



# COOPERATIVE GAMES

(PLEASE ALSO REFER TO THE DODGEBALL OR RELAY AND TAG GAMES)

**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 (e.g. hoops are not broken or bent).
- Equipment must be the appropriate size and weight for the skill, age and ability level of the participants.
- All balls must be properly inflated.
- Homemade equipment cannot be used.

## 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.
- Hanging jewelry is not permitted.
- Long hair is tied back.

## 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 must be free of all obstacles (e.g. tables, chairs).
- 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.
- There is adequate space for all participants.
- Non-gym indoor facilities (e.g. foyer, classroom, hall, concourse, etc.) should enable participants to move freely (refer to the Resource Materials Section: Appendix D - Safety in Activity Rooms).

**OUTDOOR:**

- The location is free of vehicle traffic.
- The playing area is free of holes, severely uneven surfaces, stones and sand.
- The playing surface provides safe traction.
- The boundary lines are communicated to participants.
- Immovable hazards (e.g. goalposts) are identified to participants and marked with pylons.

**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 COOPERATIVE GAMES SAFETY CRITERIA:**

- Participants are instructed in how to move safely in personal and general space.
- Establish rules for the distribution and return of equipment.

**RUNNING AND RELAYS:**

- The participants are not to be blindfolded.
- When required to move backwards, emphasize controlled movements when walking or running backwards. Avoid running backward races.
- Participants in a relay are to have their own lane.
- Be aware of increased risk with tying legs together.
- Emphasize what cooperation looks and sounds like with participants.
- For games that include tagging instruct participants on the correct techniques of tagging another player.
  - Clearly define areas of the body that can be tagged (e.g. arms, back, legs).
  - Inform participants that a tag is a touch, not a push, punch or grab.
- Where blockers are permitted, they are not to intentionally make contact with the tagger with their bodies, arms or legs, but rather to move in front of the tagger.
- Activities are to be age-appropriate.
- Walls and stages are not be used as turning points and end zones. A marker (e.g. line or pylon) is to be designated away from the wall/stage and properly identified.
- Establish rules and procedures in the gym before going outdoors (e.g. stop/start signals).

## ▶ 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).
- Participants are never to be in the equipment room unsupervised.