

## Final report

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# OVERVIEW AND RECOMMENDATIONS FOR SPORTS SAFETY IN SINGAPORE

A Report by the Sports Safety Committee

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21 August 2007

Singapore Sports Council

### Document Review

6 July 2007	Sports Safety Committee meeting no. 1
12 July 2007	Sports Safety Committee meeting no. 2
18 July 2007	Sports Safety Committee meeting no. 3
27 July 2007	Sports Safety Committee meeting no. 4 1 <sup>st</sup> draft of Report
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7 Aug 2007	Preliminary Report submitted for comments and input invited from experts and stakeholders
14 Aug 2007	Review of comments and input
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## APPENDIX 5: 5-A WAY TO SPORTS SAFETY

### THE 5A-WAY TO SAFE SPORTS

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The “5A-Way to Safety” formulated by the author, based on certain time-honoured principles of personal and professional management, consists of five steps of the mental process which can lead to individuals and organisations to translate a vision into action.

In coming up with this 5A-Way, the author stands on the shoulders of many all-time greats: such as Socrates, Confucius, and Gandhi. So there may be very little that is new in terms of basic ideas or goals – it is offered only as a fresh, somewhat different, sequence of thought processes in a logical sequence towards the desirable goal of promoting safety culture in Singapore.

In what follows, the technique is applied specifically to sports safety:

#### 1. Attitude:

Make sports safety a core value, a shared concern.

#### 2. Awareness:

Learn what can cause harm, to whom, when, and how.

#### 3. Acceptance:

Take complete ownership of safety of athletes at all times.

#### 4. Analysis:

Identify hazards, assess risks, and develop effective controls.

#### 5. Action:

Enable all concerned to implement all safety measures.

#### 1. Principles of the 5A-Way

Themes of the 5A-Way are presented in Fig. 1 – graphics a collaboration between the author and the Ministry of Manpower.



#### (A-1) Attitude is believing in it.

- It is the beginning, the foundation for all we want to do.
- In sports safety, it means that we want every one of the athletes who comes in for training or for competition, to return home safe and sound.
- It means that we wish to share information and knowledge about incidents and

accidents with all our cohorts.

- And so we can proudly tell ourselves, and tell others: *"I accept sports safety as a core value!"*

**(A-2) Awareness is knowing what is involved.**

- Knowing what is going on around us in the relevant activities.
- In sports safety, it means we must learn what can cause harm, to whom, with what impact.
- It means that we must sense and understand the potential dangers, identify all of them, so that we can eliminate or control them.
- To save the athletes from injury or death, to save their family and friends from heartache, and our national reputation from damage.

**(A-3) Acceptance is taking responsibility for it.**

- Being pro-active, taking initiative, leading the way.
- In sports safety, it means being accountable for the welfare and safety of all the athletes.
- It means treating all or them and all others involved in the activity as partners.
- It means making risk management part of our mission and our vision ... not only by words but also with funds and personnel to achieve our goals.

**(A-4) Analysis is planning what to do.**

- Applying the right principles, using the right tools.
- In sports safety, it means identifying the hazards, estimating if and when accidents may happen, evaluating how bad they may be if they do, and their combined risk level.
- It means that we decide which risks are acceptable, which are unacceptable, and which are tolerable and can be managed.
- And then what and how to control, and also who and when.

**(A-5) Action is going ahead and doing it!**

- Translating our hopes and plans to reality.
- In sports safety, it means getting all the athletes and sports officials to participate.
- It means documenting background and facts, implementing our decisions, ... getting on with the actions for safety, with safety in our actions.
- Communicating with all concerned, reviewing progress, continuing to advocate and promote safety first ... and safety last.

## **2. Applications to triathlon**

Triathlon managers may view RA and RM by the 5A-Way as in Table 1:

*Table 1. The 5A-Way in risk management of triathlons*

<i>A1. Attitude</i>	Athletes are our family during training and on the field. Ensuring their safety is to both their and our benefit.
<i>A2. Awareness</i>	Risk assessment is now a pre-requisite to sports safety. Triathlon is a high-risk sport.
<i>A3. Acceptance</i>	We accept the extra responsibility for triathlon safety, as well as the commitment to enabling and enforcing it.
<i>A4. Analysis</i>	We will have a risk assessment of triathlon done to determine and rank the hazards, and find necessary controls.
<i>A5. Action</i>	We shall implement all recommendations of RA team, consistent with our goals. We will empower all concerned.

### 3. Conclusion

The 5A-Way proposed here may not be a brand-new sophisticated technique or a panacea for all our ills. But the author hopes that it will be one more route – a fresh trick if you will – to pro-actively understand and solve a safety problem right from the concept stage to completion.

### 4. Reference

1. Krishnamurthy, N., *“Introduction to Risk Management”*, 88p, ISBN: 978-981-05-7924-1, 2007.

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