS 556	Code of practice for the design and management of aquatic facilities

NOTE – TR 71 is under revision.