

Safety Procedures

In your own words discuss how each of the following seven safety procedures relates to rules and routines of sports or physical activities that you are involved in or have included in your Physical Activity Log.

1. Wear protective equipment: _____
2. Develop skills and techniques: _____
3. Warm-up and cool-down: _____
4. Know the rules of the game: _____
5. Watch out for others: _____
6. Do not play when you are injured _____
7. Improve your fitness: _____

Game Rules and Etiquette

As mentioned in 'Safety Rules, Procedures, and Routines' section, it is important to know the rules of the game before you get started in order to play safe and have more fun. The rules that are used in the sport or activity you are choosing to participate in may be different than the official rules of that sport so you must make sure to be clear about what rules you are abiding by. To help you with your assignment you may want to refer to the following websites to look up various rules of a sport.

www.sportsknowhow.com/rules/index.html
<sportsrules.50g.com/>

Etiquette is a set of guidelines that promote good behaviour and fair play. Every sport has written and unwritten rules or guidelines that support etiquette. The rules of etiquette are based on what authorities and traditions of that sport say are acceptable. These rules are often learned as the game is played or from other more experienced players in the sport. Generally etiquette is about showing respect for players, officials, areas of play, coaches, and spectators. Take a look at the 'Example of Golf Etiquette'.