



Preventing Injuries in Sport

Injuries can occur in any sport, but each sport will have procedures/equipment in place to prevent or reduce the risk of injuries.

Identify 5 ways of reducing the risk of injuries in sport.



Protective clothing and equipment is just some of the ways to reduce injury.
Identify the protective gear used in each sport above.

(Insert protective gear) protects the _____ in (insert sport). This prevents injury because it....
This means that... (how does this impact their performance?)

Using the sentence starter above, describe how protective clothing prevents injury in one of the sports above.