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### **Lecture Title**

### **Safety Precautions in Physical Education Training**

#### **Introduction**

Hello and welcome to yet another module on physical education. Today we are talking about the safety procedures now let us talk about emergency action plan.

The first step in establishing a safe physical education environment is creating an Emergency Action Plan (EAP). The formation of a well-planned EAP can make a significant difference in the outcome of an injury situation. Components of an Emergency Action Plan: To ensure the safety of students during physical activity, an EAP should be easily comprehensible yet detailed enough to facilitate prompt, thorough action. Communication Instructors should communicate rules and expectations clearly to students. This information should include pre-participation guidelines, emergency procedures, and proper game etiquette. Instructors should collect emergency information sheets from students at the start of each school year. First-aid kits, facility maps, and incident report forms should also be readily available. Open communication between students and teachers is essential. Creating a positive environment within the classroom allows students to feel comfortable enough to approach an adult/teacher if one feels one has sustained a potential injury.

#### **Safety measures in the Schools**

At the start of each school year, every student should undergo a pre-participation physical examination. This allows a teacher to recognize the “high-risk” students before activity commences. The teacher should also take note of any student that requires any form of medication or special care. When a teacher is aware of his/her students’ conditions, the learning environment is a lot safer. Facilities and Equipment It is the responsibility of the teacher and school district to provide a safe environment, playing area, and equipment for students. Instructors and maintenance staff should regularly inspect school facilities to confirm that the equipment and location is adequate and safe for student use. First Aid Equipment: It is essential to have a properly stocked first aid kit in an easily reachable location. Instructors may need to include asthma inhalers and special care items to meet the specific needs of certain students. Instructors should clearly mark these special care items to avoid a potentially harmful mix-up. Implementing the Emergency Plan: The main thing to

keep in mind when implementing an EAP is to remain calm. Maintaining a sufficient level of control and activating appropriate medical assistance will facilitate the process and will leave less room for error.

### **Cardiopulmonary resuscitation (Basics)**

CPR BASICS Cardiopulmonary resuscitation (CPR) is a first-aid technique used to keep victims of cardiac arrest alive. It also prevents brain damage while the individual is unconscious and more advanced medical help is on the way. CPR keeps blood flowing through the body and in and out of the lungs. CPR Steps • Step 1 – Call 911 • Step 2 – Tilt head, lift chin, check breathing • Step 3 – Give two breaths • Step 4 – Position hands in the center of chest • Step 5 – Firmly push down two inches on the chest 15 times Continue with two breaths and 15 pumps until help arrives. The Red Cross and various other organizations offer classes to train individuals in CPR. SKILL First-aid procedures related to the control of emergency situations and immediate treatment tips.

### **First Aid and Injury Treatment**

INJURY TREATMENT AND FIRST AID: Immediate treatment tips; when a student endures a physical injury, the first priority is to avoid further damage. Following an injury the teacher should look for the obvious cause of the accident (i.e., ill-fitting equipment, improper sliding technique, a missed step while running). The next step is to reduce swelling. The primary means of accomplishing this is a sequence of treatments (rest, ice, compression, elevation) known as R.I.C.E. It is vital to implement this procedure following an injury since swelling causes pain and a loss of motion. Steps for the immediate treatment of an injury 1. Stop the activity immediately 2. Wrap the injured part in a compression bandage 3. Apply ice to the injured part (crushed ice or anything that is frozen is ideal) for no more than 15 minutes at a time. You should allow the area to warm periodically. 4. Elevate the injured part. 5. For a proper diagnosis, send the injured student to the school's nurse or, for more serious injuries, to a physician in a hospital. Treating specific illnesses; Diabetes: Most children with diabetes suffer from Type 1 (insulin-dependent or juvenile) diabetes. Type 1 diabetes limits the pancreas' ability to produce insulin, a hormone vital to life. Without insulin, the body cannot use the sugar found in blood. In order to stay alive, an individual suffering from Type 1 diabetes must take one or more injections of insulin daily. Diabetics control their disease by keeping the level of sugar (glucose) in the blood as close to normal as possible. The means to achieve diabetes control include proper nutrition, exercise, and insulin. Most children with diabetes self monitor blood glucose levels to track their condition and respond to changes. Some rules of thumb to keep in mind when dealing with a diabetic child are: • Food makes the glucose level rise • Exercise and insulin make the glucose level fall • Hypoglycemia occurs when the blood sugar level is low • Hyperglycemia occurs when the blood sugar level is high Low Blood Sugar (Hypoglycemia) This is the diabetic emergency most likely to occur. Low blood sugar may result from eating too little, engaging in too much physical activity without eating, or by injecting too much insulin. Symptoms include: • Headache • Sweating • Shakiness • Pale, moist skin • Fatigue/Weakness • Loss of coordination Treatment: Provide sugar immediately. You may give the student ½ cup of fruit juice, non-

diet soda, or two to four glucose tablets. The child should feel better within the next 10 minutes. If so, the child should eat some additional food (e.g. peanut butter, meat, or cheese sandwich). If the child's status does not improve, treat the reaction again.

**High Blood Sugar (Hyperglycemia)** Hyperglycemia can result from eating too much, engaging in too little physical activity, not injecting enough insulin, or illness. You can confirm high blood sugar levels by testing with a glucose meter.

**Symptoms:**

- Increased thirst
- Weakness/Fatigue
- Blurred vision
- Frequent urination
- Loss of appetite

**Treatment:** If hyperglycemia occurs, the instructor should contact the student's parent or guardian immediately.

**Dehydration:** Dehydration occurs when a person loses more fluids than he/she takes in. The amount of water present in the body subsequently drops below the level needed for normal body functions. The two main causes of dehydration are gastrointestinal illness (vomiting, diarrhea) and sports. It is essential to replace fluids lost by sweating to prevent dehydration, especially on a hot day.

**Symptoms:**

- Thirst
- Dizziness
- Dry mouth
- Producing less/darker urine

**Prevention/Treatment:**

- Drink lots of fluids. Water is usually the best choice.
- Dress appropriately (i.e., loose-fitting clothes and a hat).
- If you begin to feel thirsty/dizzy, take a break and sit in the shade.
- Drink fluids prior to physical activity and then in 20-minute intervals after activity commences.
- Play sports or train in the early morning or late afternoon. You will avoid the hottest part of the day.

**Safety precautions in administering emergency care procedures.** Statistics show that students suffer injuries in sports activities, sometimes due to a lack of appropriate medical facilities and negligence. The root cause of such situations is a significant lack of medical assistance or personnel. To avoid such situations, schools should formulate an emergency action plan (EAP). School personnel should follow the EAP guidelines during an emergency to keep danger from progressing.

Communication, conducting a pre-participation physical examination (PPE), and maintaining first aid and emergency medical supplies, constitute the core of an EAP. Communication among all concerned parties is the first pre-requisite, especially when someone suffers a serious injury. Before conducting sporting events, it is necessary to conduct the pre-participation test, which can determine the fitness level of each student. After an injury has occurred, it is important not to panic while administering care and treatment. Medical assistance is a must in the case of a serious injury. Also, school personnel must treat the injured student by using a first aid kit. The first aid kit should include items and supplies that will treat a range of potential injuries. Instructors should tailor the first aid kit's contents based on the type of sport the students are playing. Some basic items that should be a part of first aid kit include a CPR mask, latex gloves, bandages, compression wraps, tape, and scissors. Physical education and slight injuries go hand-in-hand. It is important not to neglect injuries and to take precautions, such as keeping everything that one might need in an emergency situation on hand.

## **Conclusion**

The first step in establishing a safe physical education environment is creating an Emergency Action Plan (EAP). The formation of a well-planned EAP can make a significant difference in the outcome of an injury situation. At the start of each school year, every student should undergo a pre-participation physical examination. This allows a teacher to recognize the

“high-risk” students before activity commences. The teacher should also take note of any student that requires any form of medication or special care.

Hypoglycemia occurs when the blood sugar level is low • Hyperglycemia occurs when the blood sugar level is high. Cardiopulmonary resuscitation (CPR) is a first-aid technique used to keep victims of cardiac arrest alive. It also prevents brain damage while the individual is unconscious and more advanced medical help is on the way. CPR keeps blood flowing through the body and in and out of the lungs. CPR Steps • Step 1 – Call 911 • Step 2 – Tilt head, lift chin, check breathing • Step 3 – Give two breaths • Step 4 – Position hands in the center of chest • Step 5 – Firmly push down two inches on the chest 15 times Continue with two breaths and 15 pumps until help arrives. When a student endures a physical injury, the first priority is to avoid further damage. Following an injury the teacher should look for the obvious cause of the accident (i.e., ill-fitting equipment, improper sliding technique, a missed step while running). The next step is to reduce swelling. The primary means of accomplishing this is a sequence of treatments (rest, ice, compression, elevation) known as R.I.C.E.

Prevention/Treatment: • Drink lots of fluids. Water is usually the best choice. • Dress appropriately (i.e., loose-fitting clothes and a hat). • If you begin to feel thirsty/dizzy, take a break and sit in the shade. • Drink fluids prior to physical activity and then in 20-minute intervals after activity commences. • Play sports or train in the early morning or late afternoon. You will avoid the hottest part of the day.

So, we have talked about the safety procedures and the emergency procedures while giving the physical education training. I hope the information provided was of some use to all of you. Thank you so much for watching.