

## The Ultimate Checklist for a Safe and Successful Sports Day in Schools

### Introduction

Sports day is a highlight in the school calendar for both students and teachers. It's an exciting way to bring parents, teachers and children together for an active, fun day.

According to BBC Newsround, the most popular sport in UK sports days is sprinting (18%), followed by relay races (13%) and hurdles (12%).

Suggested events to include:

- Egg and spoon race
- Long jump & high jump
- Discus, shot put & javelin
- Sack race
- Skipping race
- Three-legged race
- Wheelbarrow race
- Tug of war
- Teachers race

### Venue Safety

- Ensure your PE equipment has a valid annual inspection certificate.
- Conduct a safety walkthrough on the day of the event.
- Use a checklist to assess all PE and sports equipment.
- Book an inspection if your current one is outdated.

## **Weather Assessment**

- Store sports equipment in weatherproof locations leading up to the event.
- Check the weather forecast a week in advance.
- Prepare for rain or sun with gazebos or tents.
- Provide shaded areas for attendees.

## **Hydration and Nutrition**

- Encourage students to bring water bottles.
- Provide light snacks like bananas or orange slices.
- Ensure balanced school lunches are provided beforehand.
- Remind students to hydrate frequently throughout the day.

## **Prep and Reset**

- Lead a group warm-up session before the events.
- Make it fun - include music and dynamic movements.
- Organise a cool-down session after the activities.
- Emphasise muscle recovery and hydration.

## **Final Tips for Success**

- Do a final walkthrough of all event areas.
- Set up a drink station with refills available.
- Prepare your music and warm-up routine.
- Have a first aid plan and team on standby.
- Don't forget to have fun - and warm up for the teachers race!