



MULTI-SPORT HOLIDAY CLUB

SKILLS FOR EVERY SPORT, CONFIDENCE FOR LIFE
FOR 8-11 YEAR OLDS

11. Physical Activity & Sports Safety Policy

Safety Measures

- Warm-ups and cool-downs
- Age-appropriate activities
- Regular breaks

Consider

- Weather (Sun Protection, indoor and outdoor options)
- Risk Assessments
- Hydration
- Reduce Intensity
- Regular breaks