



DODGEBALL

Dodgeball is only suitable for participants 8 years of age or older.

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.
- Use soft objects (e.g. foam balls, sponges, beach balls, elephant-skin balls, utility balls).
- Under inflated balls (e.g. volleyballs) are not to be used.
- Beanbags or hard flying discs (e.g. Frisbees) are not to be used.
- Equipment is not to have hard or sharp edges.

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 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 free of vehicle traffic.
- The playing area is free of all obstacles.



- The playing surface is free of holes, uneven surfaces, stones and sand.
- The playing surface provides good 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).
- All doors in and out of the playing area are closed.
- There is to be adequate space for all participants.

► 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 DODGEBALL SAFETY CRITERIA:

- Rules for contact with the ball must be established and communicated to the participant/targets (e.g. hitting a target above the waist is not permitted; a thrower hitting a target above the waist is immediately out; a thrower is "out" if the ball is caught by the target).
- To promote the ball being thrown at an opponent below the waist, a rule can be instituted that the thrown ball must first



hit the ground before hitting the opponent. This forces the thrower to throw with a downward motion with less chance of hitting the opponent above the waist.

- The participant/targets are in eye contact with the thrower(s) (e.g. no throws coming from behind the targets).
- The participants who are targets are to remain upright at all times.
- Modify the activity/rules based on the skill level, age and facilities/equipment available.
- Safe zones are to be clearly delineated at a safe distance from walls, stages, obstacles.

▶ SUPERVISION

CONSTANT VISUAL SUPERVISION IS REQUIRED FOR DODGEBALL GAMES.

- The Program Leader is present during the activity with constant visual accessibility of the students and the activity.
- The Program Leader meets the criteria for effective constant visual supervision (refer to the Resource Materials Section: Appendix B – Supervision).