



BASKETBALL

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.

INDOOR BASKETBALL NETS:

- In situations where a participant's follow-through could result in contact with a wall and/or stage, protective gym mats or padding are to be placed beyond the "key" areas. Protective wall mats should extend a minimum of 1.8m (6') up the wall from the top of the baseboard (maximum 10 cm (4") from the floor) and have a minimum width of 4.8m (16').
- Where a stage is close to the baseline, gym mats are placed over the edge of the stage and extend 10 cm (4") from the floor.

OUTDOOR BASKETBALL NETS:

- Where basketball nets are located on a pole or against a wall, participants are instructed that lay up shots are not permitted.

PORTABLE BASKETBALL NETS:

- Portable basketball systems are to be internally weighted to prevent tipping or movement.
- Set up and movement of portable basketball systems is to be done by a trained adult.
- The height of an adjustable basket should not present a safety concern.

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.
- Other than medical alert jewelry, jewelry cannot be worn.

FACILITIES

- Determine that all facilities are safe for use.
- Visually inspect the site where 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).
- The playing surface provides good traction.
- When playing in a gym facility, check that all floor plugs are in place.

OUTDOOR:

- The playing surface provides safe 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).
- Protective padding is to be used on rectangular backboard lower edges and corners.
- When raising or lowering baskets, the trained adult operating the hand or motorized winch is to be able to see that the area under the basket is clear.

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 BASKETBALL SAFETY CRITERIA:

- If facility does not allow for safe cross-court play (e.g. doors and radiators under baskets, wall close to the baseline, or side baskets attached to walls), modify rules appropriately (e.g. no lay-ups).
- Modify the activity to the skills and ability of the participants.
- No hanging from the rims of any basketball systems.

▶ 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).
- Only trained adults are to use motorized hand winches to raise or lower the baskets.