

## **Guidelines for Prevention of Injuries and Acute Medical Conditions Related to Sports Events Organized During Festival Season in Sri Lanka**

Festivals are an integral part of Sri Lankan culture, celebrated with interest and enthusiasm throughout the year. Along with celebrating these festivals, the organization of various sporting events is also an essential part of these festivals. Although people celebrate festivals with happiness and joy during this time, there is a possibility of accidents and various other medical conditions. While bringing people together in a variety of settings, from large gatherings to traditional rituals, they also increase the likelihood of accidents and other medical emergencies. The unique cultural diversity and traditions observed in Sri Lankan festivals necessitate a tailored approach to injury prevention and medical care. Irrespective of nationality and the religion, each event presents its own set of challenges in terms of crowd management, environmental hazards and health risks, in addition to the risks inherent in each sporting event.

Similarly, sports events organized during festival seasons in Sri Lanka bring together communities in celebration and competition. From traditional sports like "pillow fight" and "kana mutti" to modern sporting events like cross-country running and cycling, these events showcase the spirit of athleticism and cultural heritage. However, alongside the excitement of competition, there exists a potential for injuries and acute medical conditions to occur, necessitating comprehensive guidelines to ensure the safety and well-being of participants and spectators alike.

Recognizing the importance of protecting the health of the public and promoting safety during festive sporting events, and addressing the unique challenges associated with such events to minimize the risks associated with injuries and acute medical conditions, these guidelines were first developed in 2024, and with feedback from various stakeholders, the second edition is presented in 2025. Sporting events held in conjunction with festivals, the safety and health of participants must be prioritized to ensure a successful and enjoyable event. These guidelines aim to equip organizers, participants, and communities with essential knowledge and strategies to ensure a safe and enjoyable celebration.

This document describes general guidelines to be followed in all sporting events and guidelines for identified specific events. Furthermore, users' opinions are increasingly required for the further updating of these important guidelines.

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# General Guidelines

## 01. Fitness Examination:



### a. Pre-Event training:

Participants competing in long-duration events such as marathons, cross-country runs, and cycling should train (preferably under a coach) for at least 6 weeks prior to the event.

### b. Pre-Event Health Checks

- i. Screening for cardiovascular fitness, pre-existing medical conditions, and any contraindications to participation should be done by using the “Physical Activity Readiness Questionnaire for Everyone” check list (2020 PAR-Q+). (Annexure I)
- ii. Participants who are competing in moderate or high-intensity level sports events (e.g., marathon, cross country running, cycling, swimming 800m+) have to undergo a health assessment conducted by qualified medical professionals using Pre-Competition Medical Assessment (PCMA) guideline at least 1 week before the event. (Annexure II)



### c. Medical Clearance:

- i. Participants with known medical conditions are required to submit a clearance certificate from their regular healthcare provider (the healthcare provider where the Participant normally receives treatment) stating that they are fit to participate in the relevant sporting event.



### d. Hydration and Nutrition:

- i. Encourage participants to maintain proper hydration and nutrition before, during, and after the event.



## 02. Safety of Environment:



### a. Venue Inspection:

- i. Conduct a thorough inspection of the venue before the event to identify and mitigate potential hazards.
- ii. Address issues such as uneven terrain, obstacles, or inadequate lighting.
- iii. Look for the level of air pollution in the environment and consider postponing or rescheduling the event if there is air pollution

### b. Security Measures:

- i. Implement adequate security measures to control access, prevent unauthorized entry, and manage crowd behavior.
- ii. Clearly mark emergency exits and ensure they are easily accessible.



## 03. Safety of Equipment:



### a. Equipment Inspection:

- i. Inspect and ensure that all equipment used for sporting events is safe.

## 04. First Aid and Emergency Care:

### a. On-Site Medical Facilities:

- i. Establish well-equipped first aid station/s strategically located at the venue.  
  
(Annexure III – Equipment needed for first aid station)
- ii. Ensure the availability of trained first aid providers/ medical personnel with Basic Life Support (BLS) skills at these stations.





#### b. Communication Systems:

- i. Implement efficient communication systems to facilitate quick reporting and response to medical emergencies.
- ii. Designate a centralized communication point or person for coordination.
- iii. Ensure the availability of important emergency contact numbers at the venue (e.g. Contact numbers of nearest local hospital, SuwaSeriya ambulance service, relevant Fire brigade, area Police station etc.)
- iv. Establish a mechanism to communicate with the nearest local hospital in an emergency situation
- v. Ensure all members of the organizing committee have access to this information.

## 05. Transportation to Hospital:

#### a. Emergency Transport:

- i. Have designated vehicle/s for transportation of victims to the medical facility

**Important:** It is advisable to have at least one vehicle that can comfortably transport the victim without bending their back. Eg : Ambulance, Pickup truck, Small lorry or delivery vehicle. Therefore, the three-wheeler is not a good vehicle for this purpose.

- ii. Establish communication channels to coordinate with local medical facilities and inform them in advance of potential emergencies.



#### b. Emergency Contacts:

- i. Provide a list of emergency contacts, including local hospitals and medical professionals.
- ii. Ensure all staff members have access to this information.

## 06. Weather Considerations:



### a. Weather Monitoring:

- i. Monitor weather conditions (Heat, Rain, Air Pollution) leading up to and during the event.
- ii. Have a meteorological plan in place and consider postponing or rescheduling the event if adverse weather conditions pose a risk.

### b. Heat Guidelines:

- i. Provide guidelines for managing events in high temperatures, including hydration stations, shaded rest areas and cooling facilities.
- ii. Events conducted for a longer period i.e. marathon, cross country running, cycling etc. should start early in the morning preferably before 7 am on the day.



## 07. Participant Education:



### a. Pre-Event Briefings:

- i. Always avoid participation under the influence of alcohol
- ii. Conduct comprehensive pre-event briefings for participants covering safety regulations, emergency procedures, and the importance of reporting injuries promptly.
- iii. Distribute/ display informational materials outlining safety guidelines.

### b. Health Education:

- i. Educate participants about the importance of maintaining personal health and fitness.
- ii. Promote awareness of the signs and symptoms of common sports-related injuries and illnesses.



## 08. Monitoring and evaluation:



- a. Always complete the Checklist to ensure safety from injuries and acute medical conditions while organizing sporting events during festival season (Annexure IV)

**Important:** This checklist is prepared for your convenience and quick reference only. However, it is best to refer to the guide for further information, and it is advisable to read the guide carefully and be aware of the contents of the guide before completing the checklist.

- b. Always communicate with the area Medical Officer of Health regarding safety issues and contingency planning



### c. Incident Reports:

- i. Develop an incident reporting mechanism
- ii. Maintain detailed incident reports for any injuries or emergencies that occurred during the event.
- iii. The report should be submitted to the area Medical Officer of Health (MOH) within one week of the event to take necessary precautions to minimize and mitigate identified safety issues in the future.

- d. Conduct a post-incident debriefing session to evaluate the effectiveness of safety measures adopted by gathering feedback from participants, volunteers and security personnel

- e. Use feedback to identify areas for improvement and make adjustments for future events to enhance safety and overall experience.

# Specific Guidelines

In addition to the general guidelines mentioned above, the following specific guidelines should be followed while organizing the following event

- Pillow-fighting
- Cross country running
- Cycling
- Swimming
- Rowing
- Lime and spoon race
- Climbing the greasy pole
- Tag-o-war
- Sac race



# PILLOW-FIGHTING



## Participant Guidelines:

- i. Enforce rules on fair play and discourage overly aggressive behavior.
- ii. Participants should undergo a basic health check to identify pre-existing conditions that might pose a risk.
- iii. Not to involve the participants with a recent history of Head, neck and spinal injuries and who are on treatment or follow-up for those injuries.
- iv. Others who had a past history of Head, neck and spinal injuries, need to get the medical advice

## Side posts and center pole:

- i. Make sure the side posts and center pole are not damaged and strong enough to support the weight of the players
- ii. Ensure the side poles are securely anchored.
- iii. The maximum height limit from the floor to the center pole should not exceed 2 meters.

## Landing area:

- i. Provide a cushioned landing area around the poles to reduce the impact of falls. Therefore, although rubber cushions or mattresses or thick foam or inflatable mats are preferred, in the absence of such, it is advisable to use soft materials such as paddy straw or wood dust.

### Important

Do not use sand, gravel, or wood chips as they may cause injury in the event of a fall.

- ii. Regularly inspect and maintain the landing area to ensure it remains in good condition.
- iii. Encourage participants to land with proper technique to distribute the impact.

## Pillows:

- i. Maximum weight of each pillow should not exceed 650g
- ii. Use soft, Soft clothing and non-hazardous materials for pillowcover/ case
- iii. Use soft and lightweight materials such as Cotton, Foam, Soft clothing without buttons etc. for the inside of the pillow.

### Important

Prohibit the use of hard or sharp objects within the pillows

- iv. Regularly inspect the condition of the pillows and replace damaged pillows to avoid potential harm
- v. Always keep a few extra pillows to replace damaged ones

## General:

- i. Match age and weight of the participants
- ii. Clearly mark boundaries to prevent spectators from getting too close
- iii. Place a few strong men on either side of the side posts for the safety of those who fall from the center pole





# CROSS COUNTRY RUNNING



### Hydration Stations:

- i. Place hydration stations at regular intervals preferably in every kilometer along the route, ensuring runners have access to water or electrolyte drinks.
- ii. Ensure there are enough stations to cover the entire course adequately.

### b. Medical Support:

- i. Have a mobile medical team to provide immediate assistance if needed.
- ii. They should be equipped to handle common issues such as dehydration, heat exhaustion, and minor injuries.

### c. Shade and Rest Areas:

- i. Set up shaded areas or tents at various points along the route where runners can rest and cool down if needed.
- ii. These areas should be stocked with water, electrolyte drinks, and medical supplies.

### d. Sun Protection (Optional):

- i. Encourage participants to wear sunscreen, hats, and lightweight, breathable clothing to protect themselves from the sun.
- ii. Consider providing sunscreen at the registration area for those who may have forgotten to bring their own.

### e. Early Start Times:

- i. Schedule the event to start early in the morning preferably before 7.00 am on the day to minimize exposure to the hottest part of the day. This will also help reduce the risk of heat-related illnesses.

### f. Traffic Control:

- i. Work closely with local authorities to ensure the safety of participants by minimizing traffic on the route.
- ii. Use cones, barriers, and signage to clearly mark the route and alert drivers to the presence of runners.

### **g. Post-Event Support:**

- i. Offer post-event support such as medical assistance, hydration, and cooling stations at the finish line to help participants recover safely.

### **h. Participant Education:**

- i. Provide participants with information on how to prepare for running in hot and humid conditions, including tips on hydration, pacing, and recognizing signs of heat-related illness.
- ii. Encourage them to train in similar conditions leading up to the event.





# CYCLING EVENTS



## Route selection and traffic management

- I. Choose roads with minimal traffic, good road conditions, and adequate space for cyclists.
- II. Identify and mark hazardous areas such as sharp bends, potholes, and steep slopes.
- III. Arrange alternate routes in case of emergencies.
- IV. Coordinate with the police to regulate traffic and close roads where necessary.
- V. Use cones, barriers, and signage to clearly mark the route to guide cyclists
- VI. Have volunteers at road crossings/ junctions to prevent accidents.

## b. Medical and emergency preparedness

- I. Have a mobile medical team to provide immediate assistance if needed.
- II. Deploy medical teams at regular intervals along the route.
- III. They should be equipped to handle common issues such as dehydration, heat exhaustion, and minor injuries
- IV. Arrange ambulances at key points for rapid emergency response.
- V. Set up water stations at regular intervals to prevent dehydration.
- VI. Ensure there are enough stations to cover the entire course adequately.
- VII. Ensure access to nearby hospitals in case of serious injuries.'

## c. Weather considerations

- I. Monitor weather forecasts and avoid organizing the event during extreme heat or heavy rains.
- II. Set up shaded areas or tents at various points along the route where the cyclists can rest and cool down if needed.

## d. Early Start Times:

- I. Schedule the event to start early in the morning preferably before 7.00 am on the day to minimize exposure to the hottest part of the day. This will also help reduce the risk of heat-related illnesses.

### **e. Participant fitness**

- I. Participants are required to undergo a basic medical check-up before registration.
- II. Mandate the use of protective equipment such as helmets and gloves, and appropriate cycling attire.
- III. Categorize participants based on age and experience to prevent mismatches in skill levels.

### **f. Bicycle standards**

- I. Ensure all bicycles meet safety standards (brakes, tires, and reflectors in working condition).

### **g. Hydration, heat and fatigue management**

- I. Encourage cyclists to wear lightweight, breathable clothing to prevent heat exhaustion.
- II. Monitor participants for signs of fatigue and heat-related illnesses.
- III. Arrange shaded rest areas for cyclists.
- IV. Provide rehydration drinks and light snacks to aid recovery.

### **h. Communication and emergency protocols**

- I. Establish a clear communication plan for attending and reporting emergencies.
- II. Announce a protocol for withdrawing participants in case of injury or illness.

### **i. Post-event safety measures**

- I. Ensure medical teams remain available for some time after the event for delayed injury assessments.
- II. Arrange shaded rest areas for cyclists.
- III. Provide rehydration drinks and light snacks to aid recovery.
- IV. Conduct a review with event organizers, volunteers, and participants to improve safety measures in future events
- V. Keep records of any injuries or illnesses reported during the event.



# SWIMMING EVENTS



### **Pre-event planning and assessment of the swimming location:**

- i. Conduct thorough assessments of the chosen swimming location to identify potential hazards such as strong currents, underwater obstacles, dangerous animals such as crocodiles or pollution.
- ii. Ensure the water quality is suitable for swimming and meets safety standards set by local authorities.

### **b. Participant Screening and Registration:**

- i. Participants need to provide evidence of swimming ability, especially for longer distances or challenging conditions.
- ii. Implement a registration process that collects essential information about participants, including emergency contact details and any relevant medical conditions

### **c. Safety Personnel and Equipment:**

- i. Assign trained lifeguards or water safety personnel to monitor the swimming area throughout the event.
- ii. Equip lifeguards with flotation devices, rescue tubes, and communication devices to facilitate quick response in case of emergencies.
- iii. Require support boats to adhere to safety regulations, including carrying life jackets, first aid kits, and communication devices.

### **d. Course Design and Marking:**

- i. Design a clearly defined swimming course with visible markers or buoys to guide participants and ensure they stay within safe boundaries.
- ii. Mark hazardous areas or potential obstacles with warning signs or flags to alert swimmers and support boats.

### **e. Personal Supporters:**

- i. Limit the number of personal supporters accompanying swimmers to avoid overcrowding and interference with other participants.
- ii. Instruct supporters to provide encouragement and assistance to swimmers without impeding their progress or safety.

## **f. Weather Monitoring and Contingency Plans:**

- i. Monitor weather conditions closely leading up to the event and during the swim.
- ii. Have contingency plans in place for adverse weather conditions such as thunderstorms, high winds, or rough seas, including the option to postpone or cancel the event if necessary.

## **g. Participant Briefing and Safety Education:**

- i. Conduct a mandatory safety briefing for all participants prior to the event, covering topics such as course layout, emergency procedures, and water safety tips.
- ii. Provide educational materials or resources on swimming safety, including information on recognizing signs of fatigue or distress in the water.





# ROWING EVENTS



### **a. Pre-Event Planning and Risk Assessment of the rowing location:**

- i. Conduct a thorough risk assessment of the chosen rowing location to identify potential hazards such as currents, submerged obstacles, dangerous animals such as crocodiles, or boat traffic
- ii. Ensure the waterway is suitable for rowing and meets safety standards set by local authorities.

### **b. Participant Screening and Registration:**

- i. Participants need to provide evidence of previous experience, especially for longer distances or challenging conditions.
- ii. Implement a registration process that collects essential participant information, including emergency contacts and any relevant medical conditions.

### **c. Safety Equipment and Boat Inspection:**

- i. Ensure all rowing boats are in good condition and equipped with necessary safety gear, including life jackets or personal flotation devices (PFDs) for each participant.
- ii. Require participants to wear PFDs at all times during the event, with additional safety equipment such as whistles or lights for low visibility conditions.

### **d. Course Design and Marking:**

- i. Design a clearly defined rowing course with visible markers or buoys to guide participants and ensure they stay within safe boundaries.
- ii. Mark hazardous areas or navigation hazards with warning signs or flags to alert rowers and support boats.

### **e. Safety Personnel and Equipment:**

- i. Assign trained lifeguards or water safety personnel to monitor the rowing area throughout the event.
- ii. Equip lifeguards with flotation devices, rescue tubes, and communication devices to facilitate quick response in case of emergencies.
- iii. Require support boats to comply with safety regulations, including carrying essential safety equipment such as first aid kits, communication devices, and navigation lights.

## **f. Personal Supporters:**

- i. Limit the number of personal supporters accompanying rowers to avoid overcrowding and interference with other participants.
- ii. Instruct supporters to provide encouragement and assistance to rowers without impeding their progress or safety.

## **g. Weather Monitoring and Contingency Plans:**

- i. Monitor weather conditions closely leading up to the event and during the rowing activity.
- ii. Have contingency plans in place for adverse weather conditions such as high winds, thunderstorms, or rough seas, including the option to postpone or cancel the event if necessary.

## **h. Participant Briefing and Safety Education:**

- i. Conduct a mandatory safety briefing for all participants before the event, covering topics such as course layout, emergency procedures, and navigation rules.
- ii. Provide educational materials or resources on rowing safety, including tips for maintaining balance, steering, and responding to emergencies on the water.





# LIME AND SPOON RACE



### **a. Maintain a safe Distance:**

- i. Remind participants to maintain a safe distance from each other while carrying the lime and spoon to minimize the risk of collisions and accidental injuries.

### **b. Hold Spoon Securely:**

- i. Instruct participants to hold the spoon securely but not too tightly to allow for easy balance and maneuverability. Avoid holding the spoon in a way that could increase the likelihood of it hitting the face and back of the throat if dropped.

### **c. Be Mindful of Surroundings:**

- i. Remind participants to be aware of their surroundings and other participants to avoid sudden movements or actions that could lead to accidents or injuries.

### **d. Running surface:**

- i. should be non-slippery and even surface without any obstacles.

### **e. Practice Balancing:**

- i. Encourage participants to practice balancing the lime on the spoon before the race to improve their skills and reduce the risk of dropping the lime or spoon during the event.

### **f. Stay Calm and Focused:**

- i. Advise participants to stay calm and focused while participating in the race, avoiding unnecessary movements or distractions that could increase the risk of accidents.

### **g. Follow Instructions:**

- i. Ensure participants understand and follow any specific rules or instructions provided by the event organizers to ensure safety for all participants.

# CLIMBING THE GREASY POLE



### a. Proper Pole Preparation:

- i. Ensure the height of the pole (a part of Arecanut, Teak tree, etc. depending on the circumstances and the area of the country) is appropriate for the event location and the skill level of the participants. A pole that is too tall could increase the risk of injury from falls.
- ii. Ensure the pole is securely anchored to the ground to minimize the risk of it tipping over during the event.  
  
E.g. If the above-ground portion is 20 feet, the underground portion must be at least 5 feet
- iii. Inspect the pole for any signs of damage or weakness before applying grease.
- iv. Make sure the side pole is not damaged and strong enough to support the weight of the players

### b. Grease Application:

- i. Use a non-toxic, biodegradable grease that is safe for human contact.
- ii. Apply the grease evenly and thoroughly across the entire surface of the pole to create a consistent level of slipperiness.
- iii. Avoid using excessive amounts of grease that could increase the risk of participants sliding off the pole and injuring themselves.

### c. Safety Barriers:

- i. Erect safety barriers or padding around the base of the pole to cushion any falls and protect participants from impact injuries.
- ii. Therefore, although rubber cushions or mattresses or thick foam or inflatable mats are preferred, in the absence of such, it is advisable to use soft materials such as paddy straw or wood dust.

#### Important

Do not use sand, gravel, or wood chips as they may cause injury in the event of a fall.

- iii. Regularly inspect and maintain the landing area to ensure it remains in good condition.

#### **d. Safety Guidelines for Participants:**

- i. **Know When to Stop:** Encourage participants to recognize their limits and know when to stop climbing if they feel unsafe or exhausted. It's better to retreat and try again later than risk injury.
- ii. **Avoid Piling on Each Other:** Discourage participants from piling on top of each other to reach the flag, as this can increase the risk of falls and injuries to both climbers and those below.
- iii. Discourage reckless behavior or attempts to climb alone.

#### **e. Spotter or Support:**

- i. Designate a spotter or support person on the ground to assist participants and provide guidance as they climb the pole.
- ii. This person can help ensure the safety of climbers and alert others to any potential hazards.

#### **f. Crowd management**

- i. Create barriers to prevent crowds from approaching the pole
- ii. Barriers can be erected at a distance equal to the height of the post to control the crowd



# TUG-OF-WAR



### **a. Rope Safety:**

- i. Use a strong and sturdy rope that is appropriate for the number of participants and the level of competition.
- ii. Inspect the rope before each use to ensure it is free from fraying, knots, or other signs of damage that could compromise safety.
- iii. Choose a rope length that is suitable for the age and strength of the participants, typically ranging from 25 to 35 meters.

### **b. Anchor Points:**

- i. Securely anchor the rope to two stable and immovable objects, such as poles or trees, ensuring they can withstand the force exerted during the tug-of-war.
- ii. Check the anchor points before each match to ensure they are properly secured and can withstand the tension of the rope.

### **c. Surface where the game is played**

- i. The floor surface should be a safe surface and should not be dangerous to the participants of the game
- ii. Play on a grass surface that usually does not contain any harmful substances

### **d. Participant Safety:**

- i. Ensure participants are properly briefed on the rules and techniques of tug-of-war before the event begins.
- ii. Request participants to wear appropriate footwear that offers good traction to prevent slipping during the match.
- iii. Encourage participants to warm up and stretch before participating to reduce the risk of muscle strains or injuries.
- iv. Avoid mixing of different age groups/extreme age groups in a single team

# SACK RACE



### **a. The Venue:**

- i. Before the event, thoroughly inspect the race area to identify any hazards such as uneven ground, rocks, or debris.
- ii. Ensure that the surface is flat, smooth, and free of obstacles.

### **b. The Sacks:**

- i. If possible, use high-quality sacks specifically designed for sack races.
- ii. Inspect each sack for tears, holes, or other defects before the race begins.
- iii. Ensure that the sacks are of appropriate size and weight for participants.

### **c. Participants safety:**

- i. Encourage participants to warm up and stretch before the race to prevent injuries.
- ii. Provide guidance on proper stretching techniques for the legs and lower back, which are commonly used during sack races.
- iii. Conduct a safety briefing before the race to inform participants of the rules, guidelines, and safety precautions.
- iv. Emphasize the importance of maintaining balance, avoiding collisions, and following instructions from race officials.
- v. Instruct participants on the proper technique for sack racing, including how to hold the sack, hop with both feet together, and maintain balance.
- vi. Discourage unsafe practices such as pushing, shoving, or rough play.

### **d. Maintain a safe Distance:**

- i. Mark a clear start line using cones or markers to prevent congestion and ensure a fair start for all participants.
- ii. Ensure that the start line is free of obstacles and hazards.
- iii. Remind participants to maintain a safe distance from each other during the race to minimize the risk of collisions and accidental injuries.

### **e. Post-Race Cool Down:**

- i. After the race, encourage participants to cool down and stretch to prevent muscle soreness and stiffness.
- ii. Provide water and snacks to replenish energy levels and promote recovery.

# பின்னிணைப்புகள்

## ANNEXURES I

### 2020 PAR-Q+

#### The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear, more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

#### GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE:	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE:	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE:	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

#### PARTICIPANT DECLARATION

If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

WITNESS \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER \_\_\_\_\_

**அனைவருக்குமான உடற்பயிற்சி தயார்நிலை வினாக்கொத்து**

தொடர்ச்சியான உடற்பயிற்சியின் சுகாதார நன்மைகள் மிகத் தெளிவானவை. அதிகமான மக்கள் வாரத்தின் ஒவ்வொரு நாளும் உடற்பயிற்சியில் ஈடுபட வேண்டும். உடற்பயிற்சியில் ஈடுபடுவது பெரும்பாலான மக்களுக்கு மிகவும் பாதுகாப்பானது. நீங்கள் உடற்பயிற்சியில் அதிக ஈடுபாடு காட்டுவதற்கு முன்னர், உங்கள் வைத்தியர் அல்லது தகைமையுள்ள உடற்பயிற்சி நிபுணரிடம் ஆலோசனை பெற வேண்டுமா என்பதைத் தீர்மானிக்க இந்த வினாக்கொத்து உதவும்.

**பொதுவான சுகாதார வினாக்கள்**

தயவுசெய்து கீழே உள்ள 7 வினாக்களையும் கவனமாக வாசித்து, ஒவ்வொன்றுக்கும் நேர்மையாக ஆம் அல்லது இல்லை என அடையாளமிடுங்கள்.	ஆம்	இல்லை
1) உங்களுக்கு இதயக் கோளாறு அல்லது இரத்த அழுத்தம் இருப்பதாக உங்கள் வைத்தியர் எப்போதாவது கூறியுள்ளாரா?	<input type="checkbox"/>	<input type="checkbox"/>
2) ஓய்வின் போது, அன்றாட நடவடிக்கைகளின் போது அல்லது உடற்பயிற்சி செய்யும் போது உங்கள் நெஞ்சில் வலியை உணர்கிறீர்களா?	<input type="checkbox"/>	<input type="checkbox"/>
3) தலைச்சுற்றல் காரணமாக நீங்கள் சமநிலையை இழக்கிறீர்களா அல்லது கடந்த 12 மாதங்களுக்குள் நீங்கள் மயக்கமடைந்தீர்களா? (உடற்பயிற்சியின் போது ஏற்படும் அதிகப்படியான சுவாசத்தினால் தலைச்சுற்றல் ஏற்பட்டிருந்தால் அதற்கு “இல்லை” எனப் பதிலளிக்கவும்)	<input type="checkbox"/>	<input type="checkbox"/>
4) இதயம் தொடர்பான நோய்கள் அல்லது இரத்த அழுத்தம் தவிர்ந்த வேறு ஏதேனும் தீராத (உடம்புமீட்ட) மருத்துவ நிலைமைகள் இருப்பதாகக் கண்டறியப்பட்டுள்ளதா? (அவ்வாறு இருப்பின் அதனை இங்கே குறிப்பிடவும்: .....)	<input type="checkbox"/>	<input type="checkbox"/>
5) தீராத மருத்துவ நிலைமைக்காக தற்போது பரிந்துரைக்கப்பட்ட மருந்துகளை உட்கொள்கிறீர்களா? (மருத்துவ நிலைமை மற்றும் மருந்துகளை இங்கே குறிப்பிடவும்:.....)	<input type="checkbox"/>	<input type="checkbox"/>
6) உங்களுக்கு தற்போது (அல்லது கடந்த 12 மாதங்களுக்குள்) எலும்பு, மூட்டு அல்லது மென்மையான இழையங்களில் (தசை, தசைநாண், எலும்புநாண்) பிரச்சினைகள் ஏதும் உள்ளதா? (அவை உடற்பயிற்சியில் ஈடுபடும்போது அதிகரிக்க வாய்ப்புள்ளதா? முன்னர் அத்தகைய பிரச்சினைகள் இருந்து தற்போது அவை உங்களை பாதிக்கவில்லை எனில் “இல்லை” எனப் பதிலளிக்கவும்)	<input type="checkbox"/>	<input type="checkbox"/>
7) நீங்கள் மருத்துவக் கண்காணிப்பின் கீழ் மாத்திரமே உடற்பயிற்சி செய்ய வேண்டும் என உங்கள் வைத்தியர் எப்போதாவது கூறியுள்ளாரா?	<input type="checkbox"/>	<input type="checkbox"/>

**பங்கேற்பாளர் பிரகடனம்**

நீங்கள் சம்மதம் தெரிவிப்பதற்கான சட்டப்பூர்வ வயதிற்கு கீழ்ப்பட்டவராக இருந்தால், உங்கள் பெற்றோர், பாதுகாவலர் அல்லது பராமரிப்பாளர் இந்தப் படிவத்தில் கையொப்பமிட வேண்டும்.

கீழ் கையொப்பமிட்டுள்ள நான், இந்த வினாக்கொத்தை முழுமையாக வாசித்து விளங்கிப் பூர்த்தி செய்துள்ளேன். இந்த உடற்பயிற்சி அனுமதி பூர்த்தி செய்யப்பட்ட திகதியிலிருந்து அதிகபட்சம் 12 மாதங்களுக்கு மட்டுமே செல்லுபடியாகும் என்பதையும், எனது உடல் நிலையில் மாற்றம் ஏற்பட்டால் இது செல்லுபடியாகாது என்பதையும் நான் அறிவேன். இந்த படிவத்தின் ஒரு பிரதியை இந்த நிலையம் வைத்துக்கொள்ளலாம் என்பதையும் நான் அங்கீகரிக்கிறேன்.

பெயர்: \_\_\_\_\_ திகதி: \_\_\_\_\_

கையொப்பம்: \_\_\_\_\_ சாட்சி: \_\_\_\_\_

பெற்றோர்/ பாதுகாவலர்/ பராமரிப்பாளரின் கையொப்பம் \_\_\_\_\_

## ANNEXURES II

# Pre - Competition Medical Assessment (PCMA) Guidelines

### a. Details of the participant

1. Name:
2. Age:
3. Gender:
4. Event:
5. Date of participation:
6. Contact details:

### b. Medical history

General	No	Yes, within the last 4 weeks	Yes, <b>prior</b> to the last 4 weeks
Infections (esp. viral)			
Rheumatic fever			
Heat illness			
Concussion			
Allergies to food, insects			
Allergies to drugs			
	<b>No</b>	within the last 4 weeks <b>at rest.....during/after exercise</b>	Prior to last 4 weeks <b>at rest...during/after exercise</b>
Chest pain or tightness			
Palpitations			
Arrhythmias			
Other heart problems			
Dizziness			
Syncope			
	<b>No</b>	Yes, within the last 4 weeks	Yes, <b>prior</b> to the last 4 weeks
Hypertension			
Abnormal lipid profile			
Seizures, epilepsy			
Advised to give up sport by medical practitioner			
More quickly tired than teammates/ others			
Diarrhea illness			

**c. Family history**

1. Sudden unexplained deaths among family members-
2. Cardiomyopathies
3. Other non-communicable diseases

**d. Examination**

1. General examination:
2. CVS:
3. RS:
4. ABDOMEN:
5. NEUROLOGY:

**e. ECG**

**12 LEAD ECG IN SUPINE POSITION**

Criteria. Consult a cardiologist in case of any doubt.

Summarizing assessment of ECG

- a. normal
- b. abnormal, please specify

Guideline for ECG assessment

1. Alteration of rhythm and arrhythmias
2. Ischemic changes -
3. Long QT
4. Brugada pattern- type 1
5. WPW
6. Pathological Q waves
7. Ventricular ectopic beats
8. Other suspicious changes

**f. Player's declaration**

I declare the above facts true and accurate -

.....

(Signature)

**g. At the time of examination, the player is fit/ unfit for competition –**

.....

Signature and stamp of medical practitioner

## ඇමුණුම III

### ප්‍රථමාධාර මධ්‍යස්ථානයක් සඳහා අත්‍යවශ්‍ය උපකරණ

#### 1. මූලික ප්‍රථමාධාර සැපයුම්

- ඇලවුම් වෙළුම් පටි (Adhesive bandages) (විවිධ ප්‍රමාණ)
- විෂබීජහරණය කළ සැරහුම් (ගෝස් පෂඩ්)
- ජ්ලාස්ටර් (Adhesive tape)
- විෂබීජනාශක පිසදමනයන් (Antiseptic wipes)
- විෂබීජනාශක දියර (උදා: අයිඩින්)
- කපු පුළුන්
- කතුර
- ටිවීසරය (Tweezers)
- එක් වරක් පමණක් භාවිතා කළ හැකි අත්වැසුම් (Disposable gloves)
- මුඛ ආවරණ

#### 2. තුවාල සත්කාර සහ කළමනාකරණය

- විෂබීජහරණය කළ අක්ෂි සේදුම්කාරක (eye wash)
- විෂබීජහරණය කළ අක්ෂි සැරහුම් (eye pads)
- ත්‍රිකෝණ වෙළුම් පටි (උරමා සඳහා)
- ක්‍රෝස් වෙළුම් පටි (උළුකු සහ ඇදීම් සඳහා)
- පිලිස්සුම් සැරහුම් සහ ජෙල්/ක්‍රීම්
- ක්ෂණික රසායනික අයිස් පැක්

#### 3. ප්‍රතිප්‍රචාරය කිරීමේ උපකරණ (තිබේ නම්)

- ඒක-මාර්ග කපාටයක් සහිත CPR මුහුණු ආවරණයක් (CPR mask with one-way valve)
- සාක්කු කෘතීම ශ්වසන උපකරණ (Pocket resuscitation mask)
- පෂඩ් සහිත ස්වයංක්‍රීය බාහිර ඩිෆිබ්‍රිලේටරය (Automated External Defibrillator (AED) with pads)

#### 4. ඖෂධ සහ පාන වර්ග

- වේදනා නාශක (උදා: පැරසිටමෝල්)
- මුඛ සජලනය කිරීමේ ලවණ
- ග්ලූකෝස් (අඩු රුධිර සීනි හදිසි අවස්ථා සඳහා)

#### 5. අනෙකුත් අත්‍යවශ්‍ය උපකරණ

- ප්‍රථමාධාර අත්පොත
- හදිසි සම්බන්ධතා දුරකථන ඇමතුම් අංක ලැයිස්තුව
- අමතර බැටරි සහිත ෆ්ලූෂ් ලයිට්
- උෂ්ණත්වමානය
- අස්ථි බිඳීම් සඳහා ආධාරක
- වමනය බෑග්
- බ්ලැන්කට්ටුව (තාප හෝ සාමාන්‍ය)

## இணைப்பு III

### முதலுதவி நிலையத்திற்கான அத்தியாவசிய உபகரணங்கள்

1. அடிப்படை முதலுதவிப் பொருட்கள்
  - Adhesive bandages (various sizes)
  - Sterile gauze pads and dressings
  - Adhesive tape
  - Antiseptic wipes
  - Antiseptic solution (e.g., iodine)
  - Cotton wool
  - Scissors and tweezers
  - Disposable gloves (nitrile or latex)
  - Face masks
2. காயப்பட்டவர்களுக்கான பராமரிப்பு மற்றும் முகாமைத்துவம்
  - Sterile eye wash and eye pads
  - Triangular bandages (for slings)
  - Crepe bandages (for sprains and strains)
  - Burn dressings and burn gel/cream
  - Instant cold packs
3. உயிர்ப்பூட்டல் (resuscitation) உபகரணங்கள் (கிடைத்தால்)
  - CPR mask with one-way valve
  - Pocket resuscitation mask
  - Automated External Defibrillator (AED) with pads
4. மருந்துகள் மற்றும் பாணிகள்
  - Pain relievers (e.g., paracetamol)
  - Oral rehydration solution
  - Glucose (for low blood sugar emergencies)
5. பிற அத்தியாவசிய உபகரணங்கள்
  - First aid manual
  - Emergency contact list
  - Flashlight with spare batteries
  - Thermometer
  - Splints for fractures
  - Vomit bags
  - Blanket (thermal or regular)

## ANNEXURE III

### Essential equipments for a first aid station

#### 1. Basic first aid supplies

- Adhesive bandages (various sizes)
- Sterile gauze pads and dressings
- Adhesive tape
- Antiseptic wipes
- Antiseptic solution (e.g., iodine)
- Cotton wool
- Scissors and tweezers
- Disposable gloves (nitrile or latex)
- Face masks

#### 2. Wound care and injury management

- Sterile eye wash and eye pads
- Triangular bandages (for slings)
- Crepe bandages (for sprains and strains)
- Burn dressings and burn gel/cream
- Instant cold packs

#### 3. Resuscitation equipment (If Available)

- CPR mask with one-way valve
- Pocket resuscitation mask
- Automated External Defibrillator (AED) with pads

#### 4. Medications and solutions

- Pain relievers (e.g., paracetamol)
- Oral rehydration solution
- Glucose (for low blood sugar emergencies)

#### 5. Other essential equipments

- First aid manual
- Emergency contact list
- Flashlight with spare batteries
- Thermometer
- Splints for fractures
- Vomit bags
- Blanket (thermal or regular)

## ඇමුණුම IV

**ශ්‍රී ලංකාවේ උත්සව සමයේදී සමයේ සංවිධානය කරන ක්‍රීඩා ඉසව්වලට අදාළ අනතුරු ඇතුළු වෙනත් රෝගී තත්ත්වයන් වැළැක්වීම සහතික කිරීම සඳහා වන මාර්ගෝපදේශයට අදාළ පිරික්සුම් ලැයිස්තුව**

### පොදු මාර්ගෝපදේශ

	විස්තරය	ඔව්	නැත	අදහස්
1.	<b>යෝග්‍යතා පරීක්ෂණය</b>			
1.1	ක්‍රීඩා තරඟ සඳහා පෙර සූදානම			
1.1.1	මැරතන්, ගම හරහා දිවීම සහ පාපැදි පැදීම වැනි දිගු වේලාවක් පැවැත්වෙන ඉසව් සඳහා තරඟ වදින්නන් අවම වශයෙන් තරඟයට සති 6 ක අධීක්ෂණයක් යටතේ පුහුණුව ලබා ඇත			
1.2	තරඟයට පෙර සිදු කරනු ලබන සෞඛ්‍ය පරීක්ෂාවන්			
1.2.1	මැරතන්, ගම හරහා දිවීම, පාපැදි තරඟ, මීටර් 800 ට වැඩි පිහිනුම් ආදී මධ්‍යස්ථ මට්ටමෙහි හෝ ඊට ඉහළ මට්ටමෙහි ක්‍රීඩා ඉසව් සඳහා සහභාගිවන්නන් තරඟයට අවම වශයෙන් සතියකට පෙර සුදුසුකම් ලත් වෛද්‍ය වෘත්තිකයෙකු විසින් ශාරීරික ක්‍රියාකාරකම් සඳහා සූදානම සඳහා අදාළ වන පූර්ව තරඟ වෛද්‍ය තක්සේරුව (Pre Competition Medical Assessment - PCMA) මාර්ගෝපදේශය භාවිතා කරමින් පවත්වනු ලබන පූර්ව තරඟ සෞඛ්‍ය ඇගයීමකට භාජනය වී ඇත.			
	ශාරීරික ක්‍රියාකාරකම් සඳහා සූදානම් පිළිබඳ අදාළ වන ප්‍රශ්නාවලිය (2024 PAR-Q+) සියලු තරඟකරුවන් සම්පූර්ණ කර ඇත			
1.3	වෛද්‍ය අනුමැතිය			
1.3.1	හඳුනාගත් රෝගී තත්ත්වයන් සහිත සහභාගිවන්නන් ඔවුන් සාමාන්‍යයෙන් වෛද්‍ය ප්‍රතිකාර ලබා ගන්නා සෞඛ්‍ය වෘත්තිකයා වෙතින් අදාළ ක්‍රීඩා ඉසව්වට සහභාගී වීමට යෝග්‍ය බව ප්‍රකාශ කරමින් වෛද්‍ය අනුමැතිය ලබා දීමේ සහතිකයක් ඉදිරිපත් කර ඇත.			
1.4	සජලනය සහ පෝෂණය			
1.4.1	ඉසව්ව පැවැත්වීමට පෙර, පැවැත්වෙන අතරතුර සහ ඉන් පසුව සජලනය සහ පෝෂණය පවත්වා ගැනීමට සහභාගිවන්නන් දිරිමත් කරන ලදී			
2.	<b>පරිසරයේ ආරක්ෂාව</b>			
2.1	ස්ථාන පරීක්ෂාව			
2.1.1	අසමාන භූමි ප්‍රදේශ, බාධක හෝ ප්‍රමාණවත් පරිදි ආලෝකයක් නොමැති වීම වැනි උපද්‍රව සඳහා ස්ථානය පරීක්ෂා කරන ලදී.			
2.1.2	වායු දූෂණය පිළිබඳ කිසිදු සලකුණක් නොමැත			
2.2	ආරක්ෂක පියවර			
2.2.1	අනවසරයෙන් ඇතුළුවීම වැළැක්වීම සහ පිරිස් හැසිරීම කළමනාකරණය සඳහා ප්‍රමාණවත් ආරක්ෂක පියවර ක්‍රියාත්මක වේ.			
2.2.2	හදිසි පිටවීම් පැහැදිලිව සලකුණු කර ඇති අතර ඒවාට පහසුවෙන් ප්‍රවේශ විය හැකිය.			

3.	උපකරණවල ආරක්ෂාව			
3.1	උපකරණ පරීක්ෂාව			
3.1.1	ක්‍රීඩා ඉසව් සඳහා භාවිතා කරන සියලුම උපකරණ භාවිතයට පෙර ඒවායෙහි සුරක්ෂිතභාවය සහ ක්‍රියාකාරීත්වය සඳහා පරීක්ෂා කර ඇත			
4.	ප්‍රථමාධාර සහ හදිසි සත්කාර			
4.1	ස්ථානීය වෛද්‍ය පහසුකම්			
4.1.1	උපායමාර්ගික අයුරින් හඳුනාගත් ඒ ඒ ස්ථානවල ප්‍රථමාධාර මධ්‍යස්ථාන ස්ථාපිත කර ඇත.			
4.1.2	මූලික ජීවිත ආධාරක (BLS) කුසලතා සහිත පුහුණු ප්‍රථමාධාර සපයන්නන් මෙම ස්ථානවල සිටී			
4.2	සන්නිවේදන පද්ධති			
4.2.1	හදිසි අවස්ථා සඳහා ප්‍රතිචාර දැක්වීමට කාර්යක්ෂම සන්නිවේදන ක්‍රමයක් ක්‍රියාත්මක කර ඇත			
4.2.2	සම්බන්ධීකරණය සඳහා මධ්‍යගත සන්නිවේදන මධ්‍යස්ථානයක් හමි කර ඇත			
4.2.3	හදිසි ඇමතුම් අංක (උදා: ළගම ඇති ප්‍රාදේශීය රෝහල, සුවසැරිය ගිලන්රට් සේවය, අදාළ ගිනි නිවහ හමුදාව, ප්‍රදේශයේ පොලිස් ස්ථානය ආදිය) වීම ස්ථානයේ ප්‍රදර්ශනය කර ඇත.			
4.2.3	ළගම ඇති රෝහල සමග සෘජු සන්නිවේදනය සඳහා යන්ත්‍රණයක් ස්ථාපිත කර ඇත			
4.2.5	සංවිධායක කමිටුවෙහි සියලුම සාමාජිකයින්ට හදිසි තොරතුරු සඳහා ප්‍රවේශය ඇත			
5.	රෝහල වෙත ප්‍රවාහනය			
5.1	හදිසි අවස්ථාවල දී ප්‍රවාහන කටයුතු සිදු කිරීම			
5.1.1	වෛද්‍ය පහසුකම් ලබා ගැනීම සඳහා අනතුරට/රෝගාබාධයට ලක් වූ පුද්ගලයින් ප්‍රවාහනය කිරීම සඳහා හමි කරන ලද වාහනයක්/වාහන තිබේ			
5.1.2	අනතුරකට ලක්වූ තැනැත්තාගේ කොන්ද හැමීමකින් තොරව සුවපහසු ලෙස ප්‍රවාහනය කළ හැකි වාහන අවම වශයෙන් එකක් හෝ තිබේ			
5.1.3	පූර්ව හදිසි අනතුරු දැනුම්දීම සඳහා ප්‍රාදේශීය රෝහල් සමග සන්නිවේදනය ස්ථාපිත කර ඇත.			
5.2	හදිසි සම්බන්ධතා			
5.2.1	හදිසි සම්බන්ධතා ලැයිස්තුව සියලුම කාර්ය මණ්ඩල සාමාජිකයින්ට ලබා දී ඇත			
6.	කාලගුණය පිළිබඳ සලකා බැලීම			
6.1	කාලගුණය නිරීක්ෂණ			
6.1.2	අදාළ අවස්ථාවට පෙර සහ අතරතුර පවතින කාලගුණික තත්ත්වයන් (තාපය/ රසනය, වැස්ස, වායු දූෂණය) නිරීක්ෂණය කරයි.			

6.1.2	අයහපත් කාලගුණික තත්වයන් මගින් අවදානමක් ඇති කෙරෙන්නේ නම් අදාළ උත්සවය කල් දැමීම හෝ නැවත සැලසුම් කිරීම සඳහා හදිසි සැලැස්මක් ක්‍රියාත්මක වේ.			
6.2	තාපය සම්බන්ධයෙන් වන මාර්ගෝපදේශ			
6.2.1	සපල කිරීමේ ස්ථාන සහ සෙවන සහිත විවේක ස්ථාන සපයා ඇත			
6.2.2	මැරතන්, ගම හරහා දිවීම, පාපැදි පැදීම යනාදි දිගු වේලාවක් පැවැත්වෙන තරග අවම වශයෙන් අදාළ දිනයේ උදෑසන 7.00 ට පෙර ආරම්භ කරයි			
7.	සහනාගිවන්නන් දැනුවත් කිරීම			
7.1	අදාළ ඉසව්වට පෙර කෙටි විස්තර කිරීම් සිදු කිරීම			
7.1.1	ආරක්ෂක රෙගුලාසි, හදිසි අවස්ථා කාර්ය පටිපාටි සහ තුවාල සිදුවීම් පිළිබඳ වාර්තා කිරීම පිළිබඳව දැනුවත් කිරීම් කර ඇත			
7.1.2	ආරක්ෂක මාර්ගෝපදේශ පිළිබඳ තොරතුරු බෙදා හරින ලදී.			
7.1.3	මත්පැන් පානය කර සහනාගී වීම දැඩි ලෙස අධෛර්යමත් කරනු ලැබේ.			
7.2	සෞඛ්‍ය අධ්‍යාපනය			
7.2.1	සෞඛ්‍යය සහ යෝග්‍යතාව පවත්වා ගැනීම සහ ක්‍රීඩා ආශ්‍රිත අනතුරු හඳුනා ගැනීමේ වැදගත්කම පිළිබඳව සහනාගිවන්නන් දැනුවත් කරන ලදී			
8.	අධීක්ෂණය සහ ඇගයීම			
8.1	වෛද්‍ය කණ්ඩායම් සමග සන්නිවේදනය			
8.1.1	ආරක්ෂක සැලසුම් සහ හදිසි පියවර පිළිබඳව ප්‍රාදේශීය සෞඛ්‍ය වෛද්‍ය නිලධාරී (MOH) දැනුවත් කළේය.			
8.2	සිදුවීම් වාර්තා			
8.2.1	සිදුවීම් වාර්තා කිරීමේ යාන්ත්‍රණය ක්‍රියාත්මකයි.			
8.2.2	උත්සවය අතරතුර සිදු වූ සියලුම අනතුරු සහ හදිසි අවස්ථා පිළිබඳ සවිස්තරාත්මක වාර්තාවක් සහිතව ඇතුළත එබැව් වෙත ඉදිරිපත් කරනු ලැබේ.			
8.3	පශ්චාත්-සිදුවීම් ඇගයීම			
8.3.1	අනුගමනය කරන ලද ආරක්ෂිත පියවරවල සඵලතාවය ඇගයීම සඳහා පශ්චාත්-සිද්ධි සංවාද සැසියක් පවත්වන ලදී			
8.3.2	සහනාගිවන්නන්, ස්වේච්ඡා සේවකයින් සහ ආරක්ෂක නිලධාරීන්ගෙන් ප්‍රතිපෝෂණ රැස් කරන ලදී.			
8.3.3	අනාගතයේ දී පැවැත්වෙන ක්‍රීඩා උත්සව සැලසුම්කරණයට වැඩිදියුණු කළ යුතු ක්ෂේත්‍ර හඳුනා ගන්නා ලදී.			

**විශේෂිත මාර්ගෝපදේශ - ඉසව් ආරක්ෂණ පිරික්සුම් ලැයිස්තුව**

	විස්තරය	ඔව්	නැත	අදහස්
<b>A.</b>	<b>කොට්ට-පොර</b>			
1.	සහභාගිවන්නන් සඳහා වන මාර්ගෝපදේශ			
1.1	සාධාරණව ක්‍රීඩා කිරීම පිළිබඳ හිත ක්‍රියාත්මක කිරීම සහ අධික ලෙස ආක්‍රමණශීලී හැසිරීම අධෛර්යමත් කරන්න			
1.2	අවදානමක් ඇති කළ හැකි තත්ත්වයන් පවතීද යන්න පූර්වයෙන් හඳුනා ගැනීම සඳහා සහභාගිවන්නන් මූලික සෞඛ්‍ය පරීක්ෂණයකට භාජනය කරන්න			
1.3	හිස, ගෙල සහ කොඳු ඇට පෙළෙහි අනතුරු පිළිබඳ මෂත කාලීන රෝග ඉතිහාසයක් සහිත තැනැත්තන් සහ ව්‍යාධි අනතුරු සඳහා ප්‍රතිකාර ලබා ගන්නා තැනැත්තන් සහභාගී කරවා නොගන්න			
1.4	හිස, ගෙල සහ කොඳු ඇට පෙළෙහි අනතුරු පිළිබඳ අතීත රෝග ඉතිහාසයක් සහිත තැනැත්තන් සඳහා වෛද්‍ය උපදෙස් අවශ්‍ය වේ			
2.	පැති කණු සහ මධ්‍ය පොල්ල (දණ්ඩියම)			
2.1	පැති කණු සහ දණ්ඩියමට හානි වී නොමැති බවත්, ක්‍රීඩකයන්ගේ බරට ඔරොත්තු දිය හැකි පරිදි ශක්තිමත් බවටත් සහතික කර ගන්න			
2.2	පැති කණු ආරක්ෂිතව පොළවට සම්බන්ධ කරන්න			
2.3	බිම සිට දණ්ඩියම දක්වා උපරිම උස මීටර් 2ක් ලෙස පවත්වා ගන්න.			
3.	පහිත වීමේ ප්‍රදේශය			
3.1	කණු වටා රබර් කුෂන් හෝ මෙට්ටි හෝ සහ ෆෝම් හෝ පිම්බිය හැකි මෙට්ටි හෝ ව්‍යාධික නොමැති විටකදී පිදුරු හෝ ලී කුඩු වැනි මෘදු ද්‍රව්‍යයක් සහිත පහිත වීමේ ප්‍රදේශයක් සපයන්න.			
3.2	වැලි, බොරළු හෝ ලී කැබලි භාවිතා නොකරන්න			
3.3	පහිත වීමේ ප්‍රදේශය නිරතුරු පරීක්ෂා කර හඬක්කු කරන්න.			
3.4	වැටීමකදී ඇතිවන බලපෑම විසිරයාම සඳහා හිසි තාක්ෂණික ක්‍රම භාවිතා කරමින් පහිත වන ලෙසට සහභාගිවන්නන් දිරිමත් කරන්න			
4.	කොට්ට			
4.1	චක් චක් කොට්ටයේ උපරිම බර ග්‍රෑම් 650 නොඉක්මවන බවට වග බලා ගන්න.			
4.2	කොට්ට ආවරණය/ උරය සඳහා මෘදු, අනතුරුදායක නොවන රෙදි වර්ග භාවිතා කරන්න.			
4.3	කොට්ට, තද හෝ තියුණු ද්‍රව්‍ය භාවිත නොකර මෘදු සහ සැහැල්ලු කපු, ෆෝම්, රෙදි වැනි ද්‍රව්‍යවලින් පුරවන්න			
4.4	හානියට පත් කොට්ට නිතිපතා පරීක්ෂා කර හානියට පත් කොට්ට වෙනුවට වෙනත් කොට්ට ආදේශ කරන්න.			
4.5	ආදේශ කිරීම සඳහා අමතර කොට්ට තබා ගන්න.			
5.	පොදු			
5.1	ක්‍රීඩකයින්ගේ වයස සහ බර ගලපන්න			
5.2	නරඹන්නන් වඩාත් සම්පයට පැමිණීම වැළැක්වීම සඳහා පැහැදිලිව සීමාවන් සලකුණු කරන්න			

5.3	බිමට වැටෙන ක්‍රීඩකයින්ට සහාය වීම සඳහා කණු දෙපස ශක්තිමත් පුද්ගලයින් ස්ථානගත කරන්න.			
<b>B.</b>	<b>ගම හරහා දිවීම</b>	<b>ඔව්</b>	<b>නැත</b>	<b>අදහස්</b>
1.	සෑම ක්ලෝමීටරයකටම ජලය ලබා දීමේ මධ්‍යස්ථාන පිහිටුවන්න			
2.	විජලනය, උණුසුමෙන් ඇතිවන විඩාව සහ සුළු ආබාධ සඳහා ප්‍රතිකාර ලබා දීමට අවශ්‍ය වෛද්‍ය සැපයුම් සමග වෛද්‍ය කණ්ඩායම් සිටින බවට වග බලා ගන්න.			
3.	අවශ්‍ය විටෙක විවේක ගැනීමට හා වෙනස නිවා ගැනීමට හැකිවන පරිද්දෙන්, ජලය, ඛනිජ ද්‍රව්‍ය මිශ්‍රිත ජලය (electrolyte drinks) සහ වෛද්‍ය උපකරණ සහිත ආවරණ සහිත හා කුඩාරම්, ධාවන කටයුතු සිදු කරන මාර්ගයේ විවිධ ස්ථානවල ස්ථාපිත කරන්න			
4.	හිරු ආවරණ ක්‍රීම් වර්ග, හිස් වැසුම්, සැහැල්ලු හා හුස්ම ගැනීමට පහසු අන්දමේ ඇඳුම් ඇඳීමට සහභාගිවන්නන් දිරිමත් කරන්න			
5.	හිරු ආවරණ ක්‍රීම් රැගෙන ඒම අතපසු වුවත් සඳහා ලියාපදිංචි ස්ථානයෙන් ඒවා නිකුත් කිරීමට අවශ්‍ය ක්‍රියා මාර්ග ගන්න			
6.	තරගකරුවන් අධික උණුසුමට නිරාවරණය වීම හැකි තාක් අවම කිරීම සඳහා තරග ඉසවුව උදෑසන 7.00 ට පමණ ආරම්භ කරන්න			
7.	සංඥා පුවරු සහ කේතු භාවිතා කරමින් රථවාහන පාලනය සඳහා පළාත් පාලන ආයතන සහ ශ්‍රී ලංකා පොලිසිය සමග සම්පව සම්බන්ධීකරණය කරන්න			
8.	තරග අවසානයේ දී වෛද්‍ය ආධාර, විජලනය වැළැක්වීම, විවේකය ලබා ගැනීම සඳහා පශ්චාත් තරග සහාය ලබා දෙන්න			
9.	සජලනය, වේගය සහ පාලනය කිරීම සහ තාපය ආශ්‍රිත රෝග වැළැක්වීම පිළිබඳව සහභාගිවන්නන් දැනුවත් කරන්න.			
<b>C.</b>	<b>පා පැදි තරග</b>	<b>ඔව්</b>	<b>නැත</b>	<b>අදහස්</b>
1.	අවම වාහන තදබදයක්, හොඳ මාර්ග තත්ත්වයන් සහ පාපැදිකරුවන් සඳහා ප්‍රමාණවත් ඉඩක් සහිත මාර්ග තෝරන්න			
2.	තියුණු වංගු, වලවල්, බෑවුම් වැනි අනතුරුදායක ප්‍රදේශ හඳුනාගෙන ඒවා සලකුණු කරන්න			
3.	රථවාහන නියාමනය කිරීමට සහ අවශ්‍ය ස්ථානවල මාර්ග වසා දැමීමට පොලිසිය සමග සම්බන්ධීකරණය කරන්න			
4.	සංඥා පුවරු සහ කේතු භාවිතා කරමින් පාපැදිකරුවන්ට මග පෙන්වීම සඳහා මාර්ගය පැහැදිලිව සලකුණු කරන්න			
5.	අනතුරු වළක්වා ගැනීම සඳහා හරස් මාර්ගවල/ හන්දිවල ස්වේච්ඡා සේවකයන් යොදවන්න			
6.	හදිසි වෛද්‍යාධාර සැලසීම සඳහා මාර්ගයේ ජංගම වෛද්‍ය කණ්ඩායම් සහ ගිලන්රථ යොදවන්න			
7.	විජලනය වැළැක්වීම සඳහා මාර්ගය දිගේ නියමිත දුර පරාසයන් තුළ ජලය ලබා දීමේ මධ්‍යස්ථාන පිහිටුවන්න			
8.	විජලනය, තාප වෙනස සහ සුළු ආබාධ වැනි ගැටලුවලට මුහුණ දීමට වෛද්‍ය කණ්ඩායම් සන්නද්ධ බව සහතික කර ගන්න			
9.	කාලගුණ අනාවැකි නිරීක්ෂණය කරන්න; අධික රසිතය හෝ තද වැසි අතරතුර තරග සංවිධානය කිරීමෙන් වළකින්න			

10.	පාපැදි කරුවන් සඳහා සෙවන සහිත විවේක ස්ථාන ස්ථාපිත කරන්න			
11.	දිනසේ උණුසුම අධික වේලාවට නිරාවරණය වීම හැකි තාක් අවම කිරීම සඳහා තරග ඉසවුව ආරම්භ කිරීමට වඩාත් සුදුසු උදෑසන 7.00 ට පෙර තරගය ආරම්භ කිරීමට කටයුතු සූදානම් කරන්න			
12.	ලියාපදිංචි වීමට පෙර සහභාගිවන්නන් අවශ්‍ය වෛද්‍ය පරීක්ෂාවට භාජනය වී ඇති බවට සහතික වන්න.			
13.	හිස් ආවරණ (හෙල්මට්) සහ අත්වැසුම් ඇතුළු ආරක්ෂිත උපකරණ පාවිච්චිය සහ පා පැදි තරග සඳහා සුදුසු ඇඳුම් භාවිතා කිරීම අනිවාර්ය කරන්න			
14.	වයස සහ පළපුරුද්ද අනුව සහභාගිවන්නන් වර්ගීකරණය කරන්න			
15.	තිරිංග, ටයර් සහ පරාවර්තක, ආරක්ෂිත ප්‍රමිතීන්ට අනුකූල බවට සහතික කිරීම සඳහා බයිසිකල් පරීක්ෂා කරන්න			
16.	සුවය ලබා ගැනීමට උපකාර කිරීම සඳහා සජලනය කිරීමේ පාන වර්ග සහ සැහැල්ලු ආහාර ලබා දෙන්න			
17.	හදිසි අවස්ථාවල දී ක්‍රියාත්මක වීමට සහ අනතුරක් හෝ රෝගී තත්ත්වයක් ඇති වුවහොත් සහභාගිවන්නන් තරගයෙන් ඉවත් කර ගැනීමේ ක්‍රියා පටිපාටි සඳහා පැහැදිලි සන්නිවේදන සැලැස්මක් ස්ථාපිත කරන්න			
18.	ප්‍රමාද වී වාර්තාවන අනතුරු තක්සේරු කිරීම් සඳහා වෛද්‍ය කණ්ඩායම් යම් කාලයක් සඳහා සූදානම් කිරීමට වග බලා ගන්න			
<b>D.</b>	<b>පිහිනුම් තරග ඉසව්</b>	<b>බව්</b>	<b>නැත</b>	<b>අදහස්</b>
1.	පිහිනුම් ස්ථානයේ ආරක්ෂාව පිළිබඳ තක්සේරුවක් සිදු කරන්න.			
2.	ජලයේ ගුණාත්මකභාවය දේශීය ආරක්ෂක ප්‍රමිතීන්ට අනුකූල වන බවට සහතික වන්න.			
3.	සහභාගිවන්නන් සිය පිහිනුම් හැකියාවන් පිළිබඳව සාක්ෂි ඉදිරිපත් කළ යුතුය.			
4.	හදිසි අවස්ථාවන්හි දැන්විය යුතු දුරකථන අංක සහ සෞඛ්‍ය තත්ත්වයන් පිළිබඳ විස්තර රැස් කරන්න.			
5.	පාවෙන උපාංග සහ ගලවා ගැනීමේ මෙවලම් සහිත පුහුණුව ලත් ජීවිතාරක්ෂකයින් යොදවන්න.			
6.	ආධාරක බෝට්ටුවල ජීවිතාරක්ෂක කඩා, ප්‍රථමාධාර කට්ටල සහ සන්නිවේදන උපාංග ඇති බවට වග බලා ගන්න.			
7.	සහභාගිවන්නන්ට මග පෙන්වීම සහ ඔවුන් ආරක්ෂිත සීමාවන් තුළ රැඳී සිටීම සහතික කිරීම සඳහා බෝයාවන් සහ දෘශ්‍යමාන සලකුණු වලින් අදාල ප්‍රදේශය සලකුණු කරන්න.			
8.	තදබදය වළක්වා ගැනීම සඳහා පුද්ගලික ආධාරකරුවන් ගණන සීමා කරන්න.			
9.	තරග ආරම්භයට පෙර සහ තරග අතරතුරදී කාලගුණික තත්ත්වයන් නිරීක්ෂණය කර හදිසි සැලසුම් ක්‍රියාත්මක කිරීමට කටයුතු කරන්න			
10.	තරගයට පෙර අනිවාර්යයෙන් අනුගමනය කළ යුතු ආරක්ෂක වැඩ පිළිවෙල සම්බන්ධව දැනුවත් කරන්න			

E.	ඔරු පැදීමේ තරග ඉසවු	ඔව්	නැත	අදහස්
1.	සැඩ පහර, දිය යට ඇති බාධක, කිඹුලන් වැනි භයානක සතුන් හෝ ඔරු ගමනාගමන අවහිරතා යනාදී උපද්‍රව හඳුනා ගැනී සඳහා ඔරු පැදීමේ ස්ථානය තක්සේරු කරන්න.			
2.	බෝට්ටු හොඳ තත්වයේ පවතින බවත් සෑම සහභාගිවන්නෙකු සඳහාම ජීවිතාරක්ෂක කඩා ඇති බවත් සහතික කර ගන්න.			
3.	සියලුම සහභාගිවන්නන් සෑම විටම පුද්ගලික පාවෙන උපාංග (PFD) පැළඳ සිටින බවට සහතික වන්න.			
4.	ඔරු පැදීමේ මාර්ගය සහ අනතුරුදායක ප්‍රදේශ පැහැදිලිව සලකුණු කරන්න.			
5.	පුහුණු ජීවිතාරක්ෂකයින් සහ ආරක්ෂක උපකරණ සහිත ආධාරක බෝට්ටු යොදවන්න.			
6.	තද බඳුය වැළැක්වීම සඳහා පුද්ගලික ආධාරකරුවන් සීමා කරන්න.			
7.	කාලගුණය නිරීක්ෂණය කර අහිතකර තත්වයන් සඳහා සූදානම් වන්න.			
8.	හදිසි ක්‍රියා පටිපාටි සහ නීති ආවරණය වන පරිදි ආරක්ෂක විධි විදාන පිළිබඳ සියලුම සහභාගිවන්නන් තරග ඉසවුවට පෙර දැනුවත් කරන්න			
F.	හැන්ද මත දෙති ගෙඩිය තබා ගෙන යාම	ඔව්	නැත	අදහස්
1.	සහභාගිවන්නන් අතර ආරක්ෂිත දුරක් පවත්වා ගන්න.			
2.	හැන්ද ආරක්ෂිතව රඳවා ගැනීමට සහභාගිවන්නන්ට උපදෙස් දෙන්න.			
3.	හදිසි වලනයන් හෝ අනතුරු හෝ තුවාල වලට තුඩු දිය හැකි ක්‍රියා වළක්වා ගැනීම සඳහා සඳහා වටපිටාව පිළිබඳ දැනුවත්භාවය කරන්න.			
4.	හැන්ද මත දෙති ගෙඩිය සමබරව තබා ගැනීමට පුරුදු වීමට ඉඩ දෙන්න.			
5.	සන්සුන්ව හා අවධානයෙන් සිටින ලෙස සහභාගිවන්නන්ට උපදෙස් දෙන්න.			
6.	සියලුම සහභාගිවන්නන් තරග නීති සහ උපදෙස් අනුගමනය කරන බවට සහතික වන්න.			
G.	ලිස්සන ගහේ නැගීම	ඔව්	නැත	අදහස්
1.	කණුව සුදුසු උසකින් යුක්ත බවත් ආරක්ෂිතව පොළොවට සම්බන්ධ කර ඇති බවත් සහතික කර ගන්න.			
2.	ග්‍රීස් ආලේප කිරීමට පෙර කණුව හානි වී හෝ හෝ දුර්වලතාවයක් ඇත්දැයි පරීක්ෂා කරන්න.			
3.	විෂ රහිත හා පරිසර හිතකාමී ග්‍රීස් වර්ගයක් භාවිතා කරන්න			
4.	අධික ප්‍රමාණයක් නොමැතිව ඒකාකාරව හා හොඳින් ග්‍රීස් ආලේප කරන්න			
5.	කණුවේ පාදය වටා ආරක්ෂිත බාධක හෝ කුෂන් යොදා සකසන්න			
6.	වැටීමකදී තුවාල වීම වැළැක්වීමට රබර් කුෂන් හෝ මෙට්ට් හෝ සුළං පුරවන ලද මෙට්ට් හෝ විවැන්නක් නොමැති විටකදී පිදුරු හෝ ලී කුඩු වැනි මෘදු ද්‍රව්‍යයක් සහිත පහිත වීමේ ප්‍රදේශයක් සපයන්න.			

7.	නොසැලකිලිමත් හැසිරීම් හෝ චිකිතෛකා මත නැඟීම උත්සාහ කිරීම වළක්වන්න			
8.	සහනාභිවන්තන්ට සහාය වීමට සහ ඔවුන්ගේ ආරක්ෂාව සඳහා මඟපෙන්වීමට පුද්ගලයෙකු නම්කරන්න			
9.	කණුවේ උසට සමාන දුරින් බාධක ඉදිකරමින් සෙනඟ කළමනාකරණය කරන්න.			
<b>H.</b>	<b>කඹ ඇදීමේ ඉසව්ව</b>	<b>ඔව්</b>	<b>නැත</b>	<b>අදහස්</b>
1.	කඹය			
1.1	සහනාභිවන්තන් සංඛ්‍යාවට සහ තරඟ මට්ටමට ගැලපෙන ශක්තිමත් කඹයක් භාවිතා කරන්න.			
1.2	කඹය නුල් ගැලවී නොමැති බවටත්, ගැට හෝ වෙනත් හානි වලින් තොර බවටත් සහතික කර ගන්න.			
2.	ඇදීමේ දී යෙදෙන බලයට ඔරොත්තු දීම සඳහා ආරක්ෂිත ලෙස කණුවක් හෝ ගසක් වැනි ස්ථාවර හා නිෂ්චල වස්තූන්වල හොඳින් ගැටගසා ඇති බවට තහවුරු කරන්න			
3.	අනතුරුදායක ද්‍රව්‍ය නොමැති ආරක්ෂිත, තණකොළවලින් වැසුණු මතුපිටක තරඟය පවත්වන්න			
4.	කඹ ඇදීමේ නීති සහ ශිල්පීය ක්‍රම පිළිබඳව සහනාභිවන්තන් නිසි ලෙස දැනුවත් කරන්න			
5.	සහනාභිවන්තන් ලෙස්සායාම වැළැක්වීම සඳහා සුදුසු පාවහන් පැළඳ සිටින බවට වග බලා ගන්න.			
6.	සහනාභි වීමට පෙර ශරීරය උණුසුම් කිරීමේ සහ ප්‍රත්‍යස්ථ කිරීමේ (ඇදීමේ) ව්‍යායාමවල යෙදීමට සහනාභිවන්තන් දිරිමත් කිරීම.			
<b>I.</b>	<b>ගෝනි පැනීමේ තරඟය</b>	<b>ඔව්</b>	<b>නැත</b>	<b>අදහස්</b>
1.	ධාවන ප්‍රදේශය බාධක, ගල් හෝ වෙනත් උපද්‍රවවලින් තොර බවට වග බලා ගන්න.			
2.	ධාවන ප්‍රදේශය මතුපිට පැතලි හා සිනිඳු බව සහතික කර ගන්න			
3.	ඉරිම්, සිදුරු හෝ වෙනත් දෝෂ නැති උසස් තත්ත්වයේ ගෝනි භාවිතා කරන්න.			
4.	ගෝනි, තරඟකරුවන්ට ගැලපෙන ප්‍රමාණයට සහ ඔවුන්ගේ ධරට ඔරොත්තු දිය හැකි බවට වග බලා ගන්න.			
5.	තරඟයට පෙර ශරීරය උණුසුම් කිරීම්, තරඟ නීති, මාර්ගෝපදේශ, පූර්වාරක්ෂක ක්‍රියාමාර්ග සහ ආරක්ෂාව පිළිබඳ දැනුවත් කරන්න			
6.	කෝන් හෝ වෙනත් සලකුණු භාවිතා කරමින් පැහැදිලි ආරම්භක රේඛාව සලකුණු කරන්න			
7.	තරඟය අතරතුර තරඟකරුවන් චිකිතෛකා අතර ආරක්ෂාකාරී පරතරයක් පවත්වා ගන්නා බවට තහවුරු කරගන්න			
8.	තරඟයෙන් පසු ඇතිවිය හැකි අනතුරු වළක්වා ගැනීම සඳහා සිරුර සිසිල් කිරීමේ ක්‍රියාකාරකම් දිරිමත් කරන්න.			

## இணைப்பு IV

**இலங்கையில் விழாக் காலங்களில் விளையாட்டு நிகழ்வுகளை ஏற்பாடு செய்யும் போது, காயங்கள் மற்றும் சடுதியான தீவிர மருத்துவ நிலைகளிலிருந்து பாதுகாப்பை உறுதிப்படுத்துவதற்கான சரிபார்ப்புப் பட்டியல் (Checklist)**

### பொதுவான வழிகாட்டுதல்கள்

	விவரணம்	ஆம்	இல்லை	கருத்துக்கள்
1.	<b>உடல் தகுதிப் பரிசோதனை (Fitness Examination)</b>			
1.1	நிகழ்வுக்கு முந்திய பயிற்சி (Pre-Event Training)			
1.1.1	நீண்ட நேர நிகழ்வுகளில் (மரதன், ஊர் சுற்றோட்டப்போட்டி, சைக்கிள் ஓட்டம்) பங்கேற்பவர்கள் குறைந்தபட்சம் 6 வாரங்களாவது மேற்பார்வையின் கீழ் பயிற்சி பெற்றுள்ளனர்.			
1.2	நிகழ்வுக்கு முந்திய ஆரோக்கியப் பரிசோதனைகள் (Pre-Event Health Checks)			
1.2.1	நடுத்தர அல்லது அதிக தீவிரத்தன்மை கொண்ட நிகழ்வுகளில் (உதாரணம்: மரதன், சைக்கிள் ஓட்டம், 800மீ மேல் நீச்சல்) பங்கேற்பவர்கள், நிகழ்வுக்கு குறைந்தது 1 வாரத்திற்கு முன்னதாக “போட்டிக்கு முந்திய மருத்துவ மதிப்பீட்டு” (PCMA) வினாக்கொத்தின் மூலம் ஆரோக்கிய மதிப்பீட்டிற்கு உட்படுத்தப்பட்டுள்ளனர். அனைத்து போட்டியாளர்களும் உடல் செயல்பாட்டுத் தயார்நிலை வினாக்கொத்தை (2024 PAR-Q+) பூர்த்தி செய்துள்ளனர்.			
1.3	மருத்துவ அனுமதி (Medical Clearance)			
1.3.1	அறியப்பட்ட மருத்துவ நிலைகளைக் கொண்ட பங்கேற்பாளர்கள், தங்களது வழக்கமான சுகாதார வழங்குநரிடமிருந்து அனுமதிச் சான்றிதழைச் சமர்ப்பித்துள்ளனர்.			
1.4	உடல் நீர்ப் பதன் மற்றும் ஊட்டச்சத்து (Hydration and Nutrition)			
1.4.1	நிகழ்வுக்கு முன்னரும், நிகழ்வின் போதும், அதன் பின்னரும் சரியான உடல் நீர்ப்பதன் மற்றும் ஊட்டச்சத்தைப் பேணுவதற்கு பங்கேற்பாளர்கள் ஊக்குவிக்கப்படுகிறார்கள்.			
2.	<b>சுற்றுச்சூழல் பாதுகாப்பு (Safety of Environment)</b>			
2.1	இடப் பரிசோதனை (Venue Inspection)			
2.1.1	சமமற்ற நிலப்பரப்பு, தடைகள், போதிய வெளிச்சமின்மை போன்ற ஆபத்துக்கள் குறித்து நிகழ்விடம் பரிசோதிக்கப்பட்டது.			
2.1.2	காற்று மாசுபாட்டிற்கான அறிகுறிகள் ஏதுமில்லை.			
2.2	பாதுகாப்பு நடவடிக்கைகள் (Security Measures)			
2.2.1	அனுமதிக்கப்படாதவர்களின் உள்நுழைவைத் தடுக்கவும், கூட்டத்தை நிர்வகிக்கவும் பாதுகாப்பு நடவடிக்கைகள் நடைமுறையில் உள்ளன.			
2.2.2	அவசர கால வெளியேறும் வழிகள் தெளிவாகக் குறிக்கப்பட்டு, எளிதில் அணுகக்கூடியதாக உள்ளன.			
3.	<b>உபகரணப் பாதுகாப்பு (Safety of Equipment)</b>			

3.1	உபகரணப் பரிசோதனை (Equipment Inspection)			
3.1.1	அனைத்து விளையாட்டு உபகரணங்களும் பயன்படுத்தப்படுவதற்கு முன்னதாக பாதுகாப்பு மற்றும் செயல்திறனுக்காகப் பரிசோதிக்கப்பட்டன.			
4.	<b>முதலுதவி மற்றும் அவசர சிகிச்சை (First Aid and Emergency Care)</b>			
4.1	தளத்திலான மருத்துவ வசதிகள் (On-Site Medical Facilities)			
4.1.1	மூலோபாய இடங்களில் முதலுதவி நிலையங்கள் அமைக்கப்பட்டுள்ளன.			
4.1.2	அடிப்படை உயிர் காக்கும் (BLS) திறன் கொண்ட பயிற்சி பெற்ற முதலுதவிப் பணியாளர்கள் உள்ளனர்.			
4.2	தகவல்தொடர்பு அமைப்புகள் (Communication Systems)			
4.2.1	அவசர கால நடவடிக்கைகளுக்காக திறமையான தகவல்தொடர்பு அமைப்புகள் நடைமுறைப்படுத்தப்பட்டுள்ளன.			
4.2.2	ஒருங்கிணைப்புப் பணிகளுக்காக ஒரு மத்திய தகவல்தொடர்பு நிலையம் ஒதுக்கப்பட்டுள்ளது.			
4.2.3	அவசர காலத் தொடர்பு எண்கள் (உள்ளூர் வைத்தியசாலை, நோயாளர் காவு வண்டி, தீயணைப்புப் படை, காவல்துறை) நிகழ்விடத்தில் வரவழைக்கப்பட்டுள்ளன.			
4.2.4	அருகிலுள்ள வைத்தியசாலையுடன் நேரடித் தொடர்பைப் பேணுவதற்கான வழிமுறை உருவாக்கப்பட்டுள்ளது.			
4.2.5	ஏற்பாட்டுக் குழுவின் அனைத்து உறுப்பினர்களுக்கும் அவசர கால தகவல்களைப் பெற்றுக்கொள்ளும் வசதி உள்ளது.			
5.	<b>வைத்தியசாலைக்குக் கொண்டு செல்லுதல் (Transportation to Hospital)</b>			
5.1	அவசர கால போக்குவரத்து (Emergency Transport)			
5.1.1	காயமடைந்த அல்லது சுகவீனமுற்ற பங்கேற்பாளர்களை மருத்துவ வசதிகளுக்குக் கொண்டு செல்ல அதற்கேற்ற வாகனங்கள் தயார் நிலையில் உள்ளன.			
5.1.2	காயமடைந்த நபரை அவரது முதுகை வளைக்காமல் வசதியாகக் கொண்டு செல்லக்கூடிய குறைந்தது ஒரு வாகனமாவது உள்ளது.			
5.1.3	முன்கூட்டியே அவசர அறிவிப்பை வழங்குவதற்காக உள்ளூர் வைத்தியசாலைகளுடன் தொடர்பு ஏற்படுத்தப்பட்டுள்ளது.			
5.2	அவசர கால தொடர்புகள் (Emergency Contacts)			
5.2.1	அவசர கால தொடர்புப் பட்டியல் அனைத்து ஊழியர்களுடனும் பகிரப்பட்டுள்ளது.			
6.	<b>காலநிலை தொடர்பான விடயங்கள் (Weather Considerations)</b>			
6.1	காலநிலை கண்காணிப்பு (Weather Monitoring)			
6.1.2	நிகழ்வுக்கு முன்னரும் நிகழ்வின் போதும் காலநிலை மாற்றங்கள் (வெப்பம், மழை, காற்று மாசுபாடு) கண்காணிக்கப்படுகின்றன.			

6.1.3	சீரற்ற காலநிலை காரணமாக நிகழ்வை மறுஅட்டவணை செய்வதற்கான மாற்றுத் திட்டம் (Contingency plan) நடைமுறையில் உள்ளது.			
6.2	வெப்பம் தொடர்பான வழிகாட்டல்கள் (Heat Guidelines)			
6.2.1	நீர் விநியோக நிலையங்கள் மற்றும் நிழலான ஓய்வெடுக்கும் இடங்கள் வழங்கப்பட்டுள்ளன.			
6.2.2	மரதன், ஊர் சுற்றோட்டப் போட்டி, சைக்கிள் ஓட்டம் போன்ற நீண்ட நேர நிகழ்வுகள் காலை 7:00 மணிக்கு முதலே ஆரம்பிக்கப்படுகின்றன.			
7.	<b>பங்கேற்பாளருக்கான அறிவுறுத்தல் (Participant Education)</b>			
7.1	நிகழ்வுக்கு முந்திய விளக்கமளித்தல் (Pre-Event Briefings)			
7.1.1	பாதுகாப்பு விதிமுறைகள், அவசர கால நடைமுறைகள் மற்றும் காயங்கள் குறித்து அறிவித்தல் போன்றவை தொடர்பாக பங்கேற்பாளர்களுக்கு விளக்கமளிக்கப்பட்டுள்ளது.			
7.1.2	பாதுகாப்பு வழிகாட்டல்கள் தொடர்பான தகவல் கையேடுகள் விநியோகிக்கப்பட்டுள்ளன.			
7.1.3	மதுபோதையில் பங்கேற்பது கடுமையாகத் தடை செய்யப்பட்டுள்ளது.			
7.2	சுகாதாரக் கல்வி (Health Education)			
7.2.1	ஆரோக்கியம், உடல் தகுதியைப் பேணுதல் மற்றும் விளையாட்டு தொடர்பான காயங்களை இனம் காணுதல் குறித்த விழிப்புணர்வு வழங்கப்பட்டுள்ளது.			
8.	<b>கண்காணிப்பும் மதிப்பீடும் (Monitoring and Evaluation)</b>			
8.1	மருத்துவ அதிகாரிகளுடனான தொடர்பாடல்			
8.1.1	பாதுகாப்புத் திட்டங்கள் மற்றும் அவசரகாலத் தயார்நிலை நடவடிக்கைகள் குறித்து அப்பகுதி சுகாதார மருத்துவ அதிகாரிக்கு (MOH/AMOH) அறிவித்தல்.			
8.2	நிகழ்வு அறிக்கைகள் (Incident Reports)			
8.2.1	நிகழ்வுகளைப் பதிவு செய்வதற்கான பொறிமுறை நடைமுறையில் இருத்தல்.			
8.2.2	காயங்கள் அல்லது அவசர நிலைகள் குறித்த விரிவான அறிக்கைகளைத் தயாரித்து, ஒரு வாரத்திற்குள் சுகாதார மருத்துவ அதிகாரிக்கு (MOH/AMOH) சமர்ப்பித்தல்.			
8.3	நிகழ்வின் பின்னரான மீளாய்வு (Post-Incident Debriefing)			
8.3.1	பாதுகாப்பு நடவடிக்கைகளை மதிப்பிடுவதற்கான மீளாய்வு கூட்டங்களை நடாத்துதல்.			
8.3.2	பங்கேற்பாளர்கள், தொண்டர்கள் மற்றும் பாதுகாப்புப் பணியாளர்களிடமிருந்து கருத்துக்களைப் பெறுதல்.			
8.3.3	அடையாளம் காணப்பட்ட முன்னேற்றகரமான மாற்றங்களை எதிர்கால நிகழ்வுத் திட்டமிடலில் உள்வாங்குதல்.			

**குறிப்பிட்ட வழிகாட்டல்கள் - நிகழ்வு பாதுகாப்புச் சரிபார்ப்புப் பட்டியல்**

	விவரணம்	ஆம்	இல்லை	குறிப்புகள்
<b>A.</b>	<b>தலையணைச் சண்டை (PILLOW-FIGHTING)</b>			
1.	பங்கேற்பாளர்களுக்கான வழிகாட்டல்கள்:			
1.1	நேர்மையான விளையாட்டு விதிகளை நடைமுறைப்படுத்துதல் மற்றும் அத்தீத வன்முறையான நடத்தைகளைத் தடுத்தல்.			
1.2	பங்கேற்பாளர்களுக்கு ஏற்கனவே உள்ள உடல்நலப் பாதிப்புகளைக் கண்டறிய அடிப்படைச் சுகாதாரப் பரிசோதனையை முன்னெடுத்தல்.			
1.3	அண்மையில் தலை, கழுத்து மற்றும் முள்ளந்தண்டு பகுதியில் காயம் அடைந்தவர்கள் அல்லது மருத்துவ சிகிச்சையில் இருப்பவர்களைப் பங்கேற்பதிலிருந்து தவிர்த்தல்.			
1.4	தலை, கழுத்து மற்றும் முள்ளந்தண்டு பகுதியில் உடல்நலக் குறைபாடுகள் உள்ளவர்களுக்கு மருத்துவ ஆலோசனையைப் பெறுமாறு அறிவுறுத்தல்.			
2.	(மையத் தூண்கள் மற்றும் பக்கத்தூண்கள்)உபகரணங்கள் மற்றும் கட்டமைப்பு:			
2.1	பயன்படுத்தப்படும் தூண்கள் மற்றும் தாங்கிகள் சேதமடையாமலும் வீரர்களின் நிறையைத் தாங்கும் அளவுக்கு வலிமையாக இருப்பதை உறுதி செய்தல்.			
2.2	அனைத்து பக்கத்தூண்களை பாதுகாப்பாகவும் நிலையாகவும் நிறுவுதல்.			
2.3	கிடை மையத்தூணை நிலத்திலிருந்து 2 மீட்டர் உயரத்துக்குள் நிலைப்படுத்துதல்.			
3.	தரையிறங்கும் பகுதி (Landing Area):			
3.1	போதுமான அளவு இறப்பர் , நுரை அல்லது காற்றடைத்த மெத்தைகளைப் பயன்படுத்தி மென்மையான தரையிறங்கும் பகுதியை உறுதி செய்தல்.			
3.2	கடினமான அல்லது காயத்தை ஏற்படுத்தக்கூடிய கிரவெல் அல்லது மரத்தூள் போன்ற பொருட்களைத் தரையிறங்கும் பகுதியில் தவிர்த்தல்.			
3.3	தரையிறங்கும் பகுதியைத் தொடர்ந்து பரிசோதித்துப் பராமரித்தல்.			
3.4	இறங்கும் போதான தாக்க அதிர்வுப்பரம்பல் உடலைப் பாதிக்கவண்ணம் முறையான இறங்கும் நுட்பத்தை பரிந்துரைத்தல்			
4.	தலையணைகள் (Pillows):			
4.1	தலையணைகள் இலகுவாகவும் (650g) மென்மையாகவும் இருப்பதை உறுதி செய்தல்.			
4.2	தலையணை உறைகளுக்கு பாதுகாப்பான மற்றும் மென்மையான பொருட்களைப் பயன்படுத்துதல்.			

4.3	தலையணைகளில் பஞ்சு அல்லது நுரை மெத்தை போன்ற மென்மையான பொருட்களால் நிரப்புதல் .கடினமான அல்லது கூர்மையான பொருட்கள் இல்லை என்பதை உறுதி செய்தல்.			
4.4	சேதமடைந்த உபகரணங்களைத் தொடர்ந்து பரிசோதித்து மாற்றுதல்.			
4.5	மேலதிக தலையணைகளை பிரதியீடு செய்வதற்காக வைத்திருத்தல்			
5.	பொதுவான பாதுகாப்பு:			
5.1	பங்கேற்பாளர்களை வயது மற்றும் உடல் தகுதியின் அடிப்படையில் வகைப்படுத்திப் போட்டியிடச் செய்தல்.			
5.2	பார்வையாளர்களுக்கான பாதுகாப்பு எல்லைகளைத் தெளிவாக அடையாளப்படுத்துதல்.			
5.3	அவசர உதவிகளுக்காக தகுந்த உடல் வலிமையான நபர்களை தயார் நிலையில் நிறுத்துதல்.			
<b>B.</b>	<b>ஊர் சுற்றோட்டப் போட்டி (CROSS COUNTRY RUNNING)</b>	<b>ஆம்</b>	<b>இல்லை</b>	<b>கருத்துக்கள்</b>
1.	ஓட்டப் பாதையில் போதிய நீர் வழங்கல் நிலையங்களை அமைத்தல்.			
2.	களைப்பு, சிறு காயங்கள், வெப்பத்தாக்கம் மற்றும் நீரிழிவு என்பவற்றுக்கான முதலுதவி மற்றும் மருத்துவக் குழுவினர் தயார் நிலையில் இருப்பதை உறுதி செய்தல்.			
3.	ஓட்டப்போட்டி வீரர்கள் தேவைப்படும்போது ஓய்வெடுக்கவும், தேறிக்கொள்ளவும் ஏதுவாக, ஓடும் பாதையின் பல்வேறு இடங்களில் நீர், தாதுப்புப் பானங்கள் (electrolyte drinks) மற்றும் மருத்துவ விநியோகங்களுடன் கூடிய நிழலான ஓய்வு இடங்களை வழங்கவும்.			
4.	சூரிய ஒளியிலிருந்து பாதுகாக்கும் களிம்பு (sunscreen), தொப்பிகள் மற்றும் காற்றோட்டமான ஆடைகளைப் பயன்படுத்துவதை ஊக்குவிக்கவும்.			
5.	சூரிய ஒளியிலிருந்து பாதுகாக்கும் களிம்பை கொண்டுவர மறந்தவர்களுக்கு, பதிவு செய்யப்படும் இடத்தில் அதனை வழங்குவதற்குத் தேவையான நடவடிக்கைகளை எடுக்கவும்.			
6.	கடும் வெப்பத்தின் தாக்கத்தை முடிந்தவரை குறைப்பதற்காக, போட்டியை காலை 7:00 மணியளவில் தொடங்கவும்.			
7.	போக்குவரத்து கட்டுப்பாட்டுக்காக கூம்புகள் (cones) மற்றும் அடையாளக் குறிகளைப் பயன்படுத்தி, உள்ளூர் அதிகாரிகள் மற்றும் இலங்கை பொலிஸாருடன் நெருக்கமாக ஒருங்கிணைந்து செயல்படவும்.			
8.	போட்டி முடிந்ததும், தேவைப்படும் மருத்துவ உதவி மற்றும் உடல் நீர்ப்பதனை மேம்படுத்தும் தேவைகளை வழங்கவும்.			
9.	உடல் நீர்ப்பதன் முகாமைத்துவம் , ஓடும் வேகம் மற்றும் வெப்பத்தால் ஏற்படும் நோய்களைத் தடுத்தல் குறித்து பங்கேற்பாளர்களுக்கு போதிய அறிவுட்டவும்			

C.	மிதிவண்டிப் போட்டி (CYCLING EVENT)	ஆம்	இல்லை	கருத்துக்கள்
1.	குறைந்த வாகன நெரிசல், சிறந்த வீதி நிலைமைகள் மற்றும் சைக்கிள் ஓட்டுநர்களுக்குப் போதுமான இடவசதி கொண்ட வீதிகளைத் தெரிவு செய்தல்.			
2.	கூர்மையான வளைவுகள், குழிகள் மற்றும் செங்குத்தான சரிவுகள் போன்ற அபாயகரமான இடங்களை இனங்கண்டு அடையாளப்படுத்துதல்.			
3.	வீதி முகாமெத்துவம் மற்றும் தேவைப்படும் இடங்களில் வீதி அடைப்புகளை மேற்கொள்ள பொலிஸாருடன் ஒருங்கிணைந்து செயற்படல்.			
4.	பாதையைத் தெளிவாக அடையாளப்படுத்தவும், சைக்கிள் ஓட்டுநர்களுக்கு வழிகாட்டவும் கூம்புகள் (cones), தடைகள் மற்றும் சமிக்ஞை பலகைகளைப் பயன்படுத்துதல்.			
5.	விபத்துகளைத் தவிர்க்க வீதிச் சந்திப்புகள் மற்றும் குறுக்கு வீதிகளில் தொண்டர்களை நிறுத்துதல்.			
6.	அவசர காலத் தேவைகளுக்காக வீதி நெடுகிலும் நடமாடும் மருத்துவக் குழுக்களையும் நோயாளர் காவு வண்டிகளையும் (Ambulances) ஈடுபடுத்துதல்.			
7.	உடல் நீர்ப்பதன் குறைபாட்டைத் (dehydration) தவிர்க்க சீரான இடைவெளிகளில் நீர் வழங்கும் நிலையங்களை அமைத்தல்.			
8.	நீர்ப்பதன் குறைபாடு, வெப்பக் களைப்பு மற்றும் சிறு காயங்களைக் கையாள மருத்துவக் குழுக்கள் தயார் நிலையில் இருப்பதை உறுதி செய்தல்.			
9.	வானிலை முன்னறிவிப்புகளைக் கண்காணித்தல் மற்றும் கடுமையான வெப்பம் அல்லது கடும் மழை காலங்களில் போட்டிகளை நடத்துவதைத் தவிர்த்தல்.			
10.	சைக்கிள் ஓட்டுநர்களுக்கு நிழலான ஓய்விடங்களையும் குளிர்ச்சியான வலயங்களையும் (cooling zones) வழங்குதல்.			
11.	வெப்பத் தாக்கத்தைக் குறைக்க போட்டியை அதிகாலையிலேயே (முன்னுரிமை அடிப்படையில் காலை 7:00 மணிக்கு முன்) ஆரம்பிக்கத் திட்டமிடல்.			
12.	பங்கேற்பாளர்கள் பதிவு செய்வதற்கு முன்னர் தேவையான மருத்துவப் பரிசோதனைகளுக்கு உட்படுத்தப்பட்டுள்ளதை உறுதி செய்தல்.			
13.	தலைக்கவசம் (Helmets), கையுறைகள் மற்றும் பொருத்தமான சைக்கிள் ஓட்டும் ஆடைகளை அணிவதைக் கட்டாயமாக்குதல்.			
14.	பாதுகாப்பை உறுதி செய்ய பங்கேற்பாளர்களை வயது மற்றும் அனுபவத்தின் அடிப்படையில் வகைப்படுத்துதல்.			
15.	சைக்கிள்களின் வேகத் தடுப்பான் (brake), சக்கரங்கள் (tyre) மற்றும் பிரதிபலிப்பான்கள் (reflectors) பாதுகாப்புத் தரத்திற்கு ஏற்ப உள்ளனவா என்பதைச் சோதித்தல்.			
16.	உடல் தேறுவதற்குத் தேவையான தாது உப்புப் பானங்கள் மற்றும் இலகுவான சிற்றுண்டிகளை வழங்குதல்.			

17.	அவசர நிலைமகளின்போது போட்டியாளர்களை மீளப்பெறும் நடவடிக்கைகளுக்காகத் தெளிவான தொடர்பாடல் திட்டமொன்றை நடைமுறைப்படுத்தவும்.			
18.	போட்டியின் பின்னான மருத்துவத்தேவைகளுக்காக நிகழ்வின் பின்னரும் மருத்துவ முதலுதவிக் குழுக்களை பயன்படுத்தக்கூடியதாக திட்டமிடல்.			
<b>D.</b>	<b>நீச்சல் போட்டிகள்</b>	<b>ஆம்</b>	<b>இல்லை</b>	<b>கருத்துக்கள்</b>
1.	நீச்சல் நடக்கும் இடத்தின் பாதுகாப்பை மதிப்பீடு செய்தல்.			
2.	நீரின் தரம் உள்ளூர் பாதுகாப்புத் தரங்களுக்கு ஏற்ப இருப்பதை உறுதி செய்தல்.			
3.	பங்கேற்பாளர்கள் தங்களின் நீச்சல் திறனுக்கான ஆதாரத்தை வழங்க வேண்டும்.			
4.	போட்டியாளர்களின் அவசரகால தொடர்பு மற்றும் மருத்துவ நிலை குறித்த விவரங்களைச் சேகரித்தல்.			
5.	மிதவை சாதனங்கள், மீட்பு மற்றும் உயிர்காக்கும் கருவிகளுடன் பயிற்சி பெற்ற உயிர்காப்பாளர்கள் (Lifeguards) நியமிக்கப்பட வேண்டும்.			
6.	உதவிப் படகுகளில் உயிர்காப்பு அங்கிகள் (Life jackets) மற்றும் முதலுதவி பெட்டிகள் இருப்பதை உறுதி செய்தல்.			
7.	நீச்சல் தடம் அல்லது பாதையை மிதவைகள் (Buoys) மற்றும் அபாய எச்சரிக்கைகளுடன் அடையாளப்படுத்துதல்.			
8.	நெரிசலைத் தவிர்க்க தனிப்பட்ட ஆதரவாளர்களைக் கட்டுப்படுத்துதல்.			
9.	நிகழ்வுக்கு முன்னும் பின்னும் வானிலை நிலவரங்களைக் கண்காணித்தல் மற்றும் அவசரத் திட்டங்களை உருவாக்குதல்.			
10.	நிகழ்வுக்கு முன்னதாக கட்டாய பாதுகாப்பு விளக்கத்தை (Safety Briefing) நடத்துதல்.			
<b>E.</b>	<b>படகோட்டப் போட்டி</b>	<b>ஆம்</b>	<b>இல்லை</b>	<b>கருத்துக்கள்</b>
1.	நீருக்கடியில் உள்ள தடைகள், வலுவான நீரோட்டங்கள் மற்றும் முதலைகள் போன்ற ஆபத்தான விலங்குகள் குறித்து படகோட்டும் இடத்தை மதிப்பீடு செய்தல்.			
2.	படகுகள் நல்ல நிலையில் இருப்பதையும், அனைத்து பங்கேற்பாளர்களுக்கும் உயிர்காப்பு அங்கிகள் வழங்கப்பட்டிருப்பதையும் உறுதி செய்தல்.			
3.	பங்கேற்பாளர்கள் எப்போதும் தனிப்பட்ட மிதவை சாதனங்களை (PFDs) அணிய வேண்டும்.			
4.	படகோட்டும் பாதை மற்றும் அபாயகரமான பகுதிகளைத் தெளிவாக அடையாளப்படுத்துதல்.			
5.	பாதுகாப்பு உபகரணங்களுடன் பயிற்சி பெற்ற உயிர்காப்பாளர்கள் மற்றும் உதவிப் படகுகளை நியமித்தல்.			
6.	இடையூறுகளைத் தவிர்க்க தனிப்பட்ட ஆதரவாளர்களைக் கட்டுப்படுத்துதல்.			
7.	வானிலையைக் கண்காணித்தல் மற்றும் மோசமான நிலைகளுக்காகத் தயாராக இருத்தல்.			

8.	அவசரகால நடைமுறைகள் மற்றும் வழிநடத்தல் விதிகளை உள்ளடக்கிய பாதுகாப்பு விளக்கத்தை நடத்துதல்.			
<b>F.</b>	<b>தேசிக்காய் கரண்டி போட்டி</b>	<b>ஆம்</b>	<b>இல்லை</b>	<b>கருத்துக்கள்</b>
1.	பங்கேற்பாளர்களுக்கு இடையே பாதுகாப்பான தூரத்தைப் பேணுதல்.			
2.	கரண்டியை (Spoon) பாதுகாப்பாகப் பிடிக்குமாறு பங்கேற்பாளர்களுக்கு அறிவுறுத்தல்.			
3.	மோதல்களைத் தவிர்க்க சுற்றுப்புறம் குறித்து விழிப்புடன் இருக்க ஊக்குவித்தல்.			
4.	கரண்டியில் எலுமிச்சையைச் சமநிலைப்படுத்த பயிற்சி செய்ய அனுமதித்தல்.			
5.	பங்கேற்பாளர்கள் அமைதியாகவும் கவனமாகவும் இருக்குமாறு அறிவுறுத்தல்.			
6.	அனைத்து பங்கேற்பாளர்களும் நிகழ்வு விதிகள் மற்றும் வழிமுறைகளைப் பின்பற்றுவதை உறுதி செய்தல்.			
<b>G.</b>	<b>சறுக்கு மரம் ஏறுதல்</b>	<b>ஆம்</b>	<b>இல்லை</b>	<b>கருத்துக்கள்</b>
1.	மரம் பொருத்தமான உயரத்தில் இருப்பதையும், பாதுகாப்பாக நடப்பட்டிருப்பதையும் உறுதிப்படுத்தவும்.			
2.	கொழுப்பு (Grease) பூசுவதற்கு முன்பு, மரத்தில் ஏதேனும் சேதங்கள் அல்லது பலவீனங்கள் உள்ளதா எனப் பரிசோதிக்கவும்.			
3.	நச்சுத்தன்மையற்ற, உயிரியல் ரீதியாக சிதையக்கூடிய (biodegradable) கொழுப்பை பயன்படுத்தவும்.			
4.	அதிகப்படியான அளவு இல்லாமல், கொழுப்பை மரம் முழுவதும் சமமாகப் பூசவும்.			
5.	மரத்தின் அடிப்பகுதியைச் சுற்றி பாதுகாப்புத் தடைகள் அல்லது மெத்தைகளை (padding) அமைக்கவும்.			
6.	கீழே விழுந்தால் காயம் ஏற்படுவதைத் தவிர்க்க, ரப்பர் குஷன்கள், மெத்தைகள் அல்லது காற்று நிரப்பப்பட்ட மெத்தைகளைத் தயார் நிலையில் வைக்கவும். இவை ஏதுமில்லை எனில், வைக்கோல் அல்லது மரத்தூள் போன்ற மென்மையான பொருட்களைப் பயன்படுத்தவும்.			
7.	பங்கேற்பாளர்கள் கவனக்குறைவாக ஏறுவதையும், ஒருவர் மேல் ஒருவர் ஏறுவதையும் தவிர்க்கவும்.			
8.	வழிகாட்டுதலுக்கும் பாதுகாப்புக்கும் கண்காணிப்பாளர்களை (spotters) நியமிக்கவும்.			
9.	பாதுகாப்பான தூரத்தில் தடுப்புகளை அமைப்பதன் மூலம் கூட்டத்தை முகாமைத்துவம் செய்யவும்.			
<b>H.</b>	<b>கயிறு இழுத்தல் போட்டி</b>	<b>ஆம்</b>	<b>இல்லை</b>	<b>கருத்துக்கள்</b>
1.	கயிறு (The Rope)			
1.1	பங்கேற்பாளர்களின் எண்ணிக்கை மற்றும் போட்டியின் தன்மைக்கு ஏற்ற வலுவான கயிற்றைப் பயன்படுத்தவும்.			
1.2	கயிற்றில் தேய்மானம், முடிச்சுகள் அல்லது பிற சேதங்கள் இல்லை என்பதை உறுதிப்படுத்தவும்.			

2.	இழுக்கும்போது ஏற்படும் விசையைத் தாங்கும் வகையில், கயிறு ஒரு மரம் அல்லது தூண் போன்ற நிலையான பொருளில் பாதுகாப்பாகக் கட்டப்பட்டிருப்பதை உறுதி செய்யவும்.			
3.	அபாயகரமான பொருட்கள் இல்லாத, பாதுகாப்பான புல்வெளித் தரையில் விளையாடவும்.			
4.	முறையான கயிறு இழுக்கும் நுட்பங்கள் குறித்து பங்கேற்பாளர்களுக்கு விளக்கமளிக்கவும்.			
5.	வழுக்குவதைத் தவிர்க்க பங்கேற்பாளர்கள் பொருத்தமான பாதணிகளை அணிந்திருப்பதை உறுதி செய்யவும்.			
6.	போட்டியில் பங்கேற்பதற்கு முன் உடல் வெப்பமூட்டும் (warm-up) மற்றும் தசை இளக்கப் (stretching) பயிற்சிகளைச் செய்யச் சொல்லவும்.			
<b>I.</b>	<b>சாக்கு ஓட்டம்</b>	<b>ஆம்</b>	<b>இல்லை</b>	<b>கருத்துக்கள்</b>
1.	ஓடும் பாதையில் தடைகள், கற்கள் அல்லது பிற ஆபத்துகள் இல்லை என்பதை உறுதிப்படுத்தவும்.			
2.	ஓடும் தரைப்பகுதி சமமாகவும் மென்மையாகவும் இருப்பதை உறுதி செய்யவும்.			
3.	கிழிசல்கள் அல்லது குறைபாடுகள் இல்லாத உயர்தர சாக்குகளைப் பயன்படுத்தவும்.			
4.	சாக்குகள் பங்கேற்பாளர்களுக்கு ஏற்ற அளவு மற்றும் நிறையில் இருப்பதை உறுதி செய்யவும்.			
5.	போட்டிக்கு முன் உடல் வெப்பமூட்டும் பயிற்சிகள், விதிகள் மற்றும் பாதுகாப்பு வழிமுறைகளை வழங்கவும்.			
6.	தொடக்கக் கோட்டை அடையாளக் குறியீடுகள் (cones/markers) கொண்டு தெளிவாகக் குறிக்கவும்.			
7.	ஓட்டத்தின் போது பங்கேற்பாளர்கள் ஒருவருக்கொருவர் பாதுகாப்பான தூரத்தைப் பேணுவதை உறுதி செய்யவும்.			
8.	காயங்களைத் தவிர்க்க போட்டிக்குப் பிறகு உடல் தணிப்பு (cool-down) பயிற்சிகளை ஊக்குவிக்கவும்.			

## ANNEXURE IV

### Check list to ensure safety from injuries and acute medical conditions while organizing sporting events during festival season, Sri Lanka

#### General guidelines

	Description	Yes	No	Remarks
1.	<b>Fitness Examination</b>			
1.1	<b>Pre-Event Training</b>			
1.1.1	Participants in long-duration events (marathons, cross-country runs, cycling) have trained for at least 6 weeks under supervision.			
1.2	<b>Pre-Event Health Checks</b>			
1.2.1	Participants in moderate or high-intensity events (e.g., marathon, cycling, swimming 800m+) have undergone a health assessment using Pre Competition Medical Assessment (PCMA) Questionnaire at least 1 week before the event.			
	All competitors completed the Physical Activity Readiness Questionnaire (2024 PAR-Q+).			
1.3	<b>Medical Clearance</b>			
1.3.1	Participants with known medical conditions have submitted a clearance certificate from their regular healthcare provider.			
1.4	<b>Hydration and Nutrition</b>			
1.4.1	Participants encouraged to maintain proper hydration and nutrition before, during, and after the event.			
2.	<b>Safety of Environment</b>			
2.1	<b>Venue Inspection</b>			
2.1.1	Venue inspected for hazards such as uneven terrain, obstacles, inadequate lighting.			
2.1.2	No signs of Air pollution			
2.2	<b>Security Measures</b>			
2.2.1	Security measures in place to prevent unauthorized access and manage crowds.			
2.2.2	Emergency exits clearly marked and easily accessible.			
3.	<b>Safety of Equipment</b>			
3.1	<b>Equipment Inspection</b>			
3.1.1	All sporting equipment inspected for safety and functionality before use.			
4.	<b>First Aid and Emergency Care</b>			
4.1	<b>On-Site Medical Facilities</b>			
4.1.1	First aid stations established at strategic locations.			
4.1.2	Trained first aid personnel with Basic Life Support (BLS) skills available.			

4.2	<b>Communication Systems</b>			
4.2.1	Efficient communication systems implemented for emergency response.			
4.2.2	A centralized communications center has been designated for coordination.			
4.2.3	Emergency contact numbers (local hospital, ambulance, fire brigade, police) displayed at the venue.			
4.2.3	Mechanism established for direct communication with the nearest hospital.			
4.2.5	All organizing committee members have access to emergency information.			
5.	<b>Transportation to Hospital</b>			
5.1	<b>Emergency Transport</b>			
5.1.1	Dedicated vehicle(s) available for transporting injured/ ill participants to medical facilities.			
5.1.2	There is at least one vehicle that can comfortably transport the injured person without bending their back.			
5.1.3	Communication established with local hospitals for early emergency notification			
5.2	<b>Emergency Contacts</b>			
5.2.1	Emergency contact list shared with all staff members.			
6.	<b>Weather Considerations</b>			
6.1	<b>Weather Monitoring</b>			
6.1.2	Weather condition is monitored before and during the event (heat, rain, air pollution).			
6.1.2	Contingency plan is in place for rescheduling due to adverse weather.			
6.2	<b>Heat Guidelines</b>			
6.2.1	Hydration stations and shaded rest areas provided.			
6.2.2	Long-duration events such as marathons, cross-country runs, cycling start before 7:00 am.			
7.	<b>Participant Education</b>			
7.1	<b>Pre-Event Briefings</b>			
7.1.1	Participants informed about safety regulations, emergency procedures, and reporting injuries.			
7.1.2	Informational materials on safety guidelines distributed.			
7.1.3	Participation under the influence of alcohol strictly discouraged.			
7.2	<b>Health Education</b>			
7.2.1	Awareness provided on maintaining health, fitness, and recognizing sports-related injuries.			

8.	<b>Monitoring and Evaluation</b>			
8.1	<b>Communication with Medical Authorities</b>			
8.1.1	Area Medical Officer of Health (MOH) informed about safety plans and contingency measures.			
8.2	<b>Incident Reports</b>			
8.2.1	Incident reporting mechanism in place.			
8.2.2	Detailed reports on injuries or emergencies compiled and submitted to MOH within one week.			
8.3	<b>Post-Incident Debriefing</b>			
8.3.1	Debriefing conducted to evaluate safety measures.			
8.3.2	Feedback collected from participants, volunteers, and security personnel.			
8.3.3	Identified areas for improvement incorporated into future event planning.			

## Specific guidelines – Event Safety Checklist

	Description	Yes	No	Remarks
<b>A.</b>	<b>PILLOW-FIGHTING</b>			
<b>1.</b>	<b>Participant Guidelines:</b>			
1.1	Enforce rules on fair play and discourage overly aggressive behavior.			
1.2	Conduct a basic health check for participants to identify pre-existing conditions.			
1.3	Exclude participants with a recent history of head, neck, and spinal injuries or ongoing treatment.			
1.4	Require medical advice for those with past head, neck, or spinal injuries.			
<b>2.</b>	<b>Side Posts and Center Pole:</b>			
2.1	Ensure the side posts and center pole are undamaged and strong enough to support the weight of the players.			
2.2	Securely anchor the side poles.			
2.3	Maintain a maximum height of 2 meters from the floor to the center pole.			
<b>3.</b>	<b>Landing Area:</b>			
3.1	Provide a cushioned landing area using rubber cushions, mattresses, thick foam, or inflatable mats.			
3.2	Avoid using sand, gravel, or wood chips.			
3.3	Regularly inspect and maintain the landing area.			
3.4	Encourage proper landing techniques to distribute impact.			
<b>4.</b>	<b>Pillows:</b>			
4.1	Ensure the maximum weight of each pillow does not exceed 650g.			
4.2	Use soft, non-hazardous materials for the pillow cover.			
4.3	Fill pillows with soft, lightweight materials such as cotton or foam, avoiding hard or sharp objects.			
4.4	Regularly inspect and replace damaged pillows.			
4.5	Keep extra pillows available for replacement.			
<b>5.</b>	<b>General:</b>			
5.1	Match participants based on age and weight.			
5.2	Clearly mark boundaries to keep spectators at a safe distance.			
5.3	Position strong individuals on either side of the posts to assist falling participants.			
<b>B.</b>	<b>CROSS COUNTRY RUNNING</b>	<b>Yes</b>	<b>No</b>	<b>Remarks</b>
1.	Set up hydration stations at every kilometer.			
2.	Ensure medical teams are present with supplies for dehydration, heat exhaustion, and minor injuries.			

3.	Provide shaded rest areas with water, electrolyte drinks, and medical supplies at various points along the route so that runners can rest and recover when needed.			
4.	Encourage the use of sunscreen, hats, and breathable clothing.			
5.	Take necessary steps to issue sunscreen at the registered location for those who forgot to bring it.			
6.	Start the competition at around 7:00 am to minimize exposure to extreme heat as much as possible.			
7.	Closely coordinate with local authorities and Sri Lanka Police for traffic control, using cones and signage.			
8.	Offer post-event medical support and hydration at the finish line.			
9.	Educate participants on hydration, pacing, and heat illness prevention.			
<b>C.</b>	<b>CYCLING EVENT</b>	<b>Yes</b>	<b>No</b>	<b>Remarks</b>
1.	Select roads with minimal traffic, good road conditions, and adequate space for cyclists			
2.	Identify and mark hazardous areas such as sharp bends, potholes, and steep slopes			
3.	Coordinate with the police for traffic management and road closures where necessary			
4.	Use cones, barriers, and signage to clearly mark the route and guide cyclists			
5.	Position volunteers at road crossings and junctions to prevent accidents			
6.	Deploy mobile medical teams and ambulances along the route for emergency response			
7.	Set up hydration stations at regular intervals to prevent dehydration			
8.	Ensure medical teams are equipped to handle dehydration, heat exhaustion, and minor injuries			
9.	Monitor weather forecasts and avoid organizing events during extreme heat or heavy rain conditions			
10.	Provide shaded rest areas and cooling zones for cyclists			
11.	Schedule the event to start early (preferably before 7:00 AM) to minimize heat exposure			
12.	Ensure that participants have undergone the necessary medical screening before registering.			
13.	Mandate the use of helmets, gloves, and appropriate cycling attire			
14.	Categorize participants based on age and experience to ensure safety			
15.	Inspect bicycles to ensure brakes, tires, and reflectors meet safety standards			
16.	Provide rehydration drinks and light snacks to aid recovery			

17.	Establish a clear communication plan for emergencies and withdrawal procedures			
18.	Keep medical teams available post-event for delayed injury assessments			
<b>D.</b>	<b>SWIMMING EVENTS</b>	<b>Yes</b>	<b>No</b>	<b>Remarks</b>
1.	Conduct a safety assessment of the swimming location.			
2.	Ensure water quality meets local safety standards.			
3.	Participants must provide proof of their swimming abilities.			
4.	Collect emergency contact and medical condition details.			
5.	Assign trained lifeguards with flotation devices and rescue tools.			
6.	Ensure support boats have life jackets and first aid kits.			
7.	Mark the course with buoys and hazard warnings.			
8.	Limit personal supporters to avoid overcrowding.			
9.	Before and during the event, monitor weather conditions and establish contingency plans.			
10.	Conduct a mandatory safety briefing before the event.			
<b>E.</b>	<b>ROWING EVENTS</b>	<b>Yes</b>	<b>No</b>	<b>Remarks</b>
1.	Assess the rowing location for hazards such as underwater obstacles, strong currents and dangerous animals such as crocodiles, or obstructions.			
2.	Ensure boats are in good condition and equipped with life jackets for all participants.			
3.	Require participants to wear personal flotation devices (PFDs) at all times.			
4.	Clearly mark the rowing course and hazardous areas.			
5.	Assign trained lifeguards and support boats with safety equipment.			
6.	Limit personal supporters to prevent interference.			
7.	Monitor weather and prepare for adverse conditions.			
8.	Conduct a safety briefing covering emergency procedures and navigation rules.			
<b>F.</b>	<b>LIME AND SPOON RACE</b>	<b>Yes</b>	<b>No</b>	<b>Remarks</b>
1.	Maintain a safe distance between participants.			
2.	Instruct participants to hold the spoon securely.			
3.	Encourage awareness of surroundings to avoid collisions.			
4.	Allow practice balancing the lime on the spoon.			
5.	Advise participants to remain calm and focused.			
6.	Ensure all participants follow event rules and instructions.			

<b>G.</b>	<b>CLIMBING THE GREASY POLE</b>	<b>Yes</b>	<b>No</b>	<b>Remarks</b>
1.	Ensure the pole is of appropriate height and securely anchored.			
2.	Inspect the pole for damages and weaknesses before applying grease.			
3.	Use non-toxic, biodegradable grease.			
4.	Apply grease evenly without excessive amounts.			
5.	Set up safety barriers or padding around the base.			
6.	To prevent injury in the event of a fall, provide a landing area with a rubber cushion or mattress, or air-filled mattress, or if none are available, a soft material such as straw or wood dust.			
7.	Prevent reckless climbing behavior and piling of participants.			
8.	Assign spotters for guidance and safety.			
9.	Manage the crowd by erecting barriers at a safe distance.			
<b>H.</b>	<b>TUG-OF-WAR EVENT</b>	<b>Yes</b>	<b>No</b>	<b>Remarks</b>
1.	The Rope			
1.1	Use a strong and sturdy rope that is appropriate for the number of participants and the level of competition			
1.2	Ensure the rope is free from fraying, knots, or other signs of damage			
2.	Make sure it is securely tied to stable and immovable objects, such as a pole or tree, to withstand the force applied during pulling.			
3.	Play on a safe, grass-covered surface without hazardous objects.			
4.	Brief participants on proper tug-of-war techniques.			
5.	Ensure participants wear appropriate footwear to prevent slipping.			
6.	Require warm-up and stretching exercises before participation.			
<b>I.</b>	<b>SACK RACE</b>	<b>Yes</b>	<b>No</b>	<b>Remarks</b>
1.	Make sure the running area is free of obstacles, rocks, or other hazards.			
2.	Ensure that the running surface is flat and smooth			
3.	Use high-quality sacks without tears or defects.			
4.	Ensure sacks are the appropriate size and weight for participants.			
5.	Conduct warm-ups, competition rules, guidelines and safety briefings before the race.			
6.	Mark a clear start line with cones or markers.			
7.	Ensure participants maintain safe distances during the race.			
8.	Encourage post-race cool-down activities to prevent injuries.			

