



FOOTBALL/RUGBY – FLAG/TOUCH

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.
- Balls are to be appropriate for the age of participants.

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.

OUTDOOR:

- The location is free of vehicle traffic.
- The field is free of all obstacles.
- The field is free of holes, uneven surfaces, stones, and sand.
- The field provides good traction.
- If using permanent stationary goalposts in the field of play the goalposts are to be padded. Padding is to be 1.8m (6 feet) high.
- Rugby: Use collapsible flags or soft pylons to mark corners, mid-line and 22m (73') line.

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.

OUTSIDE 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 FOOTBALL/RUGBY - FLAG/TOUCH SAFETY CRITERIA:

- Modify the activity/rules to the age and ability level of the participants.
- The rules of flag/touch football/rugby must be strictly enforced.

INSTRUCT PARTICIPANTS ON THE CORRECT TECHNIQUES OF TAGGING ANOTHER PARTICIPANT:

- Clearly define areas of the body that can be touched/tagged (e.g. arms, legs, back).
- Demonstrate to participants that a tag is a touch, not a push, grab or punch.
- When playing flag football or rugby, flags are not to be restricted in any way from being pulled off (e.g. tucked under belt).

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).