

## **Q. 12 WRITTEN REPORT**

### **Scenario:**

You are a freelance health and safety officer and the management of your local sports club has hired your services to help them improve their health and safety.

They have asked you to produce a report that explains the risks and hazards associated with sports participation at the centre and the types of injuries that people may sustain whilst taking part in the activities.

- a. Identify a sport of your choice.
- b. Produce a report describing the risks and hazards of sports participation and the different types of injuries and illnesses that individuals may sustain whilst participating. (500 words min)

Within the report you should:

- Describe six risks and hazards associated with participating in the sport (to include people hazards, environmental hazards and equipment hazards).
  - Describe four different types of injuries that people may sustain whilst participating in the sport.
  - Describe a range of different types and signs of illnesses related to sports participation (for example; asthma, heart attack and hypoglycaemia).
- c. Produce an information sheet for the members of the club that describes the important rules, regulations and legislation that exist relating to your sport. Your information sheet should include reference to the following points:
    - The purpose of rules, regulations and legislation in injury prevention
    - Organisational rules specific to the facility
    - The Health and Safety Act
    - The Children's Act
    - Rules and regulations specific to the chosen sport.
    - Any other relevant information
  - d. Give a detailed account of why participants are at risk of injury whilst taking part in sport. You should give a range of causes of injury such as intrinsic and extrinsic factors.

**UPLOAD YOUR REPORT INTO THE PORTAL Q.12**