

Table 6.1: Classification of Sports Based on Cardiovascular Activity and Contact/Collision Risk
(adapted from Maron et al 2005, Rice et al 2008.)

		Contact / Collision Risk		
		Low	Medium	High
Cardiovascular Risk	High	Canoeing / Kayaking Dragonboat Rowing	Cycling Ice-skating (speed) Rollersports	Boxing/wrestling Muay Thai# Mixed Martial Arts#
	High Moderate	Running (mid-distance) Bodybuilding Swimming Modern Pentathlon#	Badminton# Squash# Triathlon#	Basketball Handball# Ice Hockey@ Extreme sports#
	Moderate	Running (sprint) Running (long distance) Field (throwing) Dancesport Mountaineering Pickleball Sailing Lifesaving Tennis	Field (jumping) Floorball Iceskating (figure) Waterski/wakeboard Gymnastics Snowboarding@ Wushu^ Weightlifting^	Soccer Hockey Judo Karate-do Kendo Rugby Silat Taekwondo Ultimate Frisbee#
	Low Moderate	Archery Table Tennis Underwater activities ³ Scuba#	Fencing Netball Sepak Takraw Baseball/softball Cricket^ Volleyball	Cheerleading# Equestrian^ Motor sports^ Powerboat^
	Low	Bowling/Bowls Chess Contract bridge Cuesports Darts Gateball/Woodball Golf Lawnball# Pentanque# Shooting Weiqi/Xiangqi		

Legend	Category		
	A	B	C
Risk	Low	Medium	High

@ New NSA Sports

new sports added to table based on Committee consensus

^ previously existing sports reclassified based on Committee consensus

Table 8.2: Recommended Event Medical Coverage Personnel & Facilities

Risk Category	Training or Competition	Resource Requirement					
		1 st Aid, CPR & AED Trained Official Present (e.g. coach)	Dedicated First-Aider or Paramedic Onsite	Doctor Onsite	Nearest Hospital Informed	Ambulance ¹ On Standby	Medical tent / Post / Centre Onsite ¹
A - Low	Training	No	No	No	No	No	No
	Competition	No	No	No	No	No	No
B - Medium	Training	Yes	No	No	No	No	No
	Competition	Yes	Yes	No	Yes	No	No
C - High	Training	Yes	No	No	No	No	No
	Competition	Yes	Yes	Preferred	Yes	Preferred ¹	Yes, if >100 participants

Legend	Category		
	A	B	C
Risk	Low	Medium	High