

Final report

OVERVIEW AND RECOMMENDATIONS FOR SPORTS SAFETY IN SINGAPORE

A Report by the Sports Safety Committee

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 st draft of Report
1 Aug 2007	Sports Safety Committee meeting no. 5 2 nd draft of Report
7 Aug 2007	Preliminary Report submitted for comments and input invited from experts and stakeholders
14 Aug 2007	Review of comments and input
21 Aug 2007	Final Report submission

APPENDIX 5: 5-A WAY TO SPORTS SAFETY

THE 5A-WAY TO SAFE SPORTS

N. Krishnamurthy

Safety Consultant and Trainer, Singapore

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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