

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: SPORTS BRANCH
CHHATRASAL STADIUM: MODEL TOWN: DELHI - 110009

No. DE 41/ Sports/ 2011/ 19318-68
CIRCULAR


Dated: 16/1/12

Subject : Guidelines for safe and smooth organization of sports competitions / tournaments.

It has been observed that various sports competitions and events are organized at various levels such as School, Zone and District besides at state and national level. There is every possibility that incidents of participants' meeting with some untoward situation might occur. All the Heads of the schools; zonal and inter-zonal sports and physical activities organizers and all such sports and physical activities organizing bodies are required to undertake the following measures, before hand, to avoid any kind of injury or mishappening during the conduct of the sports and games activities.

1. The students should be advised in clear terms that no student with any physical ailment, past health history of serious illness will be allowed to participate in games / sports activities; especially those games which require stamina and strength.
2. The PETs and all such teachers / officials associated with the conduct of the games will allow only such students to participate in competitions / tournaments who have played regularly in the school for quite some time. The students who are participating in sports and games activities for the first time at any level, should submit general medical certificate.
3. Declaration from the parents / guardians of the participants that their wards do not have any know serious disease may be obtained before allowing the students to participate.
4. All the participants should preferably participate in proper sports kit or any proper clothing such as half pants, shorts etc. which are suitable for the activity and use protective gears in dangerous games.
5. The participants should be counseled that they should stop immediately as and when they feel exhausted / fatigued or any kind of pain in chest and they should stop or discontinue the activity immediately if they feel uneasiness in breathing and inform the officials present on the spot.
6. It must be told to the participants that they should do some warm up exercise before actually starting games / sports activity. Similarly, they should continue to do some light exercise such as jogging for a few minutes after finishing the activity and keep drinking water before, during and after the activity. They should keep them fully hydrated.

7. It should be ensured that the participants are not empty stomach while doing any activity they should take some light refreshment before the activity, however the students should avoid heavy meal or have atleast a gap of 3 hours before the activities.
8. Proper arrangement of First Aid / Medical kit should be made at the venue itself along with deployment of teachers trained for the purpose of administering first aid. If no one is available in the school, arrangements may be done from nearby schools / NGOs.
9. Telephone numbers of nearest hospitals / doctors should be properly displayed on charts / placards for seeking immediate help without wastage of time.
10. Availability of glucose powder and drinking water should be ensured at the venue itself. A glass of glucose water should be given to drink to participants of race etc. before activity.
11. Presence and participation of all the officials / teachers should be ensured at the venue for help in case of any exigency. Activity should be performed in the presence of trained physically trainer or teachers / officials.
12. Availability of some four wheeled vehicle with driver at the venue should be ensured for use at once. The gate and passage should be kept clear for the vehicle in case of emergency.
13. In case of medical emergency, the HOSs must immediately call CATS Ambulance on Phone No. 1099 for shifting the suffering person to the hospital / Trauma centre.
14. The organizers of sports and physical activities should take every possible step, in the interest of the players, to ensure safe and smooth organization of sports and games competitions / tournaments.
15. Student players also required to familiarize themselves with the rules & regulations before starting the game.


(SATPAL)
Addl. Director of Edn. (Sports)

Copy to the following for information and necessary action to :

1. All RDE's
2. All District DDEs
3. All ADEs
4. All EOs
5. All SPEs
6. All HoS of Govt.; Govt. Aided and private recognized unaided schools (through DelE)
7. PS to Director of Education
8. Guard File
- ✓9. O.S. (IT) with the request to place the circular on website.