



# BALL HOCKEY

*Prior to the activity or game, the Program Leader is to assess the skills of the participants relating to the activity or game. Where a participant does not demonstrate a safe knowledge of the skills, the Program Leader must demonstrate proper execution of the skills or choose a different activity or game.*

## EQUIPMENT

- A fully stocked first aid kit is readily accessible.
- A working communication device (e.g. cell phone) is accessible.
- Determine that all equipment is safe for use.
- A visual pre-activity check of the equipment is completed.

### STICKS:

- Stick blades are to be checked regularly to determine that the blade is securely and safely attached to the stick. Stick blades must be complete and free of cracks.
- Only hockey sticks with plastic or wooden shafts and wooden/plastic blades are to be used.
- Stick length is appropriate to the height of the participant.

### BALL:

- Use "soft" ball (e.g. P30, P40, foam ball, yarn ball, plastic or soft rubber puck).

### PROTECTIVE EQUIPMENT FOR THE GOALIES:

- Goalies are to wear protective masks (e.g. hockey helmet with cage, softball mask).
- Goalies are to wear appropriate gloves (e.g. baseball glove).

## CLOTHING/FOOTWEAR

- All participants must wear appropriate athletic footwear (e.g. running shoes with a flat rubber sole that is secured to the foot). Running shoes with higher heels, wheels, rubber, plastic, metal cleats, open toes, or open heels are not appropriate.
- Jewelry that may cause injury to the participant or other participants is not permitted (e.g. rings, watches).

## FACILITIES

- Determine that all facilities are safe for use.
- Visually inspect the site where the participants are to be active.

**INDOOR:**

- The participants have been made aware of the location of fire alarms, fire exits and alternate escape routes.
- The playing area is free of all obstacles (e.g. tables, chairs, pianos).
- The playing surface provides safe traction.
- When playing in a gym facility, check that all floor plugs are in place.
- The boundary lines are established a safe distance from the walls.

**OUTDOOR:**

- The location is to be free of vehicle traffic (e.g. blacktop areas at schools/community centres).
- The playing area is free of all obstacles.
- The playing surface is to be free of holes, uneven surfaces, stones and sand. The playing surface should provide good traction.

**WHERE HAZARDS HAVE BEEN IDENTIFIED:**

- Inform the Program Supervisor immediately.
- Select the safest alternative for the participants, cancel the activity, move the activity to another location or inform participants of the hazard and modify the activity to avoid the hazards (e.g. mark hazards with cones).

## SPECIAL RULES/INSTRUCTIONS

- Participants with medical conditions and/or physical limitations have been identified with appropriate accommodations being implemented for their safe participation.
- An emergency action plan is ready for implementation in case of an accident or injury.
- Prior to the activity participants have been informed of:
  - Possible risks associated with the activity,
  - Ways of managing the risks,
  - Established rules and procedures for safe participation.
- A pre-activity warm up and a post-activity cool down are included with the activity.
- Adequate liquid replacement is accessible for the participants.
- If more than one activity is going on, determine that there is a safe distance between the activities.
- Parents/guardians are aware of any off-site activity and the means of transportation used.

**OUTDOOR ACTIVITY | WEATHER CONDITIONS:**

- Know the emergency response to severe weather conditions (e.g. lightning, tornadoes) and provide appropriate instruction to the participants.
- Before activity take into consideration:
  - The temperature of the day,
  - The length of time participants will be vigorously active.
- Participants are to be made aware of ways to protect themselves from:
  - UV rays (e.g. hats, sunglasses, sunscreen),
  - Insects (e.g. mosquitoes repellent).

**SPECIFIC BALL HOCKEY SAFETY CRITERIA:**

- Only active players on the floor can have a stick.
- The following rules must be in place and penalties for stick infractions strictly enforced:
  - Body contact with the intent of gaining an advantage is not permitted.
  - Stick-on-body contact is not permitted.
  - Stick-on-stick contact with the intent of gaining an advantage (e.g. slashing another player's stick, lifting another player's stick – contact with another player's stick in the course of the game is permissible) is not permitted.
  - Slapshots are not permitted.
  - Sticks are to remain below the waist at all times.
- Implement a crease for protection of the goalie and no other player, or player's stick, is allowed in the crease.
- Goalies are to remain in the crease area during play.

## ▶ SUPERVISION

**ON-SITE SUPERVISION IS REQUIRED**

- The Program Leader circulates throughout the activity site and is always in visual contact of the participants.
- The Program Leader meets the criteria for effective on-site supervision (refer to the Resource Materials Section: Appendix B - Supervision).