

## **Recommended Safe Practices for Organizing Events**

### **Pre-Event**

Control Measures identified in the risk assessment are communicated before the commencement of an Event/activity.

Safety Briefing is to be conducted before commencement of an Activity.

Proper inspection of the conditions of facilities and/or equipment before utilization and cease usage immediately should there be any faults and report to SDEV immediately

Organizers ensure that all helpers / volunteers are brief and trained to manage to emergencies.

Monitor for inclement weather whenever events / activities are outdoor

### **Activities with Physical Exertion**

Physical Activity Readiness Questionnaire (PAR-Q) should be administered before the start of an event

Adequate warm-up and stretching should be conducted before the commencement of activities which are strenuous in nature

Adequate post activities warm down exercises are conducted.

Any increase of activity intensity to be gradual

Ensure that participants are advised to don adequate and appropriate attire for activities

Ensure that adequate plans are in place to prevent participants from getting heat disorders

Inform participants who are classified as being "at-risk" to refrain from participation. (e.g. students with heart / lung condition are advised to avoid participation in this sporting activity)

### **Lightning**

Organizer to ensure continuous tracking of lightning activity during an outdoor event via NEA Website, NEA Mobile App or a Portable Lightning Detector  
Cease activity immediately when lightning is detected within 8km of activity site

Activity may resume when no lightning is detected within 8km of activity site for over 30mins

### **Haze**

Organizer to ensure continuous monitoring of PSI levels during an outdoor event via NEA Website, NEA Mobile App. (in Singapore)

Remove at-risk groups from the activity based on the latest haze advisory

### **Sports & Outdoors**

Where practical, adequate personal protective equipment used shall be in accordance with standards recommended by specific National Sports

Associations or Sport Singapore or