



# LOW ORGANIZATION ACTIVITIES AND GAMES

**Refers to indoor and outdoor activities and games where participants require minimum skill development in order to participate and where risk factors are relatively low such as:**

## **OUTDOOR ACTIVITIES:**

**Winter:** snow activities – snow sculptures, snow people, forts, making snow angels, sliding activities.

**Spring/Summer/Fall:** asphalt activities – wall ball, 4 square; hopscotch, skipping .

## **INDOOR ACTIVITIES:**

**Hula hoops, skipping**

**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 for all activities/locations.
- Determine that all equipment is safe for use (e.g. hoops are not bent or broken).
- The equipment is size- and weight-appropriate for skill, age and ability level of participants.
- All balls must be properly inflated.
- Only ropes appropriate for skipping are to be used during skipping activities.
- Ropes for skipping are of appropriate length for size and ability 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.

### **WINTER ACTIVITIES:**

- Clothing is to be appropriate for outdoor activity.
- Hat and gloves are available for use. Loose scarves are not permitted.
- Appropriate footwear that provides warmth and assists in providing safe traction on snow and ice is to 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.
- There is to be 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 all obstacles.
- The playing surface is free of holes, uneven surfaces, stones and sand.
- The playing surface provides good traction.
- During winter activities, the playing surface is free of icy conditions.
- 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.



**OUTDOOR ACTIVITY | WEATHER CONDITIONS**

**SPRING/SUMMER/AUTUMN**

- 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.
- The participants are to be made aware of ways to protect themselves from:
  - UV rays (e.g. hats, sunglasses, sunscreen),
  - Insects (e.g. mosquitoes (West Nile virus) repellent).

**WINTER CONDITIONS**

- The participants can be made aware of signs and symptoms of frostbite and hypothermia.

**LOW ORGANIZATION ACTIVITIES AND GAMES:**

- Activities are age-appropriate. Where there is a large age range (e.g. 5 yr olds with 12 year olds) modifications are to be made to the activity.
- The participants are to be instructed on how to move safely in personal and general space.
- Establish rules for the distribution and return of equipment.
- Set clear boundary lines for each activity.
- Provide a safe distance between activities.
- Provide a safe distance from walls and other immovable hazards.

**SKIPPING ACTIVITIES:**

- The participants are to be taught safe use of skipping ropes (e.g. no nooses, no swinging over head, no lasso).
- Participants are to skip in a space that allows for uninterrupted turning of the rope (e.g. no contact with others or objects).

**WINTER ACTIVITIES NOT TO PARTICIPATE IN:**

- Digging tunnels in the snow.
- Stand-up sliding (i.e. taking a run and sliding on a patch of ice).

**DOWNHILL SLIDING ON A HILL COVERED WITH SNOW OR A CONSTRUCTED SNOW HILL:**

When using toboggans, sleds or other sliding apparatus or using snow pants and/or pieces of cardboard to slide, the following safety criteria are to be followed:

- The hill is suitable to the age group of the participants.
- Sliding is not permitted if the hill is ice covered.
- The toboggans, sleds or other sliding apparatus are to be in good condition with no jagged edges.
- The toboggans, sleds or other sliding apparatus are not to be overloaded.
- The participants are to be seated with legs forward in order to slide. Standing is not permitted.
- Establish a safe distance between sliders going down the hill.
- Establish a safe procedure for the participants to clear the bottom of the hill before the next slider.



- Establish a route for climbing up the hill away from the slide zone (e.g. slide down the middle of the sliding area and climb up the sides).
- The hill and run-out section at the bottom of hill must be free of obstacles (e.g. trees, exposed rocks, roadways or an open source of water).

## ▶ SUPERVISION

### ON-SITE SUPERVISION IS REQUIRED

- The Program Leader is located at the top of the sliding hill.
- 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).