

Research on Prevention Measures and Handling of Accidental Injuries in School Sports Competitions

Jianfeng Ding

Shenmu Vocational and Technical College, Shaanxi Shenmu 719300

Abstract: In order to prevent the frequent occurrence of this problem, reduce the cases of disputes within the school and relieve the psychological pressure of physical education teachers, this paper, combined with practical thinking, firstly briefly analyses the prevention countermeasures of accidental injuries in school sports competitions, and secondly elaborates the handling methods of accidental injuries in school sports competitions. Through these two measures, the occurrence of sports competition accidents can be avoided, so that teachers can implement their job responsibilities and reduce disputes in schools.

Keywords: School; Sports competition; Accidental injury accident; Prevention countermeasures; Handling

1. Introduction

Accidental injuries in school sports competitions can occur for a variety of reasons, which may exist in terms of facilities or at the level of safety standards for venues and equipment, but regardless of where they occur, they can have an impact on the safety of students. Therefore, this paper does not prevent the occurrence of accidents in this area. It is necessary to ensure that physical education teachers have the foresight to do their job and prevent students from being physically injured, so that students can exercise their bodies in sports competitions and achieve the goal of improving their physical ability.

2. The School Sports Competition Accidental Injury Prevention Measures

2.1 Good Management of Sports Facilities

For sports competitions in schools, there is a great potential for problems to occur and most of them are related to sports facilities. Therefore, from the school's perspective, more attention should be paid to the procurement of sports facilities. Firstly, schools must purchase sports facilities that meet national standards to prevent quality problems that could affect the safety of students. In turn, procurement staff must liaise with manufacturers to control the quality of the facilities. At the same time, as this facility is a consumable product, it needs to be reasonably maintained and inspected during use so that supervisors can identify problems in the first instance, co-ordinate with the manufacturer after the sale, and allow the logistics and security departments to include this part of the work in their own management, thus ensuring that no problems occur during the use of the sports facilities.

Secondly, the supervision of the gymnasium should be strengthened. A rigorous management system should be applied to regulate students' sporting behaviour so that they are not allowed to play and play when they enter the hall, but are accompanied by the student council and teachers to use dangerous equipment such as barbells and shot-puts. This will then reduce the number of safety accidents and keep students from falling on the smooth surface. The students should warm up before the exercise to build a good foundation for the exercise in order to prevent problems such as strains and to reduce the injuries caused to the students.

Finally, safety signs can be set up well so that students can understand the content of the activity, the precautions and the instructions for using the learning equipment when performing each activity. They can learn the rules of the sport so that they can use the equipment without problems. Safety signs can also be placed on dangerous equipment as well as in the area to warn students and prevent accidents in sports competitions.

2.2 Develop a Safety Education Programme

Some students have a low level of safety awareness when performing sports activities, and because of their lack of self-knowledge, they only possess enthusiasm for sports activities and are unable to understand the true meaning of sports competition activities. Therefore,

students should be led by their teachers to warm up before the start of each lesson, not saving this part of the lesson to prevent problems during their exercise.

At the same time, students' theoretical knowledge should be enriched so that they can apply this part in the practical process, so that they can fully grasp the knowledge of physical education so that they can integrate it into sports competitions in order to obtain excellent results, so that they can truly understand the importance of physical exercise in a meaningful way and stimulate their interest in learning physical education courses.

In addition, the content of sports knowledge should be increased outside of PE lessons so that students can grasp real cases of accidents in sports competitions and so that teachers can use trivia to make it clear to students how they should go about exercising and how they can protect themselves.

2.3 Rationalising Physical Activity

Through the confirmation of the physical education programme, the sporting competition model is reformed to reduce the risks that may be encountered during the sporting process, so that teachers use instructive physical education methods to assist students in completing their exercise and to solve some problems in the sporting competition segment. Firstly, it is important not to increase the pressure on students, but to enable teachers to communicate with students in a timely manner, to allow students to dress correctly in class, and to rehearse each competition before it starts, so that students are aware of the process and can warm up and exercise smoothly.

Secondly, students should not be overloaded in order to prevent injuries caused by the sport. It is also possible to reduce the safety risks of students in the process of sports, so that students can learn how to deal with accidents when they encounter them, to develop emergency handling precautions for students to strictly comply with and to carry out medical examinations of students before the sports competition is carried out, to ensure that the physical quality of students participating in the competition is qualified.

3. The School Sports Competition Accidental Injury Handling Methods

3.1 Doing Forensic Work at the Scene

If a student is accidentally injured during a sports competition in school. Teachers should retain the scene within the first hour, do forensic work and isolate this area to prevent any students from being injured again.

Firstly, if a student is injured or in poor health, report the incident to the head of the school and contact the student's parents so that the relevant people can be informed.

Secondly, data on accidents during the competition should be collated so that teachers can take responsibility and students can assist each other and follow the teacher's instructions, so that those involved can understand the cause of the accident and use the report to confirm when the student was injured, which student was injured, how badly, where the accident occurred and what the cause was. In this way, emergency handling can be done to reduce the secondary impact factors in sports competitions. On-site inspection can also be used to keep the evidence in photographs to increase the assistance in the subsequent accident handling process ^[1].

3.2 Simplify Accident Handling Procedures

Analysis is based on the severity of the accident and, in the first stage, a report can be generated to confirm the condition of the injured person, who, when and why. A preliminary determination is made as to whether the student has suffered an accidental injury as a result of a sporting competition. If the student has been injured, a cold water rinse may be used to clean the wound and, after completing a simple dressing, confirm whether medical attention is required depending on the situation^[2].

In the second stage, the scene should be treated so that staff can reach the scene in a short time so that they can analyse the situation in the context of the situation and prevent the spread of risk factors or the impact on the safety of students. Where possible, photographs can be taken to increase evidence in the follow-up process. It is also important that teachers check for injuries promptly. If the student is able to move around on his or her own, he or she should be accompanied by a student or teacher to the infirmary ^[3].

For example, depending on the student's injuries, observe the state of the wound so that witnesses and the person can explain the situation in detail and confirm whether there is a fracture. If the situation is urgent, call an ambulance and transport the injured person in a reasonable manner. In addition, a headcount of the injured students is required. If there are a large number of injured students at the scene, the condition of each student needs to be recorded, the presence of broken railings, broken glass, etc. needs to be verified, and the safety of the scene needs to be taken into account so that parents can enter the school in time.

In the third stage, if the consultation process is underway, the nearest doctor should be consulted and if there is a need for surgery, the guardian needs to be allowed to arrive at the hospital within the first hour to sign. If there is a situation where the guardian is unable to be present, the teacher needs to obtain permission from the parents to sign on their behalf^[4].

3.3 Implementing Legal Liability

Distinguish between the types of sports competition accidents and confirm whether the injury is due to another person. Understand the priority of the matter in order to coordinate the parties involved and ensure that they can reconcile. If there is a dispute in the process, apply to the head of the school or the education department to request a more senior leader to deal with the matter, but always reassure the injured student as well as his or her parents^[5].

At the same time, parents should be assisted in obtaining personal accident insurance for students through the implementation of legal liability, and in the event of death, claims should be made. In the event of a major accident, the injured student and other students in the school can be reassured in the first instance to avoid the adverse effects of the accident.

4. Conclusion

To ensure the smooth running of sports competitions in schools, a programme of accident prevention and treatment should be developed to prevent students from being injured during sports. The teachers should be guided by the principle of "prevention first, handling second", do a good job of repairing and inspecting the competition equipment, avoid playing in special weather, choose a suitable time and place for students to participate in sports competitions, so that the current form of sports can be enriched and students' enthusiasm for sports can be stimulated.

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About the author:

Jianfeng Ding (1985.9), male, Han nationality, born in Shenmu, Shaanxi Province undergraduate teaching assistant. Main research directions: Physical education & sports training.

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