

Chapter - 7

Safety and Security

I. Long Answer Questions

1. How can we prevent the injuries by preparing good sports facilities?

Ans. In order to minimise accidents in practice and training, many ways of improving sports facilities Apart from the above steps of prevention, some appropriate technical measures should be followed as well to prevent sport injury Players should strengthen their fitness and conditioning to avoid being tired in a sporting event Fatigue slows down player responses and slows their rhythm. A tired player is more likely to sustain an injury while performing or playing, which can only be avoided by improving physical health Many factors contribute to sports injuries, including the player's reckless attitude toward health and preparation. Some of the main factors that contribute to sports injuries include:

- poor equipment, surface and floor.
- lacking in the knowledge of the rules of the game.
- lack of technical and tactical knowledge.
- lack of fitness and conditioning.

2. What are the safety rules one can observe when buying a sports shoe?

Ans. Sports uniforms add glamour and benefit to game and sports results, but poor fabric and shoe selection can cause pain to players. The preparation of the moods of the athletes is important since they make them more relaxed Modern sports are carried on with competitive sports equipment that, thanks to sports engineering and technological advancement, offers technical support during movement. Manufacturers must prioritize the "definition of sportsperson protection" when designing and organizing sports equipment. The material used to make the instrument/equipment must be of high quality, as the sportsperson relies heavily on it to perform their skills. To prevent injuries, players are also advised not to use the damaged equipment/instruments. Efforts should be made to ensure that the playing surfaces of various games and sports are in good condition.

3. What is meant by safety through sports instruments?

Ans. To prevent player mixing, a proper and separate seating area for extra players of the competing teams must be given. Sports should have a large enough playing area to avoid unintended accidents. To prevent any untoward incidents during matches, spectator seating should be located away from the actual playing field. The playing area should be kept clean and free of potentially dangerous materials or objects. To prevent collisions, trees and bushes should be removed from the playing area. It is possible to have a sufficient warming up area away from the competition arena. To prevent damage, dangerous broken glass or sharp-edged stones should also be eliminated from the playing field.

4. How does sports uniform help in safety of the sportspersons?

Ans. serves an important role in ensuring an athlete's protection when participating in a sport. The use and advancement of protective equipment in sports has progressed over time and continues to do so. Athletes in many sports leagues or professional sports must be provided with and use protective equipment. Protective equipment is often used in college athletics and, on rare occasions, amateur sports. Athlete fitness concerns the health and well-being of athletes who compete in sports. Another research looked at the white matter honesty of former NFL players who had sustained multiple concussions and subconcussions.

5. What precaution can be taken to prevent injuries in the gymnasium?

Ans. In its current sense, it typically applies to high schools that concentrate on preparing students for advanced academic study at a university. Gymnasiums were a common feature of educational systems in many countries in Central, North, Eastern, and Southern Europe prior to the twentieth century. The word "v" (gymnasion) was first used in Ancient Greece to describe a place where young men could receive both physical and intellectual education. Many European languages (including Croatian, Greek, German, the Nordic languages, Dutch, Polish, and Czech) retained the above sense of a place of academic education.

6. How can you curb the accidents in swimming pool?

Ans. Swimming pools in schools or organisations must be operated with adequate safety precautions. Instructors, assistant coaches, life guards, gatekeepers, and sweepers will be present to ensure that the swimming pool's safety guidelines are followed. The availability of human resources, the quality of the water, and the cleanliness of the swimming pool are all critical aspects of safety measures. Lifesaving equipment such as a long stick, rope, whistle,

lifesaving jackets, swimming pads, and kicking boards should be available to swimming pool instructors/coaches and lifeguards.

7. Physical fitness may be used as a tool to prevent sports injuries. Elaborate.

Ans. Games and sports are beneficial to one's physical, physiological, mental, and social well-being. Children's safety and protection are paramount when participating in any games or activities. It's also important to take precautions to avoid accidents on the sports field during competitions or training. In this chapter, we'll talk about sports facility safety as well as the health risks associated with alcohol and drug abuse, including common medicines.

8. Write down the myths and facts about substance abuse.

Ans. Substance abuse is defined as the use of a drug in quantities or ways that are harmful to the user or others. It's a type of substance abuse disorder. In the fields of public health, medicine, and criminal justice, different concepts of substance addiction are used. When a person is under the influence of a drug, they may engage in illegal or antisocial behaviour, and they may also experience long-term personality changes. In addition to the potential for physical, social, and psychological damage, the use of such drugs can result in criminal penalties, but the severity of these penalties varies greatly depending on the local jurisdiction.

9. What is doping and what are the side effects of blood doping?

Ans. Doping is a term that refers to the use of performance-enhancing drugs in sports. It is commonly understood to refer to the use of such drugs that are thought to help athletes enhance their performance. Many substances have been outlawed in sports because they are thought to give athletes an unfair advantage, pose a health danger, or breach the "heart of the game." Doping is the use of prohibited substances by athletes. The International Olympic Committee (IOC) defines doping as "the use of any form or material that may damage the athlete in order to gain an unfair advantage over his or her fellow competitors in order to gain an unfair advantage over his or her fellow competitors."

10. Why do athletes dope? Explain the side effects of prohibited substances.

Ans. The origins of doping in sports can be traced all the way back to the inception of the sport itself. Common attitudes among athletes have shifted dramatically over time, from ancient use of drugs in chariot racing to more recent scandals in baseball and cycling. Over the last few decades, the general trend among authorities and sporting associations has been to strictly restrict the use of drugs in sport. The health effects of performance-enhancing drugs,

athletes' equality of opportunities, and the public's perception of drug-free sport are the primary reasons for the ban.

II. Short Answer Questions

1. What is meant by safety measures?

Ans. Physical education instructors, athletic trainers, coaches, school administrators, and sports equipment suppliers must all follow these safety laws. In addition, students participating in technical sports such as gymnastics and swimming, as well as self-defense exercises, should be taught how to prevent accidents and follow safety precautions at a sporting event

2. Why is the fabric of T-shirt important for athletes?

Ans. Any institution's Gymnasium is used for physical instruction for a variety of sports. It is regarded as a valuable asset to the institute, and students often use it to develop their bodies, recover from injuries, and get in better shape.

3. Write two safety measures in relation to swimming pool.

Ans. During pool activities, lifeguards should be well-trained and vigilant. Swimming and diving practices at the pool's deep end should be given special consideration. Lifesaving equipment such as a long stick, rope, whistle, lifesaving jackets, swimming pads, and kicking boards should be available to swimming pool instructors/coaches and lifeguards.

4. Write two ways to prevent sports injury.

Ans. There are a variety of ways to improve sports facilities in order to reduce injuries during practice and training. Before participating in any games or activities, you should warm up properly. Warming up the body improves reflex actions and reduces the risk of injury.

5. Does cigarette smoking raise your status? If no, why?

Ans. Consumers, especially teenagers, are attracted to marketing campaigns that use deceptive terms like "shine" or "low tar." More young children are smoking "light" cigarettes, erroneously believing that "light" means "safer." In reality, to consume the desired amount of nicotine, 'light' smokers often inhale more deeply and more frequently.

6. Why tobacco use is deadly?

Ans. As you might be aware, the nicotine contained in tobacco leaves is extremely addictive. It causes blood pressure to rise. In the smoke from

cigarettes, there are approximately 4000 chemicals that cause various types of cancers. Carbon monoxide gas, which is exhaled by smokers, is extremely toxic. Tar, a material formed by the combustion of tobacco leaves, is similar to coal tar used in road construction.

7. What three things should you focus on when buying medicines?

Ans. It is always best to seek medical advice and take only the medications that have been prescribed. Whatever the ailment, one can never choose one's own medicines (without a doctor's prescription). False commercials claiming that such medications or medicines can aid in weight loss or benefit, increased endurance, or cosmetic appearance should be avoided.

8. What are the categories of doping?

Ans. Doping is a term that refers to the use of performance-enhancing drugs in sports. It is commonly understood to refer to the use of such drugs that are thought to help athletes enhance their performance. Many substances have been outlawed in sports because they are thought to give athletes an unfair advantage, pose a health danger, or breach the "heart of the game." Doping is the use of prohibited substances by athletes.

III. Multiple Choice Questions

1. Medicine should be purchased_____.

- (a) as per prescription of the doctor**
- (b) as advised by the chemist on the basis of our health problem**
- (c) after observing the date of manufacture and the date of expiry**
- (d) (a) and (c) both**

Ans. Therefore the correct option is (a) as per prescription of the doctor

2. Medicines should be consumed by the patient _____.

- (a) as advised by the doctor**
- (b) always after the meals**
- (c) always before meals**
- (d) whenever the patient feels like taking the medicine**

Ans. Correct option is (a)

3. Which type of surface is used in modern times to play Kabaddi that helps to prevent injury?

- (a) Synthetic surface
- (b) Mud ground
- (c) Grassy ground
- (d) Cinder surface

Ans. Therefore the correct option is (b) Mud ground

4. How does warming up helps to prevent injury?

- (a) Warming up enhances reaction ability
- (b) Warming up prepares the player for making smooth movements
- (c) Proper warming up prepares and athletes mentally and physically for sports
- (d) All the above

Ans. Therefore the correct option is (a) Warming up enhances reaction ability

IV. Match the Following

1. Nicotine which is present in tobacco leaf is also found in	Tar
2. Used for making roads	Insecticides
3. Tobacco use severely affects	Smoking
4. Can cause cancer	Lungs

V. Projects

1. Make a table of the various medicines being taken by a sick family member.

Name of Medicine	Dose Prescribed	Timings	Expiry date on the label of package	Remarks

Ans. student do it yourself

2. You would have seen many women smoking beedi or cigarette. Some may even be pregnant. Discuss with two such women the harmful effects of tobacco use among women, especially the pregnant women. Rationalised 2023-24 Safety and Security 271

Ans. student do it yourself

3. You would have seen many small shops, including pan shops which sell cigarettes and pan masala products to the children. Do you know that sale of any tobacco products to children and sale of these items within 100 yards of any educational institution is banned? It is sometimes very difficult to remove these shops. Hold discussion with the Residents Welfare Association and Parent-Teacher forum to stop the sale of any tobacco product near your school.

Ans. student do it yourself

4. Discuss with your class teacher and students' committee as to what actions can be taken to make your school a tobacco-free zone.

Ans. student do it yourself