

# Safety in sports




Yakinthos Soumplis, T4E Physical Education

Marianthi Alexandropoulou, Ambassador T4E Secondary Education in Corfu





**The students  
Anastasia Politi  
Fedra Tyhirou Anyfanti**

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- Sport is a part of our lives. It plays an important role in the proper physical and mental development of children and adolescents.
  - Through sports, one can acquire not only excellent physical condition but also a sports spirit of noble rivalry and teamwork.
  - Of course, where there is increased physical activity, there is a greater chance of an accident.
  - In addition, in today's society there is more pressure for discrimination. Especially in sports, this pressure often results in fierce and irrational competition, which increases the chances of an accident.



**So by following some simple rules, we can significantly reduce sports accidents.**

# Suitable sports area and suitable conditions

- Check the place where we train and make sure that it is suitable for the sport we follow and that it has the right infrastructure.
- The sports area must be properly fenced for the safety of both athletes and spectators.
- In all sports venues there must be a person responsible for the immediate provision of First Aid.
- Be sure that the training is done by specialized coaches and that at a young age there is always supervision.
- Avoid training in bad weather.



# Appropriate clothing and equipment

- Our clothing must be appropriate for the sport we have chosen. This can protect us from accidents.
- Most sports have their own specialized equipment. We must always use it properly and maintain it. It is right to choose approved equipment and not the cheapest.
- Always cover your head and use sunscreen when exercising for many hours in the sun.
- Wear sunglasses every time we exercise in strong sun.

# Good physical condition and warm-up

- It is important to know our physical condition before starting a sport, even at a young age.
- Warming up in sports is a must for all ages.
- Choose sports suitable for our age and our physical and physical condition.
- Avoid exercise when we are tired, when we have just eaten or when we have consumed alcohol.



# Observance of the rules of each sport

- Each sport has its own rules, which we must follow faithfully, for the safety of ourselves and other athletes.
- It is important for coaches and adults to set a good example and teach young athletes the right athletic behavior and not the aggressive behavior caused by irrational competition between athletes.





# **Violence in sports**



# Violence

- Violence refers to actions of
- aggression and abuse that
- cause or intend to cause
- criminal injury or damage to
- persons, and (to a lesser extent)
- animals and property.



# **Incidents of violence in sports**



# Hooliganism

- Hooliganism refers to the inappropriate and violent behavior of sports fans that leads to the disruption of order. Manifestations of hooliganism are usually considered acts such as abusive behavior on the field during matches, often in a racist mood, aggressive behavior in these areas, intrusions of fans on the field often with violent moods, group clashes of fans on and off the field and killings between supporters of different groups.



# Hooliganism

- The term is often used to describe the behavior of fans in football and basketball matches. This refers to vandalism and group clashes that take place before, during or after a football match, but it is not uncommon for predetermined clashes between fans to take place independently of matches or on the occasion of matches in other sports.

## Victim of hooliganism

- The unfortunate Charalambos Blyonas will go down in history as the first dead consequence of hooliganism in Greek stadiums. Charalambos Blyonas worked as a mathematics teacher. At 29, his life seemed to be on a good trajectory. A few days before his death he had managed to be appointed to SELETE. Also, in the drafts was his engagement to his girlfriend and in fact it is said that was the reason why he was in his home village, Elassona, to arrange the upcoming engagement. Everything seemed rosy, but fate had another purpose for him.

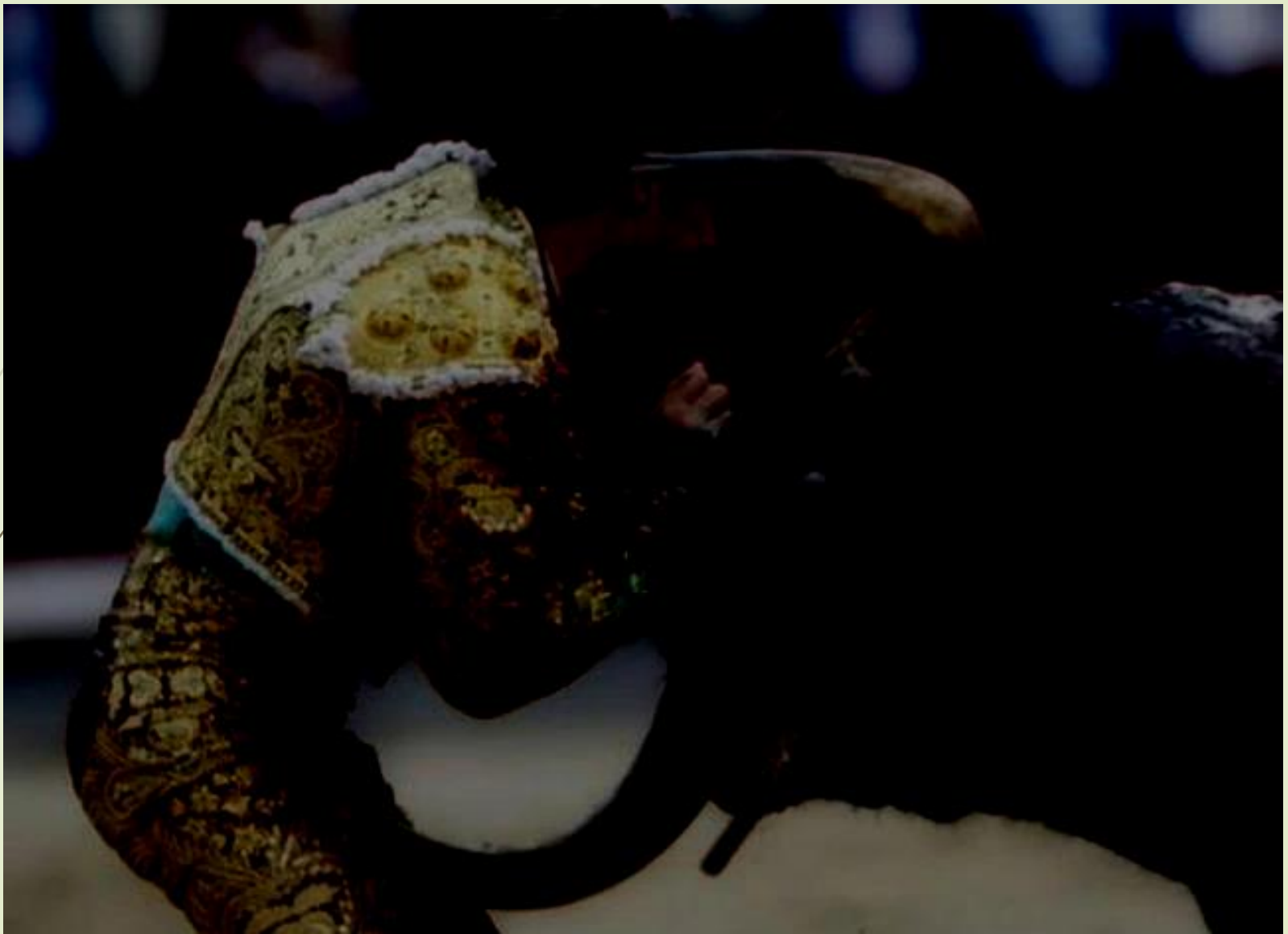


# **Athlete's safety and injury**



# The nailing of the bull to Jose Tomas

- Tomas is considered one of the leading bullfighters in Spain but his close contact with the bulls was not always victorious. The matador was seriously injured a few years ago, when during a bullfight, a 500 kg bull hit him with its horn, causing a wound at least 10 cm deep. The injury was so serious that thanks to his timely transport to the hospital, where he underwent a long operation, he did not die. Despite this being his second serious 'cornada', or goring, in under a month (he was hospitalised after a bullfight in Jerez just two weeks ago), the battered Tomas somehow managed to get back on his feet and kill the bull.
- In recognition of his extraordinary chutzpah, Tomas was rewarded with both ears and the tail of the bull and was later carried out of the ring on a colleague's shoulders - the customary reward for feats of great bravery.



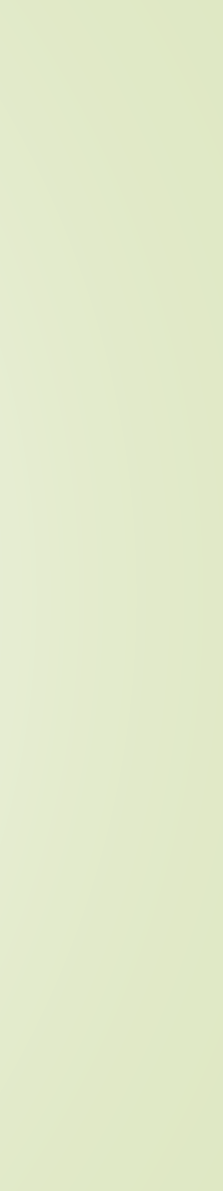
# Heysel's tragedy

- A Champions Cup final is always described as the celebration of football. The one of May 29, 1985 in Brussels, however, went down in history as the final of shame. Shortly before the start of the match, when "Hazel" was full of fans of both teams, those of Liverpool attacked with knives their counterparts of Juventus, with the few police officers unable to react.
- When they tried to leave, they gathered in one part of the stands, causing it to collapse. A tragic result was 39 friends of the "Old Lady" to lose their lives while the injured reached 600. Among the fans who lost their lives was an 11-year-old boy. This particular night was to change the history of English football.
- Following this development, the Prime Minister of the country, Margaret Thatcher, took the big decision to exclude the English teams from the European competitions for the next 5 years, changing the violence in English football once and for all. In fact, her decision was able to create huge dislikes from the Anfield camp with Liverpool fans celebrating when her funeral took place!



# Paulo Diogo's cut finger

- Veteran footballer Paulo Diogo was celebrating in 2004, the third goal he scored for his team Servette Geneve against Schaffhausen when something unpleasant happened. The athlete made the mistake of climbing the protective railings of the podium and without realizing it, his wedding ring became entangled in the irons resulting in the cutting of his finger. But that was not the end of his suffering. With Diogo in obvious pain and distress the game was held up while match stewards took part in a frantic search to retrieve the finger, which did not impress the referee Florian Etter one little bit.
- Despite Diogo's misfortune the 29-year-old midfielder got no sympathy from Etter and was promptly booked by the official for the length of his celebration.
- Diogo's terrible night was capped when surgeons at a Zurich hospital admitted they were unable to re-attach his severed digit and advised the amputation of the remaining stump.





# Networking

- <https://pedtrauma.gr/el/athlitis-mos-me-asfaleia-4/>
- <https://www.sportime.gr/extratime/agenda/charalampos-blionas-to-proto-thima-chouligkanismou-stin-ellada>
- <https://el.wikipedia.org/wiki/>
- <https://www.newsbeast.gr/weekend/arthro/818574/adeheis-na-deis-tous-pio-sokaristikous-traumatismous-ston-athlitismo>
- <https://www.theguardian.com/football/2004/dec/07/newsstory.sport12>
- <https://www.dailymail.co.uk/news/article-1022833/Pictured-The-bloody-moment-matador-gored-bull.html>
- <https://www.onsports.gr/afieromata/story/531775/xeizel-h-mayri-epeteios-toy-telikoy-tis-ntropis-photos-video>