

# Review supervision of all sport and physical activity

Discuss with all staff ways they can ensure the safety of children and young people and reduce the risk of brain injury.

- ✓ Ensure children and young people wear appropriate safety gear and that it fits correctly.
- ✓ Enforce “play by the rules”.
- ✓ Stress the importance of health. Do not allow children and young people to play when they are ill or suffering from fatigue.
- ✓ Reduce risks at practice – teach safe contact approaches.
- ✓ Commit time to warm-up exercises relevant to the activity or sport.

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