To the Editor:

Dear Sir,

SAFETY IN EXERCISE

As the Chairman of the working party responsible for drawing up a manual on "Safety in Sport" for use in British Universities may I add my support to the comments expressed in the September 1982 issue by D. H. Williams.

What we have been endeavouring to inculcate in British Universities is positive guidance through structured teaching and instruction.

Students at Universities -- as at other establishments of Higher Education -- are involved in many high-risk activities such as trampolining, mountaineering, hang-gliding, canoeing, etc. They are encouraged to participate, but the basic safety elements are always paramount, without wishing to eliminate the small risk factor which is an important facet to the learner and advanced performer alike.

If the dangerous elements are totally removed, the activity may become sterile, boring and lacking in appeal.

Let us, therefore, retain a risk factor but prepare — safely and thoroughly — the sportsmen and women before they embark on any potentially hazardous activity.

Yours sincerely,

A. F. Rustage, BA, DPE
Chairman of the British Universities
Physical Education Association

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Chest X-ray at discharge from hospital.

Chest X-ray at outpatients showing complete resolution of pneumothorax.

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