

Prevention and Emergency Plan of Injury Accident in School Physical Education

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ABSTRACT. *With the in-depth development and implementation of students' health education, schools at all levels and more and more parents pay attention to the physical quality of students. More and more students are actively participating in various health activities and extracurricular exercises organized by the school. However, with the development of sports in full swing, the frequency of sports teaching injury accidents in schools at all levels is getting higher and higher. How to protect the personal safety of students is always a high concern of governments at all levels and education departments.*

KEYWORDS: *Physical education, Safety accident, Prevention and emergency plan*

1. Introduction

The school physical education teaching injury accident refers to the accident that occurs in the school's educational and teaching activities or the activities outside the school organized by the school, as well as in the school buildings, sites, other educational and teaching facilities and living facilities that the school is responsible for management, and causes the consequences of personal injury to the students in the school. The original intention of school sports safety education is to help students to exercise and improve their health quality. However, the occurrence of sports safety accidents does not help students to improve their physical quality, but will harm their personal safety and cause irreversible damage to students. At the same time, the occurrence of injury accidents in school physical education is also a very big impact on teachers and schools. How to avoid the occurrence of injury accidents in physical education and health education is an urgent problem to be solved.

2. Prevention of Injury Accidents in School Physical Education

2.1 Strengthen Sports Safety Education

In daily learning, we should implement the idea of safety education, and improve the safety awareness of students and teachers gradually. To make the idea of sports health and safety deeply rooted in the people's mind can be publicized through school radio, bulletin board and other places. Strengthening physical safety education can prevent accidents in advance, so that students can be more vigilant in physical exercise, and prevent the occurrence of safety injury accidents. At the same time, once there is a safety injury accident, students can also make positive measures in time.

2.2 Check the Stadium and Equipment Regularly

Once the school stadium and sports equipment are not checked frequently, a series of accidents will occur in the process of students' physical exercise, which is not conducive to the development of students' physical health activities. Therefore, the school should regularly organize the inspection of stadium and equipment. For the inspection of sports places, it is necessary to pay attention to the safety of places, such as whether the ground has dangerous protrusion, whether the basketball rack is firm, etc. for the inspection of equipment, it is necessary to check the safety degree of equipment to avoid a series of safety accidents caused by the aging of equipment. The school shall timely maintain and manage the sites and equipment with problems in safety inspection

2.3 Teachers Should Improve Safety Ideological Quality

The improvement of teachers' physical safety education quality is an important condition to ensure the

reduction of school physical education injury accidents. The school should strengthen the safety and health education and training for teachers at ordinary times to ensure that teachers can do a good job in safety prevention and improve their professional quality when organizing activities.

2.4 Teachers Should Carefully Prepare for Class

Teachers should carefully prepare for class, improve the sense of safety responsibility, and plan the arrangement of class before class, so as to avoid a series of teaching injury accidents due to inadequate preparation and improper arrangement of teachers. Teachers should make scientific and reasonable exercise means, and prepare healthy exercise activities according to students' physical and psychological quality. For some more difficult and technical sports activities, teachers should do a good job in demonstration, according to the mastery of students, and step-by-step teaching.

2.5 Strengthen Students' Organizational Discipline

In the process of physical health education and exercise, it is necessary to ensure the organizational discipline of students and improve their self-discipline ability, especially for junior students and boys. Many campus sports safety accidents are caused by students' mischief and poor organizational discipline. Therefore, teachers must do a good job in the classroom constraints, to ensure the safety of every student.

3. Emergency Plan for Injuries in Physical Education

3.1 Establish a Fast and Smooth Emergency Access

After the injury has occurred, there should be a fast and smooth emergency access to ensure that the degree of injury is minimized. Usually in the process of campus injury accidents, students are often the first witnesses. At this time, students should react quickly and report the situation to the teacher, who is the first decision-maker in this process. Teachers should pay more attention to it. Those who suffer from serious injuries should be sent to the hospital in time, and the superior departments of the school should be informed at the same time.

3.2 School Physical Education Teaching Injury Accident Needs Legal Guarantee and Support

There are many kinds of reasons that students are injured by accident in the process of physical training. Therefore, the boundaries of the accident identification of student injury are not clear enough. Therefore, departments at all levels should make joint efforts to continuously promote the legal guarantee of campus sports injury accidents, and make specific provisions on the types of injury accidents, responsibility attribution, handling procedures and damages.

3.3 Increase Sports Safety Insurance

Schools should strengthen sports safety insurance. On the one hand, for students, sports safety insurance can reduce the risk of sports. Once there is a safety accident, the insurance company can provide financial support to reduce the financial burden of students' families. On the other hand, for schools, safety insurance can reduce the disputes between students' families and schools, and ensure the normal teaching order of schools.

4. Final Words:

In the process of physical exercise, schools need to be well-prepared in all aspects of preparation, including teachers and students, knowledge and material, psychological and facility preparation. In the process of physical exercise, schools need to do a good job in all aspects of preparation, including teachers and students, knowledge and material, psychological and facility preparation. At the same time, teachers should prepare physical education in advance, and kill the possibility of injury accidents in the cradle. At the same time, once the teaching accident occurs, we should respond in time to minimize the harm.

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