

Risks and hazards

What is a risk?

The chance, high or low, that a hazard will cause somebody harm.

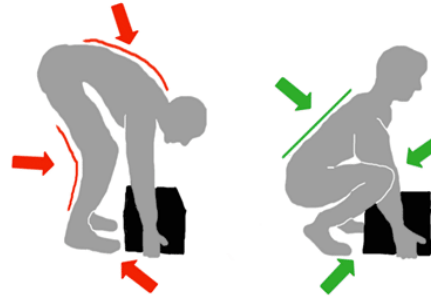
Examples of risks:

Drowning

- Concussion: bang to the head
- Fractures: breaking bones
- Soft Tissue Injuries: pulling a muscle
- Skin Damage: Abrasions or "burns"



Preventing Injury



Warm-Up: Prepares your body by **increasing the flexibility** and **pliability** of your muscles, joints, ligaments, and tendons.

- **Cool-Down:** Helps your body return to a resting state and **reduces the risk of muscle soreness and stiffness** after exercise.
- **Correct Clothing & Footwear:** You must wear the right gear for your sport to stay safe. For example, the right shoes provide the **necessary support and grip** for specific surfaces like grass or a court.
- **Personal Protective Equipment (PPE):** Items like **shin pads** in football are used to minimize the risk of injury.
- **Appropriate Competition:** Participants should be **matched by ability** or age to keep the game fair and safe.
- **Lifting Equipment:** Always use **correct techniques** when moving heavy items like goalposts or gym benches to avoid hurting yourself.
- **Progression:** This training principle means **increasing difficulty gradually** so you don't over-exert yourself and get injured



What is a hazard?

Something that can cause harm or the actual thing that causes injury

Setting	Potential Hazards to Check
Playing Field	Uneven surfaces, holes, or litter (like glass).
Swimming Pool	Slippery surfaces around the edge.
Fitness Centre	Poorly maintained weights or broken machinery.
Sports Hall	Equipment left out or slippery floor surfaces

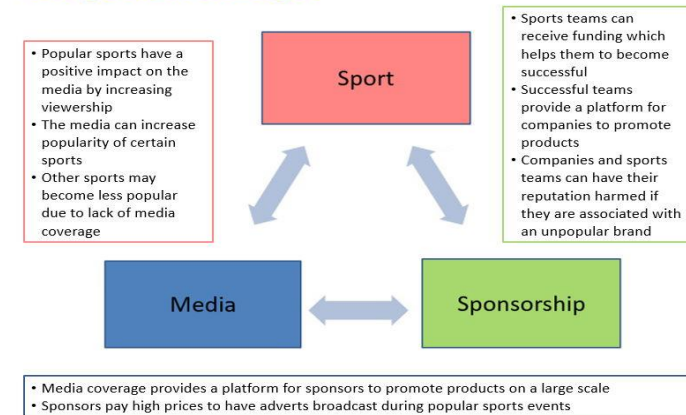
Sponsorship

Sponsorship is when a company (e.g. Nike or Adidas) supports an athlete or team for **mutual benefit** (both sides get something good).

- **The Golden Triangle:** This is the close link between **Sport, Sponsorship, and the Media.**
- **Why Media Matters:** Media companies (like TV) pay for the **rights to broadcast** live sport to gain massive viewership and advertising money



The golden triangle



The Positives (+) and Negatives (-) of Sponsorship

Group	Positives (+)	Negatives (-)
Performers	Receive income to train full-time; get the best equipment and coaching.	Promotional duties (like adverts) can disrupt training.
Companies	Massive public exposure and a better image through "positive association" with winners.	Their brand is damaged if the athlete behaves badly or unethically.
The Sport	Funding helps improve facilities and stadia for everyone to enjoy.	Minority sports often lose out on big deals to popular sports like football.
Audiences	Benefit from better spectator facilities and higher standards of play.	High-profile games may be moved to times that suit TV, not the fans