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Less4more

Play Safe! Manual for Feminine Sport Events

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Introduction

The main objective of the project titled Leveraging Sports for Women Empowerment, LESS4MORE is to improve women's participation in sport and thus, gender equality through sport, trying to reduce all kinds of gender discrimination and to empower women through practicing physical activities to a better and ambitious social integration.

In order to achieve this objective, in the project the partners work together to achieve this 2 main outcomes

- a) engage women in regular physical activity through an innovative multidisciplinary indoor/outdoor sport programme that encourage participants to have fun and feel challenged
- b) train women coaches in in a modular cascade training, with the goals that coaches will become experts in the 3 different disciplines and acquire the natural ability to build relationships to support women groups, in this sporting context.

Target groups and project final beneficiaries are

- women, aged 20-45 interested in sport for an active living and socializing, but with fewer opportunities;
- women from disadvantaged groups (minorities, migrants, physically challenged), with the intention of social integration and/or rehabilitation;
- female sport instructors, coaches and social workers lacking awareness, information and coherent education regarding gender issues;
- sports clubs and associations involved in feminine sports;
- local authorities to adopt special plans on women participation in sport;
- governing bodies to adopt a coherent policy for encouraging women participation in sport and physical activities, fighting all types of gender discrimination.

To learn more about project and partners, please visit the official website <https://les4more.eu/>





Purpose of the project and producing the manual

The primary objective behind the establishment of the partnership and the initiation of the project is to address the issue of gender disparity in sport participation, with a particular focus on increasing female participation. Research indicates a significant discrepancy between male and female participation rates in sports activities, highlighting the need for concerted efforts to address this imbalance. Through the collaborative efforts of the project partners, our overall goal is to reduce gender discrimination and promote gender equality by empowering women through active engagement in physical activity, thereby facilitating their social integration and fostering a sense of empowerment.

Moving from a conceptual framework to practical implementation, our core objective is to attract more women to sport by providing them with appropriate opportunities and platforms for participation. In WP2, we have developed a comprehensive manual to prepare coaches for their roles and responsibilities in facilitating women's participation in sport. In addition, we have developed a Train the Trainers Manual (D2.1), a New Game CATCHBALL - Manual of Practicing (D2.2), and a Manual of Sport for Women in Non-sport Organizations (D2.4), all of which serve as complementary resources to support the promotion of women's participation in sport.

As you delve into the content of this manual, it is imperative that you incorporate these resources into your learning plan and use them effectively for the benefit of your community. In addition, we encourage you to explore additional documents produced by our dedicated project teams under Work Package 3, including the Women's Sport Event Management Manual (D3.1), a Play Safe Manual (D3.2), and Guidelines for a National Women's Recreational Sports League (D3.3). By incorporating these resources into your initiatives, you can amplify the impact of the Less4More project and leave a lasting legacy of gender equality and inclusion in sport.

In closing, we wish you success in learning and applying the information provided in this guide. By utilizing the collective efforts and resources made available through this project, we are confident that you will make a significant contribution to advancing the cause of gender equality in sport and promoting women's active participation in sport.



What are the benefits of taking part in sport events for women?

Sport events differ from the experience women can have in grassroots sports practicing times. Benefits of spending free time in a circle of friends while exercising and practicing sport can lead to numerous advantages on personal and societal levels. It is a good opportunity to recall that sports offer holistic benefits that extend beyond physical health, enriching women's lives in various ways. To reach all these benefits, we, the organizers have to make sure that women won't drop out from the programs they have joint before. Taking part in sports events makes the sporting life more complex, more enjoyable, resulting in even more benefits.

Cooperation, teamwork

In sport events teamwork and cooperation are often take place. These skills are essential and applicable in various life scenarios. Being a good team player involves celebrating individual strengths and differences while collaborating as a group to achieve common goals. During sports events teamwork and cooperation empower women, to thrive in various aspects of life.

Effective communication and active listening

These are often emphasized as of teamwork and cooperation. Why are they important for women?

- Women often don't receive recognition for their unique abilities.
- Learning to collaborate helps them value their skills and qualities.
- Increased self-esteem and willingness to work with others result from this experience.

Sport's role in strengthening teamwork and cooperation

- Playing on a sports team, supported by coaches and teammates, develops a personal sense of value.
- Teamwork is demonstrated through cooperation, pooling skills, and achieving collective objectives.
- These skills learned on the field can be applied in school, family life, and even leadership roles.

Breaking the monotony of merely practicing with bringing excitements via taking part in sports events can lead to a much longer period of staying with the sporting community of friend and/or neighborhood. This way, it can offer further benefits beyond physical fitness

Reduced stress and anxiety

- With the combination of practice and taking part in sport events, regular physical activity can help combat stress and anxiety.
- Exercise reduces stress-inducing hormones, such as adrenaline and cortisol, and stimulates endorphins, which enhance mood and overall well-being.



Diverse social connections

- Sport events bring clubs and teams under one roof, spending fun time together with people from various backgrounds, professions, and age groups.
- Such participants share a common enthusiasm for the game, fostering social connections and friendships.

Improved sleep quality

- Engaging in sports can positively impact sleep patterns.
- Regular physical activity promotes better sleep quality and duration¹.

Lower blood pressure

- Consistent exercise through sports contributes to maintaining healthy blood pressure levels.
- It reduces the risk of hypertension and related cardiovascular issues¹.

Enhanced appearance, confidence, and leadership skills

- Sports help manage body weight and improve muscle tone.
- As individuals become fitter, they often experience increased self-confidence and a positive self-image¹.
- Being part of a sports team teaches valuable teamwork, communication, and leadership skills.
- These skills extend beyond the field and can be applied in various aspects of life³.

Positive Mental Health

- Regular physical activity, including sports, positively impacts mental health.
- It reduces symptoms of depression, boosts self-esteem, and enhances overall emotional well-being.





General Remarks and Cautions in Women's Athletic Training

A woman's body is a sensitive biological - psychophysical organism. Physical exercise or sport activity of women must be based on knowledge of diversity and specificity - anatomical, physiological, psychological

Characteristics of women are characterized by a group of women sex hormone estrogen, which plays an important role in the life of women.

Morphological characteristics of women's body contribute greatly to sports opportunities:

1. Female skeleton consists of bones that are slightly shorter, thinner, more porous and brittle than male bones.
2. High flexibility of joints, due to lower strength of ligaments, is manifested especially in extension movements.
3. Women have fewer muscle cells, muscle tissue is softer and more elastic.
4. A woman's heart is smaller than a man's, both in absolute and relative terms, which means that women generally have to work harder and longer.

Therefore, trainers must take into account that women, due to their morpho-functional characteristics, pay more energy for the same work or the same work for a woman can be a work of greater intensity.

➤ **WOMEN SPORTS TRAINING FOR STRENGTH, POWER AND ENDURANCE**

Due to the increased demands for strength, speed and explosiveness at all levels of women's sports, there is a need to strengthen and improve overall strength and endurance through proper training.

Studies have shown that women have less muscle mass and strength in the upper body and are unable to perform can adequately perform complex exercises with the lower body. Therefore, it is necessary to develop and strengthen the upper body first so that the body is proportionally strong to perform complex exercises.

During strength training, it is necessary to activate all available muscle fibers, which requires higher intensity, the use of certain bodybuilding techniques to stimulate physical development of the muscular system. Exempli gratia: the use of plyometric training to prevent knee injuries (anterior cruciate ligament), which are thought to be most common in women who practice sports.

Studies have shown that because women have more slow than fast muscle fibers, they need



more strength training, especially to maintain the form achieved.

In conclusion, when applying strength training to female athletes, coaches should remember to use less than the total load, that upper body strength is lower, that women are susceptible to certain types of injuries, that all types of strength training and force are applicable and their selection will depend primarily on the training goal, competition calendar and available equipment.

Exercise training increases maximal oxygen consumption in women in the same way as in men. This rate of increase can be as high as 30%, depending on age and training.

Research studies show that the most common injuries in women practicing sports are ankle sprain, patella dislocation, sprains and bruises of shoulder, elbow, fingers and knee and injuries of hamstring muscles of thigh. It is believed that the laxity of women's joints is the cause of injury in 40% of cases. The above should be taken into account by trainers when it comes to physical exercise or sports activities of women.

➤ **WOMEN SPORTS TRAINING UNDER SPECIFIC ENVIRONMENT CONDITIONS**

Training and competitions can be held in different environmental conditions, from high to low temperatures, different humidity, air pressure. Adjustment of skeletal-muscle capillary blood vessels to physical effort is worse in women than in men, partly explained by inadequate thermoregulatory adaptation at high body temperature induced by muscular effort.

Training at high temperatures could be problematic. As women have fewer sweat glands, sweating occurs later, with a small amount of sweat secreted. Since, during the continuous work, sweat secretion occurs later in women than in men, highly intense and long-term work at heat poses a risk to the woman:

- in warm conditions, the difference between the skin and the air is reduced, leading to a dry heat loss from the skin;
- in hot humid conditions the possibility of sweating is decreased because the air is saturated with water vapors;
- when the air temperature is above skin temperature (about 35 °C), the body receives heat from the environment. At this temperature athletes fail to regulate the temperature due to lack of sweating, so this is the most dangerous situation, to be avoided.

Regular physical activity contributes to the adaptation of women organism; also carefully repeated exposure to heat conditions leads to adaptation.

Note that women get more dehydrated because they lose proportionately greater amount of water and plasma. Therefore, it is highly necessary that women take more fluid than men, in



warm climate conditions.

Exercising at low temperatures is less taxing on the female thermoregulatory system because the drop in body temperature stimulates vasoconstriction and increased blood flow in the blood vessels. At the same time, women on average have more subcutaneous fat than the average man, so they are better able to work in cold conditions than men.

➤ **WOMEN SPORTS TRAINING AND MENSTRUAL CYCLE**

There is perhaps no greater conflict between female physiology and athletic training than the one that exists between the menstrual cycle and strength and conditioning.

The menstrual cycle is the process by which a woman's body prepares each month for the possibility of pregnancy. The menstrual cycle lasts between 20 and 30 days and consists of two phases:

-The follicular phase. This phase begins with the first day of your period and lasts until ovulation. During this phase of the cycle, estrogen levels rise steadily while progesterone and testosterone levels remain lower.

-The luteal phase. The luteal phase begins with the first day of ovulation and ends with the menstrual period. It brings the peak of a woman's estrogen levels, gradually rising progesterone and a burst of testosterone.

These hormonal fluctuations often cause mood instability, which can have a major impact on an athlete's confidence. Many women experience feelings of anxiety and depression in the middle of their cycle and have difficulty communicating their feelings effectively.

During this phase, women experience a severe depletion in their energy levels and accompanying effects that may include: changes in thermal regulation abilities, uterine and muscular cramps, gastrointestinal symptoms, fluctuations in body composition, decreased neuromuscular skills and spatial awareness.

What should the coach do to overcome this difficult period? Simply adopt a training program that follows the female menstrual cycle, divided into two phases that run parallel to the menstrual cycle:

- the follicular phase will be an anabolic-focused time period, accent would be on strength training, muscle hypertrophy, lactic conditioning and high-intensity interval work
- in the luteal phase, characterized by drastic drops of energy, accent would be on functional movement, working on new skills and engaging in aerobic workout



Importance of first aid in grassroots sport events and competitions

Providing prompt and effective first aid is critical to the safety and well-being of participants. Knowledge of first aid procedures plays an important role in cultivating a safe and inclusive sports atmosphere, especially in grassroots contexts. First aid knowledge and readiness are essential to fostering a safer environment where individuals feel protected and empowered to participate in sports activities without fear of injury or harm. By prioritizing first aid training and preparedness, sports organizations and community groups can promote a culture of safety and inclusivity, ensuring that people of all backgrounds and abilities can participate confidently and without hesitation.

Immediate assistance

- First aid refers to the immediate assistance provided to an injured individual until professional medical treatment is available.
- Its primary goals are to preserve life, alleviate suffering, and prevent further injury.

Sports setting

- In the context of sports, first aid is essential for addressing injuries and accidents that occur during training sessions, matches, or competitions.
- Coaches, officials, and volunteers should be trained in basic first aid procedures.

Common first aid procedures

- Sprains and Strains Immediate application of RICE (Rest, Ice, Compression, Elevation) principles can help manage these injuries.
- Fractures and Dislocations Stabilize the affected area and seek professional medical attention promptly.

Adaptations to the game

- In the context of COVID-19, first aid protocols have been adapted to align with government guidelines and football-specific protocols.
- Clubs and coaches play a vital role in ensuring a safe transition back to enjoying football after pandemic-related disruptions¹.
- addressing biological differences are essential for promoting fairness and inclusion⁵.



Common injuries by sports and their prevention

Football

In women's football, several common injuries can occur due to the physical demands of the sport. Injury prevention through warm-ups, conditioning, and proper technique is crucial for maintaining player health in women's football.

Ligament Strains and Sprains

- Ligament strains involve overstretching or tearing of ligaments.
- Sprains occur when ligaments are twisted or stretched beyond their normal range.
- These injuries often affect the ankles, knees, and wrists.

Fractures

- Fractures can result from high-impact collisions, falls, or awkward landings.
- Common fracture sites include the arms, legs, and collarbone.

Muscle Strains

- Muscle strains occur when muscle fibers are overstretching or torn.
- Hamstring and quadriceps strains are frequent in football.

Contusions (Bruises)

- Contusions are bruises caused by direct impact or collision with another player or object.
- They can occur on various body parts, especially the legs.

Head Injuries and Concussions

- Concussions can result from head-to-head collisions, falls, or impacts with the ball.
- Proper management and assessment are crucial to prevent long-term consequences.

Overuse Injuries

- Repetitive movements and intense training can lead to overuse injuries.
- Conditions like tendonitis **and** stress fractures may develop over time.

Ankle Sprains

- Ankle sprains are common due to sudden changes in direction, uneven surfaces, or player contact.
- Proper ankle support and strengthening exercises are essential.



Preventing injuries in women's football

Prevention is crucial for player safety and performance. A holistic approach that combines training, conditioning, and awareness is essential for injury prevention in women's football.

Injury Prevention Programs

- Implement structured injury prevention programs that include exercises targeting strength, flexibility, balance, and agility.
- These programs can significantly reduce overall injuries and specifically ACL injuries by up to 45%.

Focus on ACL Injury Prevention

- Anterior Cruciate Ligament (ACL) injuries are common in football, especially among women.
- Programs like the FIFA 11+ have been successful in reducing ACL injuries. It emphasizes neuromuscular training, proprioception, and landing techniques.

Proper Warm-Up and Cool-Down

- Always start with a thorough warm-up to prepare muscles and joints.
- After training or matches, cool down with stretching and gentle movements.

Footwear and Equipment

- Ensure players wear appropriate football boots that provide good traction and ankle support.
- Regularly check equipment (shin guards, goalposts) for safety.

Load Management

- Gradually increase training intensity and volume to avoid overuse injuries.
- Monitor player workload and allow sufficient rest and recovery.

Pitch Conditions

- Maintain well-groomed and even playing surfaces.
- Address any hazards (holes, uneven patches) promptly.

Proper Technique

- Teach players correct tackling, heading, and landing techniques.
- Emphasize safe body positioning during challenges.

Nutrition and Hydration

- Proper nutrition supports muscle health and recovery.
- Staying hydrated is essential for preventing cramps and fatigue.

Strength and Conditioning

- Regular strength training helps prevent muscle imbalances and enhances overall fitness.
- Focus on core stability and lower limb strength.



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Education and Awareness

- Educate players, coaches, and parents about injury risks and prevention.
- Encourage reporting of any discomfort or pain.

Injury prevention plays a pivotal role in the Less4More project, which aims to empower women through sport by fostering a safe and inclusive environment for female football players. Recognizing that injuries can hinder both participation and performance, the project places significant emphasis on implementing proactive measures to mitigate injury risks in women's football.

As an integral component of the project, injury prevention strategies are integrated into the training and development programs tailored specifically for female athletes. These programs encompass a holistic approach that combines technical skills training, strength and conditioning exercises, and education on injury prevention protocols. By equipping players with the necessary knowledge and skills to protect themselves from injury, the project aims to enhance their overall safety and well-being on the field.

Moreover, the Less4More project emphasizes the importance of creating a supportive and nurturing environment within women's football teams. This involves promoting open communication channels between players, coaches, and medical staff to facilitate early detection and management of potential injury risks. Additionally, the project encourages the adoption of rest and recovery practices, as well as proper nutrition and hydration strategies, to optimize players' physical resilience and reduce the likelihood of injuries.

Furthermore, the Less4More project seeks to raise awareness among stakeholders in the women's football community about the importance of injury prevention. Through educational workshops, seminars, and outreach initiatives, the project aims to disseminate evidence-based information and best practices in injury prevention to coaches, players, and administrators. By fostering a culture of safety and proactive risk management, the project aims to create a sustainable and inclusive environment where female football players can thrive both on and off the field.

In conclusion, injury prevention is a fundamental aspect of the Less4More project, serving as a cornerstone for empowering women through sport. By prioritizing the safety and well-being of female football players, the project aims to create a supportive and inclusive environment that enables women to reach their full potential in the sport.



Typical injuries in women's catchball

In women's catchball, several common injuries can occur due to the dynamic movements and physical demands of the game. Remember, proper warm-up, conditioning, and technique play a significant role in preventing injuries in women's catchball.

Ankle Sprains

- Ankle sprains occur when the ligaments around the ankle joint are stretched or torn.
- Quick changes in direction, sudden stops, or uneven surfaces can lead to sprains.

Knee Injuries

- The knee is vulnerable to various injuries in catchball.
- ACL (Anterior Cruciate Ligament) tears are common. These occur during sudden stops, pivots, or landing awkwardly.

Muscle Strains

- Hamstring strains and quadriceps strains can result from overstretching or sudden movements.
- Proper warm-up and conditioning are essential to prevent muscle injuries.

Contusions (Bruises)

- Collisions with other players or the ball can cause bruises (contusions).
- These are common on the arms, legs, and torso.

Wrist and Finger Injuries

- Catchball involves catching and throwing the ball, which puts strain on the wrists and fingers.
- Sprains, strains, or even fractures can occur.

Overuse Injuries

- Repetitive movements, especially overhead actions, can lead to overuse injuries.
- Conditions like tennis elbow or rotator cuff tendinitis may develop.

Head and Facial Injuries

- Accidental collisions or impacts with the ball can cause head injuries or facial contusions.
- Proper protective gear is crucial.

Back and Neck Strain

- Twisting, reaching, and sudden movements can strain the back and neck.
- Strengthening exercises and maintaining good posture help prevent these injuries.



Preventing injuries in women's catchball

Injury prevention is crucial for women participating in catchball. A combination of proper preparation, technique, and awareness can help prevent injuries in women's catchball.

Warm-Up and Cool-Down

- Always start with a thorough warm-up to prepare muscles and joints.
- After playing, cool down with stretching and gentle movements.

Proper Technique

- Teach players correct catching, throwing, and movement techniques.
- Emphasize safe body positioning during plays.

Strength and Conditioning

- Regular strength training helps prevent muscle imbalances and enhances overall fitness.
- Focus on core stability and lower limb strength.

Footwear and Equipment

- Ensure players wear appropriate shoes with good traction.
- Check equipment (balls, knee pads) for safety.

Balance and Agility Training

- Incorporate exercises that improve balance and agility.
- These skills enhance stability during quick movements.

Hydration and Nutrition

- Proper hydration supports muscle function and recovery.
- Balanced nutrition contributes to overall health and injury prevention.

Rest and Recovery

- Allow sufficient rest between matches or training sessions.
- Overtraining increases injury risk.

Injury Awareness and Reporting

- Educate players about common injuries and their symptoms.
- Encourage reporting of any discomfort or pain.

Preventing injuries in women's catchball is paramount for ensuring player safety and fostering long-term participation. Implementing tailored warm-up routines, strength and conditioning programs, and proper technique instruction can mitigate injury risks. Additionally, promoting open communication and awareness of injury prevention strategies among players, coaches, and support staff is essential.

By prioritizing injury prevention measures, women's catchball programs can create a safer and more inclusive environment, allowing players to enjoy the sport with reduced risk of injury.



Common injuries in women's beach volleyball

In women's beach volleyball, several common injuries can occur due to the dynamic movements and physical demands of the game. Injury prevention through proper preparation, technique, and awareness is crucial for women's beach volleyball players.

Ankle Sprains

- Ankle sprains occur when the ligaments supporting the ankle joint are stretched or torn.
- They typically happen when an athlete lands awkwardly on the foot after jumping, resulting in a painful and unstable joint.
- To avoid ankle sprains, athletes should wear supportive footwear and place their feet carefully when landing from jumps.

Knee Injuries (ACL, Meniscus)

- Knee injuries are prevalent in beach volleyball, particularly anterior cruciate ligament (ACL) tears and meniscus damage.
- These injuries usually occur when an athlete jumps, lands, or changes direction abruptly.
- Proper conditioning, warm-ups, and learning correct jumping and landing techniques can help prevent knee injuries.

Shoulder Injuries (Rotator Cuff, Strains)

- Shoulder injuries, including rotator cuff damage and strains, are also common in beach volleyball.
- These injuries often result from repeated overhead movements like serving and spiking.
- Athletes can minimize the risk of shoulder injuries by strengthening their shoulder muscles and using proper form when striking the ball.

Hand and Finger Injuries (Sprains, Fractures)

- Hand and finger injuries such as sprains and fractures can occur from contact with the ball or other players.

- Wearing finger supports and practicing proper ball handling techniques can



help prevent these injuries.

Sore Forearms

- The repetitive nature of beach volleyball can lead to soreness in the forearms.
- Proper warm-up, stretching, and forearm strengthening exercises are essential.

Wrist Injuries (Sprains, Strains)

- The wrists are vulnerable during blocking, setting, and spiking.
- Athletes should focus on wrist stability and flexibility to prevent injuries.

Back Injuries (Muscle Strains)

- Quick movements, diving, and jumping can strain the back muscles.
- Core strengthening and maintaining good posture are crucial.

Foot Injuries (Sprains, Fractures)

- Landing on uneven sand can lead to foot injuries such as sprains or fractures.
- Proper footwear and foot placement are essential.

Elbow Injuries (Sprains, Strains)

- Serving and spiking put stress on the elbows.
- Strengthening exercises and proper technique can reduce the risk of elbow injuries.

Sunburn

- Prolonged exposure to the sun during beach volleyball can cause sunburn.
- Use sunscreen, wear protective clothing, and stay hydrated.

Preventing injuries in women's beach volleyball is crucial for sustaining player health and enjoyment of the sport. Incorporating dynamic warm-up routines, targeted strength and conditioning exercises, and technique refinement can reduce injury risks.

Emphasizing proper diving and landing techniques, along with ensuring appropriate footwear and playing surfaces, further enhances player safety.

Moreover, promoting communication among players and coaches regarding injury prevention strategies is key. By prioritizing these measures, women's beach volleyball programs can create a safer environment, enabling players to compete confidently and minimize the occurrence of injuries.



Preventing injuries in women's beach volleyball

Preventing injuries in women's beach volleyball is essential for player safety and performance. A combination of preparation, technique, and awareness is essential for injury prevention in women's beach volleyball.

Ankle Sprains:

- Wear supportive footwear to stabilize the ankle joint.
- Be mindful of foot placement when landing after jumps to avoid sprains.

Knee Injuries (ACL, Meniscus):

- Conditioning and warm-ups are crucial.
- Learn correct jumping and landing techniques to prevent ACL tears and meniscus damage.

Shoulder Injuries (Rotator Cuff, Strains):

- Strengthen shoulder muscles to reduce strain.
- Use proper form during serving and spiking.

Hand and Finger Injuries (Sprains, Fractures):

- Wear finger supports to protect hands and fingers.
- Practice proper ball handling techniques.

Sore Forearms:

- Stretch and warm-up before playing.
- Maintain core strength and cardiovascular fitness.

Wrist Injuries (Sprains, Strains):

- Focus on wrist stability and flexibility.
- Use proper technique during play.

Back Injuries (Muscle Strains):

- Strengthen core muscles to support the back.
- Maintain good posture during movements.

Foot Injuries (Sprains, Fractures):

- Land carefully on the sand to avoid foot injuries.
- Choose appropriate footwear.



Elbow Injuries (Sprains, Strains):

- Strengthen elbow muscles.
- Use proper technique during serving and spiking.

Sunburn Prevention:

- Apply sunscreen to exposed skin.
- Wear protective clothing and stay hydrated.

In the Less4More project, aimed at empowering women through sport, preventing injuries in women's beach volleyball is a key focus area. Recognizing the importance of player safety and well-being, the project integrates comprehensive injury prevention strategies into its initiatives to create a safer and more inclusive environment for female athletes.

Through tailored training and conditioning programs specifically designed for women's beach volleyball, players are equipped with the necessary skills and physical conditioning to reduce injury risks. These programs include dynamic warm-up routines, strength and conditioning exercises targeting areas prone to injury, and technique refinement sessions to ensure proper form and movement mechanics.

Additionally, the Less4More project emphasizes the importance of promoting open communication and awareness of injury prevention strategies among players, coaches, and support staff. By fostering a culture of safety and proactive risk management, the project aims to empower women to take ownership of their health and well-being on the court.

Furthermore, the project utilizes educational workshops, seminars, and outreach initiatives to disseminate evidence-based information and best practices in injury prevention. By raising awareness and providing resources on injury prevention, the project enables women's beach volleyball players to make informed decisions about their training and playing practices, ultimately reducing the likelihood of injuries.

By prioritizing injury prevention in women's beach volleyball within the Less4More project, female athletes are provided with the support and resources needed to compete safely and confidently.

Through these efforts, the project contributes to the overall empowerment of women in sport, enabling them to reach their full potential on and off the beach volleyball court



Summary

The Play Safe Manual focused on the practicing occasions, which content somewhat overlaps with a part of sport events.

In the Play Safe Manual there were chapters Safety Guidelines in Sport focused on Les4more project sports: football, catchball and beach volleyball – please make sure you overview that section as well.

Framework of safety in case of sport events

Just like in case of practice time, the importance of safety in amateur sports events is also major, because nothing can override the objective keeping the participant's well-being. When taking part in events, having quality checked, proper facilities, equipment is paralleled with obeying the rules of exercise: always begin with a warm-up and after the event perform stretching and cooling down exercises. Reducing the risk of injuries is paramount, which contributes to our female participants' long-term physical well-being.

Regulatory framework for grassroots sport events

Sport events that are part of the regional or national sport system are regulated. However, in case of grassroots sports events those rules don't apply. Therefore, what remain to be considered are e-g- the technical and other rules of the sports of the Less4More project: football, catchball, and beach volleyball. In the Play safe manual those rules have been discussed, we advise our readers to refer that document available on the project website. As a reminder, in case of football the national and international levels have been described (FIFA, UEFA and NFs).

It is less known that for catchball the International Catchball Federation's, ICF's rules and regulations cover aspects like court dimensions, team composition, and game conduct. National catchball federations, in adherence to the ICF guidelines, ensure the consistent application of these rules in domestic competitions.

For beach volleyball, the regulatory authority is the Fédération Internationale de Volleyball (FIVB), which has a distinct set of rules tailored to the unique dynamics of the sport of volleyball when played on sand. These rules encompass court dimensions, player attire, and specific

regulations related to playing in an outdoor environment (FIVB, 2021).

Grassroot sport events (competitions)

The regulatory framework in football, catchball, and beach volleyball serves several critical purposes. Firstly, it establishes a standardized set of rules that govern the playing of the sport, ensuring consistency across various levels of competition. This uniformity contributes to the integrity of the game and enables players, coaches, and officials to operate within a predictable and equitable environment.