

Standard Facilities and Equipment as Determinants of High Sports Performance of Cross River State at National Sports Festival

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Abstract

This study investigates standard facilities and equipment as determinants of high sport performance of Cross River State at National sports festival. The study adopted the descriptive survey research design which includes the Causal-comparative (Ex-post-Facto) method of research. The study population consists of 344 sports personnel and athletes drawn from the sample made up of the state's sports director and his deputy, coaches, organizers, sport commentators/writers and athletes adopting the multi-stage and stratified random sampling technique. The questionnaire was the instrument used to elicit information from 344 sports personnel and athletes, out of which 270 (78.5%) copies of the questionnaire were duly completed and returned. The data collected were analyzed using frequency count, percentage and chi-square (χ^2) analysis tested at 0.05 level of significance with the aid of SPSS Version 21. The findings show that sports like athletics, tennis, table tennis, marathon, squash, and swimming have adequate facilities in the state. Sports like judo, boxing, wrestling and weight lifting have adequate facilities only at state headquarters while facilities for taekwondo, volleyball, cricket, badminton, handball, cycling, hockey and basketball are inadequate at both levels. The quality of equipment in Cross River State sports as reveal by the study was very low. Inadequate facilities in the state made significant influence on the performance of Cross River State. Also, inadequate equipment in the state made significant influence on the performance of Cross River State athletes both at National Sports Festivals.

Keywords: standard facilities, standard equipment, sports performance, sports festival

1. Introduction

There has been an overall increase in sports, recreation and adventure activities worldwide (Singh, 2006). In Nigeria, sports are recognized as a tool for national mobilization, cultural reorientation, national integration and unity (Ikhioya, 2001; Onifade, 2000). New sports and recreation activities are introduced all the time. Participants and spectators in these activities have the right to expect that they will be carried out in safe surroundings that are properly designed and with well maintained equipment. Today, several people work in the sports environment, and those who hire their labour are regarded as their employers. The occupational Health and Safety Act (85 of 1993) requires employers and persons who in charge of work premises to maintain the workplace and the equipment used therein an efficient state. This implies that facilities must be kept in good repair in total working order. The regulations cover matters such as ventilation, lighting, cleanliness, temperature, traffic routes for pedestrians, operation of dangerous machinery, handling and storage of hazardous materials, sanitary conveniences, and facilities for rest or changing and showering, first aid, emergency equipment and procedures, personal safety policy requirements from employers.

Sports organisations are expected to provide a reasonable standard of care for the safety and security of their members and patrons. If they drop below the standard of care that is expected of a reasonable and prudent coach, physical educator or instructor in ensuring safe environment and proper equipment they will be inviting harm or injuries, and trouble with the law. no one can be expected to assume the risk of unsafe environment, hazardous play spaces, locker rooms that are not secure, fields and courts that have not been inspected and maintained regularly. There are a number of problem areas to keep in mind when drawing up a risk management plan for sports grounds, facilities, equipment and supplies. These will be covered next.

Facilities are actually structures that are fixed/permanent and used in sports arenas. Many sports facilities were not built for any specific sports. Today, especially at social and community levels of sports and recreation, many improvised and converted buildings or spaces are used, and they may be far from ideal in terms of safety. Therefore, where this is the case, facility managers must ensure that the facility does not endanger players or spectators in any way.

Facilities must be used in a safe manner. Even the safest facility can be turned into an unsafe environment because of a way a game is played, courts are laid out or human traffic is routed through it. Children are immature, impulsive and not always capable of foreseeing the likelihood of injuring themselves. This is a common cause of accidents. Officials should therefore ensure that children do not run across playing areas when games are in progress, (Diejomoah, Akarah & Tayire, 2015).

One should ensure that anything such as structures or equipment protruding or jutting out are covered and padded. All glass surfaces should be covered, protected or reinforced.

The sun can be an unwanted hazard in an enclosed space, as it can temporarily blind participants, causing them to fall from apparatus or to lose sight of the ball or an opponent.

When temporarily blind in this way, they could be hit by a ball or they could run into an opponent. This is an unnecessary hazard in an enclosed space. Curtains or blinds may be necessary, or the activity or apparatus should be repositioned away from the sun rays to avoid such danger.

Entrances and exits should be carefully checked. Doors to playing areas should be open outwards. In addition, if the playing or practice areas extend close to the entrances, as is often the case with volleyball and basketball courts, the entry of latecomers should be monitored, especially after competitions have begun.

Ensure that building, pitch, track or pool is thoroughly examined and approved by the governing body (National Federation) and/or the local authority inspectors before hiring, using or buying such facilities. In the case of multiple-use or shared facilities, which are a common trend today, check everything before using it. The previous users may have not observed your own high standards of safety. They may have left the facility in a condition that could turn out to be hazardous. Unsafe grounds should not be used, and activities should be postponed until they are safe to use again. In extreme cases, where the hazardous condition cannot be remedied, it is prudent to be conservative and the activity should rather be cancelled.

Coaches and administrators should always be aware of the current health and safety regulations covering the facilities they use. These could be National Laws (eg. Occupational Health and Safety Act), Local Laws (eg. Local Authority by-laws), or internal regulations of their club/organisation (eg. Replacing weights after use; or not diving into the shallow end of the pool). They should ensure that they and their players are aware of basic emergency procedures in case of evacuations or accidents.

Indoor halls and gymnasiums should not have any low windows or ordinary plate glass if the users are going to play a wide variety of games. In the case of *Ralph v London country council* (1947), a pupil was taking part in a game of 'touch' in the school's assembly hall under the supervision of an educator. One side of the hall had glass partitions with doors in them. The glass partitions were three feet from the ground. During the game the pupil, whilst being chased by another boy, unwittingly put his hand through one of the glass partitions, and was seriously injured. The judge held that it could have been foreseen that such an accident might have happened and therefore Ralph was entitled to damages.

The safety at Sports and Recreational Events Bill (2005) has come about because of the Government's intent to ensure that spectators are not exposed to safety and security risks when they attend sports or recreational events. This is especially crucial to avoid situations like the Ellis Park Disaster of April 2001 in South Africa, when 43 soccer fans died in the crush at a derby match between Kaiser chiefs and Orlando Pirates. It is also a proactive step in planning for the 2010 FIFA World Cup. This Bill requires a revolutionary change to the way in which soccer, cricket and rugby matches are staged in the country. It provides a new approach to create a culture of safety and security at sports events that will ensure the physical well-being and safety of all persons attending sports and recreational events at stadiums in South Africa. The Bill requires that all sports and recreational governing bodies

and their management must have proper safety and security measures in place. They must place the broader sports and recreational interests above their own, with a focus on the promotion and maintenance of the safety, security and convenience of all persons who attend stadiums. If they do not comply, sports federations, stadium owners, and event promoters will be liable for prosecution and for jail sentences of up to ten years and huge fines.

Equipment is normally temporary structures or supplies brought to sports arenas, used and are returned or taken away after use. When equipment is being set up or taken down, the manufacturer's instructions and the governing body's (Federation's) guidelines should be closely followed. This could involve showing the following:

- How the equipment is assembled and taken down
- How to lift and handle the equipment properly
- How to check It is working safely
- A safe site to position the equipment or apparatus
- How and where it is stored after use

Although each sport has its own specific equipments needs, the following guidelines will help to ensure safety:

- **Maintenance:** Regardless of whether it is your specific responsibility or not, you should inform the manager or supervisor in charge if equipment is in poor condition and in need of maintenance. Records should be kept of any damage, missing parts or incorrect operation. Proper handling and care of equipment and facilities helps to reduce wear and tear.
- **Equipment Modification:** Do not modify equipment because this may take them potentially hazardous. Manufacturer's warranties only apply if the equipment is used for what it was designed to do. Thus, if you modify the equipment or use it inappropriately, the manufacturer will not honour the warranty.
- **Repairs:** These must be done by a qualified, responsible person. They must thereafter be checked by a supervisor before use of the repaired area or equipment. Ensure that all repair materials and tools etc. have been cleared from the site.
- **Pre-competition:** Always check that equipment is set-up according to the guidelines given by the manufacturer or governing body. Damaged or faulty items can cause injury or death, and should be taken off-line until repaired or replaced. If they are too large or heavy to remove, place a sign on them notifying user that they are temporarily out of order, or they could be covered up.
- **Location:** ensure that equipment is left in suitable and safe surroundings. Avoid potentially hazardous situations for participants and yourself eg. Setting up playing areas for children in unfenced spaces that are close to motor traffic; leaving springboards or trampolines unsupervised in the presence of youth.

- **Incorrect Size:** Such equipment can cause problems, mainly for young participants. Loose fitting pads, guards and helmets may not provide the protection they were meant to give. Most protective equipment is designed to withstand a specific amount of force, and therefore if they are not matched to the level of the participants, their age, size and/or skill, they are likely to be damaged and fail to protect the user. Always keep size and age in mind when selecting equipment and outfits to be used.
- **Supervision:** Appropriate supervision is a must in sports. Supervisors may be coaches, instructors, referees, educators, parents or senior team players. They should always have an eye on the safety of their charges. Sports organisations are careful to ensure that apparatus is only used by or under the supervision of qualified people. A coach or educator who ignores this, and the head of the organisation who has knowledge of this misconduct, may be negligent. The case of *Kershaw v Hampshire County Council* (1982) concerning the use of a mini-trampoline in a class of 12-year-old girls illustrates the need for special care in the use of apparatus.

However, the objectives of the study were to investigate standard facilities and equipment as determinants of high sports performance of Cross River State at National Sports Festival.

2. Statement of the Problem

Literature has revealed that the performance of Cross River State in this biennial sports festival is still very poor. Records from Public Relations Department of the State reveal that, Cross River State, secured eight (8th) position out of the twelve (12) states during the first National Sports Festival held in Lagos, in 1973. The second festival which was held in 1975 in Lagos, the state's performance was far below expectations as it came fourteenth (14th) out of the nineteen states. In the subsequent festivals (from 1977 – 1988) its position was not even among the first ten states. Meanwhile, if the factors hampering satisfactory performance in National Sports Festivals are identified and handled appropriately, the state will be able to compete favourably against states and once more regain its lost glories in sports. More so, Facilities and equipment are not kept in good repair in total working order thereby making the facilities and equipment inadequate and could not promote high sports performance. This is because sports organizations have drop below the standard of care that is expected of a reasonable and prudent coach, physical educator or instructor in ensuring safe environment and proper equipment and as a result invite harm or injuries, and violated the regulation. The regulations cover matters such as ventilation, lighting, cleanliness, temperature, traffic routes for pedestrians, operation of dangerous machinery, handling and storage of hazardous materials, sanitary conveniences, and facilities for rest or changing and showering, first aid, emergency equipment and procedures, personal safety policy requirements from employers.

3. Research Questions

To carry out this research, the following research questions were posed to guide the study.

1. What is the influence of inadequate facilities in the performance of Cross River State athletes at National Sports Festival?

2. Do Cross River State sports have adequate facilities?
3. What is the level of quality of equipment in Cross River State sports?

4. Objectives of the Study

The following objectives were considered for this study:

- 1) To find out the influence of inadequate facilities in the performance of Cross River State athletes at National Sports Festival.
- 2) To investigate whether Cross River State has adequate facilities.
- 3) To determine the level of quality of equipment in Cross River State's sports.

5. Hypothesis

The study tested the null hypothesis at 0.05 level of significance:

1. Inadequate facilities in the state would not have any significant influence on the performance of Cross River State athletes at National Sports Festivals.
2. Inadequate equipment in the state would have no significant influence on the performance of Cross River State athletes at National Sports Festivals.

6. Literature Review

The success of any sports programme depends largely on the quality and quantity of available facilities and equipment. Working in Sport Council with adequate indoor and outdoor facilities, a teacher or coach finds implementing the programme to be basically a procedural pursuit. Instructors/Coaches, functioning under the frustrating constraints of limited resources on the other hand, continually must employ insight and creativity to originate and develop additional resources (Ekpe, 2001).

Ogudinghe (2006) hinted that, availability of adequate sports facilities are necessary ingredients to successful sports and that their absence negates proper development of sports programme in Nigeria. Adequate sports facilities enable programmes and events to take place; the role of the facilities in assisting with player development programme appears more prominent and pertinent than the specific initiative aimed at development or maintenance of sporting facilities themselves.

According to Maquire and Pearton (2000), the provision of sporting facilities has the potential to service, cater for and benefit all levels of participation in competition/events. Therefore, institutions of learning continue to develop their sports facility which enables athletes at all level to access and utilize them. Ojeme (2009) emphasized that, it is pertinent to note that organized sports programmes due to its nature, need adequate and standard facilities. This is highly essential because facilities are the cornerstones on which the success of such programme rest. That many competitions including Nigeria National Sports Festivals and All African Game have suffered indefinite postponements or total withdrawal of hosting rights to the inability of host to provide or put essential facilities in place.

According to Haruna (2013) said that sports programmes are mainly concerned with movement and one important factor in the conduct of successful sports programme is the provision of adequate facilities, equipment and supplies. Lack of those will greatly hinder even the most proficient coach. Fatai (2006) opined that provision of equipment should be adequate and timely and that limitations imposed by those factors that restrict the number and kinds of activities that may be performed in the sport programme are detrimental to sports development. Just as adequate facilities and equipment are needed for effective institution and fulfillment of objectives in other discipline. So are they needed for the successful teaching of sports and games.

Ogundairo (2010) identifies equipment to be very important in enhancing sports and games. The availability of these equipment stimulate interest in athletes, also teaching and it make for easy comprehension and skills perfection. He conducted that, lack of necessary sports equipment may not only kill the interest of staff and athletes' participation but also hinder the proper training and performance of the athletes. According to Haruna (2013), if sport programme are to achieve any success and for effective management, there must be availability of sports equipment and supplies in high quality and quantity. The provision and maintenance of good and quality equipment by the Sport Council will enhance and promote healthy sports competitions. The provision of sport equipment ought to be done within regulated standards with age of users as a major consideration.

According to Ajayi (2007), there is a positive relationship between availability of sport facilities and sport effectiveness. The availability and relevance of these facilities contributes to athlete performance while unattractive sports halls crowded gymnasium, non availability of play grounds and surrounding that have no aesthetics can contribute to poor performance. According to Ogundairo (2010) facilities connote permanent structure built for the sporting activities. He identified sport facilities to include, Athletes track stadia, soccer pitches, basketball court, tennis court, gymnasium, badminton court, volleyball courts.

Okwori and Anijo (2004) state that, the existence of sports facilities is of vital importance in the conduct physical activities, intramural sports and other sports programmes. He further said that, the facilities available in any Sport Council for the conduct of sports and games programme determine to a considerable extent the type of sports programme that can be offered. Ogundairo (2010) also define sports equipment as those disposable items used in sports. He identified sports equipment as follows: Horizontal bars, weight-lifting materials, basketball posts, hockey post. Just like sports facilities, sports equipment also plays fundamental roles in the conduct of physical activities and sports performance.

Okwori and Anijo (2004) opined that safeguards are to be established to prevent the misuse of facilities through improper activities being employed. They said, for efficient control and supervision of facilities, written rules and regulations can be developed for all facilities within the scope of responsibility of the administrator in Sport Council. Maxwell (2006) the equipment room is a very important part of equipment care and use. The room should be clean dry and well ventilated, and must be provided with the greatest degree of security. Maximum security controlled conditions and storage devices facilities the long range

preservation of equipment and supplies. Information must be given to those responsible as to the proper handling of leather goods, athletics shoes, and inflated materials, all rubber equipments and fabrics used in sports uniforms, had plastic protective equipment and laundering factors.

Heartley (2011) observed that poor maintenance of facilities and equipment leads to poor performance in sports at all level of participation. He further emphasized that any limitation of these facilities and equipment creates difficulties in presenting the desired variety of sports activities. Collins (2011) for proper management and maintenance of sports facilities and equipment, physical educators and sports administration are endeavoured to take cognizance of the sport facilities and equipment entrusted to them. He suggested that proper measures that would help physical educators and sports administrators in the management and maintenance of sport facilities and equipment to them as follows: the dearth of sports facilities and equipment in our institutions cannot be overlooked. Provision of adequate facilities and equipment is highly essential and required for successful physical education and sports programmes. The institutions authorities should not be contended with more belief that sports facilities and equipment should be maintained but should ensure that the maintenance is done promptly.

7. Methodology

The study adopted descriptive survey research which includes the Causal-comparative (Ex-post-Facto) method of research was adopted for this study. This method was used because of the nature and scope of this study. The study adopted the multi-stage and stratified random sampling technique. This first stage is dividing the state into strata involving the local and state, the second stage is the selection of the local and state sports directors using stratifying method, stratified random sampling techniques was further used for the third stage to select sports directors and their subordinates, while, the fourth stage involves the random selection of sports personnel and athletes. The target population of this study consists of 344 sports personnel and athletes. The sample was made up of the state's sports director and his deputy, coaches, organizers, sports commentators/writers and athletes. A total of 344 questionnaires were administered, 270 were retrieved which is (78.5%) of the total population of sports personnel and athletes. Questionnaire was the instrument used for data collection, it consisted items on adequacy of facilities and equipments arranged in four sections. The questionnaire adopted a two scale technique for responding to items the questions. Each degree of agreement or disagreement is given a numerical value from two to one (adequate 2, inadequate 1). The use of this will help to ascertain the percentage of those in agreement or otherwise for future planning. The questionnaire was pre-tested using 30 personnel and athletes in Oyo State Sports Council in Ibadan Metropolis. The reliability of the questionnaire was assessed using the Cronbach Coefficient Alpha method. The reliability for the whole questionnaire was 0.92 alpha levels. Data collected were subjected to various statistical analyses using SPSS version 21. Descriptive and inferential statistics were adopted for data analysis. Simple percentages, tables and chi-square were used in analyzing data.

8. Results and Discussions

Table 1. (19) Assessment of adequacy of facilities

Sports	Personnel				Athletes											
	State = 29				LGA = 85				State = 39				LGA = 117			
	Adequate		Inadequate		Adequate		Inadequate		Adequate		Inadequate		Adequate		Inadequate	
	State		LGA		State		LGA		State		LGA		State		LGA	
	No	%	No	%	No	%	No	%	No	%	No	%	No	%	No	%
Athletics	17	58.6	12	14.1	12	41.4	73	85.9	35	89.7	31	26.5	4	10.2	86	73.5
Badminton	8	27.6	6	7.0	27	72.4	79	93	9	23.1	29	24.8	30	76.9	88	75.2
Basketball	6	20.7	22	25.9	23	79.3	63	74.1	15	38.5	57	48.7	24	61.5	60	51.3
Boxing	27	93.1	16	18.8	2	6.9	69	81.2	32	82.0	36	30.8	7	17.9	81	69.2
Cricket	-	-	2	2.3	29	100	83	97.6	3	7.7	5	4.3	36	92.3	11	95.7
Cycling	-	-	-	-	29	100	85	100	-	-	-	-	39	100	11	100
Handball	4	13.8	10	11.8	25	86.2	75	88.2	8	20.2	21	17.9	31	79.5	96	82.1
Hockey	-	-	5	5.9	29	100	80	94.1	2	5.1	3	2.6	37	94.9	11	97.4
Judo	13	44.8	17	20	16	55.2	68	80	18	46.1	25	21.4	21	53.8	92	78.6
Tennis	20	6.9	23	27.1	9	31	62	72.9	25	64.1	42	35.9	14	35.9	75	64.1
Marathon	29	100	80	94.1	-	-	5	5.9	34	87.1	111	94.9	5	12.8	6	5.1
Squash	27	93.1	37	43.3	2	6.9	48	56.5	36	92.3	54	46.2	3	7.7	63	53.8
Soccer	10	34.5	18	21.2	19	65.5	67	78.8	18	46.1	58	49.6	53	59	59	50.1
Swimming	29	100	33	38.8	-	-	52	61.2	39	100	45	38.5	-	-	72	61.5
Table Tennis	26	89.7	71	83.8	3	10.3	14	16.5	32	82.1	99	84.6	7	17.9	18	15.4
Taekwondo	-	-	11	12.9	29	100	74	87.1	4	10.2	15	12.8	35	89.7	10	87.2
Volleyball	11	37.9	29	34.1	18	62.1	56	65.9	19	48.7	50	42.7	20	51.3	67	57.3
Weight lifting	25	86.2	28	32.9	4	13.8	57	61.1	13	33.3	39	33.3	26	66.7	78	66.7
Wrestling	23	79.3	23	27.0	6	20.7	62	72.9	28	71.8	30	25.6	11	28.2	87	74.4

Research Question 1: Do Cross River State Sports Council have adequate facilities?

In trying to know whether the Cross River State sports have adequate facilities in the state, both state and local government sports personnel and athletes were asked to assess the various kinds of sport organized in the state by indicating if adequate or not adequate. The result in Table 1 shows that the following sports have adequate facilities in the state, athletics 35(89.7%), tennis 25(64.1%), table tennis 32(82.1%), marathon 34(87.1%), squash and swimming (92.3% and 100%) respectively. Sports like judo, boxing, wrestling and weight lifting have adequate facilities only at state headquarters while facilities for taekwondo, volleyball, cricket, badminton, handball, cycling, hockey and basketball are inadequate at both levels. The adequacy of facilities in the state agreed with the study of Ogudenghe (2006) who hinted that, availability of adequate sports facilities are necessary ingredients to successful sports and that their absence negate proper development of sports programme in Nigeria. Adequate sports facilities enable programmes and events to take place; the role of the facilities in assisting with player development programme appears more prominent and pertinent than the specific initiative aimed at development or maintenance of sporting

facilities themselves. According to Maquire and Pearton (2000), the provision of sporting facilities has the potential to service, cater for and benefit all levels of participation in competition/events. Therefore, institutions of learning continue to develop their sports facility which enables athletes at all level to access and utilize them.

Table 2. Assessment of adequacy of equipment

Total Respondent 270	Personnel				Athletes											
	State = 29				LGA = 85				State = 39				LGA = 117			
	Adequate		Inadequate		Adequate		Inadequate		Adequate		Inadequate		Adequate		Inadequate	
Sports	State		LGA		State		LGA		State		LGA		State		LGA	
	No	%	No	%	No	%	No	%	No	%	No	%	No	%	No	%
Athletics	18	62.1	31	36.5	11	37.9	54	63.5	26	66.7	41	35	13	33.3	76	65
Badminton	7	24.1	5	5.9	22	75.9	80	94.1	12	30.8	27	23.1	27	69.2	90	76.9
Basketball	14	48.3	22	25.9	15	57.7	63	74.1	18	46.2	30	25.6	21	53.8	87	74.4
Boxing	4	13.8	6	7.0	25	86.2	29	93	6	15.4	14	12	33	84.6	103	88
Cricket	-	-	1	1.2	29	100	84	98.8	2	5.1	2	1.7	37	94.9	115	98.3
Cycling	-	-	-	-	29	100	85	100	-	-	-	-	39	100	117	100
Handball	3	10.3	13	15.3	26	89.7	72	84.7	5	12.8	18	15.4	34	87.2	99	84.6
Hockey	-	-	2	2.4	29	100	83	97.6	3	7.7	2	1.7	36	92.3	115	98.3
Judo	15	51.7	20	23.5	14	48.3	65	76.5	18	46.2	28	23.9	21	53.8	89	76.1
Tennis	11	37.9	20	23.5	18	62.1	65	76.5	17	43.6	51	43.6	22	56.4	66	56.4
Marathon	26	89.7	78	91.8	3	10.3	7	8.2	33	84.6	104	88.9	6	15.4	13	11.1
Squash	9	31.0	25	29.4	20	69.0	60	70.6	11	28.2	33	28.2	28	71.8	84	71.8
Soccer	17	58.6	34	40	12	41.4	51	60	24	61.5	45	38.5	15	38.5	72	61.5
Swimming	27	93.1	29	34.1	2	6.9	56	65.9	35	89.7	43	36.8	4	10.3	74	63.2
Table Tennis	15	51.7	40	47.1	14	48.3	45	52.9	21	53.8	54	46.2	8	46.2	63	53.8
Taekwondo	-	-	8	9.4	29	100	77	90.6	1	2.6	17	14.5	38	97.4	100	85.5
Volleyball	13	44.8	27	31.8	16	55.2	58	68.2	15	38.5	48	41.0	24	61.5	69	59.0
Weight lifting	25	86.2	27	31.8	4	13.8	58	68.2	25	64.1	33	28.2	14	35.9	84	71.8
Wrestling	24	82.8	29	34.1	5	17.2	56	65.9	32	82.1	36	30.8	7	17.9	81	69.2

Research Question 2: What is the state of quality of equipment in Cross River State Sports Council?

The result in Table 2 shows responses of personnel and athletes on the adequacy of equipment in the local government areas and the state headquarters. Marathon was the only sport indicated as having adequate equipment in these areas. Athletics, tennis, soccer, table tennis, weight lifting and wrestling have adequate equipment only at state level while the remaining sports e.g. cycling, hockey, judo, handball do not have adequate equipment at all levels. This commensurate with the study of Ojeme (2009) who emphasized that, it is pertinent to note that organized sports programmes due to its nature, need adequate and standard facilities. This is highly essential because facilities are the cornerstones on which the success of such programme rest. That many competitions including Nigeria National Sports Festivals and All African Game have suffered indefinite postponements or total withdrawal of hosting rights to the inability of host to provide or put essential facilities in place.

Table 3. (31) Responses on adequacy of standard facilities and equipment to perform facilities

Sports	Adequate	Inadequate	Total
Athletic	95	175	270
Badminton	52	218	270
Basketball	100	170	270
Boxing	111	159	159
Cricket	10	260	270
Cycling	-	-	-
Handball	43	227	270
Hockey	7	263	270
Judo	73	197	270
Tennis	110	160	270
Marathon	254	16	270
Squash	154	116	270
Soccer	104	166	270
Swimming	146	124	270
Table tennis	228	42	270
Taekwondo	30	240	270
Volleyball	109	161	270
Weight lifting	105	165	270
Wrestling	104	166	270
Total	1,835	3,033	4,860

 X^2 d^f 18 0.05 – 28.869

Obtained value = 1157.11

∴ Null hypo rejected

Hypothesis 1: Inadequate facilities in the state would not have any significant influence on the performance of Cross River State athletes at National Sports Festivals.

Table 4. (31) Responses on adequacy of standard facilities and equipment to perform equipment

Sports	Adequate	Inadequate	Total
Athletic	116	154	270
Badminton	51	219	270
Basketball	84	186	270
Boxing	30	240	270
Cricket	5	265	270
Cycling	-	-	-
Handball	39	231	270
Hockey	7	263	270
Judo	81	189	270
Tennis	99	171	270
Marathon	241	29	270
Squash	78	192	270
Soccer	120	150	270
Swimming	134	136	270
Table tennis	130	140	270
Taekwondo	26	244	270
Volleyball	104	166	270
Weight lifting	110	160	270
Wrestling	121	149	270
Total	1,576	3,292	4,868

X2 df 18 0.05 – 28.869

Obtained value = 941.61

Null hypo rejected

Hypothesis 2: Inadequate equipment in the state would have no significant influence on the performance of Cross River State athletes at National Sports Festivals

On the question of adequacy of facilities, table 3 and 4 shows very clearly that cycling has none at all. In all the sports with the exception of marathon, squash and table tennis, more than 50% of the respondents, said they have inadequate facilities. These findings are both true of inadequacy of sports equipment in their local government areas. The three sports that are mostly hit by inadequacy of both facilities and equipment as contained in table 4 are cricket, hockey and cycling have no equipment at all. This is in agreement with the study of Fatai (2006) who opined that provision of equipment should be adequate and timely and that limitations imposed by those factors that restrict the number and kinds of activities that may be performed in the sports programme are detrimental to sports development. Just as adequate facilities and equipment are needed for effective institution and fulfillment of objectives in other discipline. So are they needed for the successful teaching of sports and games. Ogundairo (2010) identifies equipment to be very important in enhancing sports and games. The availability of these equipment stimulate interest in athletes, also teaching and it make for easy comprehension and skills perfection. He conducted that, lack of necessary sports equipment may not only kill the interest of staff and athletes' participation but also hinder the proper training and performance of the athletes.

9. Conclusion and Recommendations

This study investigates standard facilities and equipment as determinants for high sports performance of Cross River State at national sports festival. It is evident from this study that sports have adequate facilities in the state. Sports like athletics, tennis, table tennis marathon, squash and swimming. On the other hand, sports like judo, boxing, wrestling and weight lifting have adequate facilities only at state headquarters while facilities for taekwondo, volleyball, cricket, badminton, handball, cycling, hockey and basketball are inadequate at both levels. There is also an adequacy of equipment in the local government areas and the state headquarters. Marathon was the only sports indicated as having adequate equipment in these areas. Athletics, tennis, soccer, table tennis, weight lifting and wrestling have adequate equipment only at state level while the remaining sports e.g. cycling, hockey, judo, handball do not have adequate equipment at all levels. Conclusively, cycling has no adequacy at all. All the sports with the exception of marathon squash and table tennis, more than 50% of the respondents said they have inadequate facilities in the entire state. These findings are both true of inadequacy of sports equipment. The three sports that are mostly hit by inadequacy of both facilities and equipment as contained in table 4 are cricket; hockey and cycling have no equipment at all. The instructors should be prepared to show players and to instruct them on how to use equipment safely. They should carefully monitor the progress of any novices and

children who are involved. Coaches, sports educators and activity leaders should not allow an activity to begin, if participants do not wear protective gear required by the rules of their sports. Ensure that the equipment you need is available beforehand. A few minutes taken to inspect facilities and equipment before using them, is time well spent. You should therefore allow sufficient time for this duty of checking and ensuring that play equipment is safe. It is essential to keep an injury or accident record book. You should record the facts relating to what took place, where and how the accident/injury occurred. The next article on medical care of participants will elaborate on the details about first aid provision. Equipment and facility areas that are not in use should be securely locked. Even when children or youthful participants are not supposed to be in a certain area or use certain equipment, they can be attracted to use them by the nature of the equipment or facility setting, eg. A trampoline left unsupervised is likely to attract passers-by to jump onto them; or children having free access to a swimming pool that is left unlocked. Using unauthorised equipment or areas or participating in an unsupervised activity can have serious consequences for the sports club or its supervisory staff if someone is injured. Warning notices about equipment, facilities, and their use must be displayed where people can see them. They should also be in a language that can be read and simple enough to be understood. Regular announcements in this regard will assist to reinforce such warnings and regulations. Lastly, emergency procedures at facilities should be rehearsed or drilled and all supervisory staff should know how to activate and implement the emergency process.

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