



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.
- If tagging with an object, use soft items (e.g. foam balls, sponges, rubber chickens).
- The equipment should not have hard or sharp edges.
- Use pylons or other markers to define activity area.

▶ 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, fires 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.
- All doors in and out of the playing area are to be closed for tag games.
- There is to be adequate space for all participants.

OUTDOOR:

- The location is free of vehicle traffic.
- The playing surface 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).

▶ 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).

TAG SAFETY CRITERIA:

- In games where participants are permitted to block the player who is attempting the tag (e.g. triangle tag and train tag), the tagging player is not to make intentional contact to move the blockers out of the way or reach through the blockers to make the tag. The tagger may only move around the blockers in order to make the tag.
- The blockers are not to intentionally make contact with the tagger with their bodies, arms or legs, but rather to move in front of the tagger, to block access, so the tagger has to go around the blocker.



INSTRUCT PARTICIPANTS ON THE CORRECT TECHNIQUES OF TAGGING ANOTHER PLAYER:

- Clearly define areas of the body that can be tagged (e.g. arms, legs, back).
- A tag is a touch, not a push, grab or punch.
- Games are to be played at a speed that is appropriate for the activity/area chosen (e.g. walk briskly, rather than run when playing tag games in areas with limited space, such as multi-purpose rooms).
- In tag games where participants are “frozen” and required to perform an activity, provide a safe zone where this activity can take place, away from others who are running or inform participants of the importance of avoiding contact with a “frozen” participant.

RELAYS SAFETY CRITERIA:

- Participants are not to be blindfolded or move with their eyes closed.
- Running backwards is not permitted.
- Each participant in a relay is to have their own lane.
- Be aware of increased risk with wearing oversized apparel or tying legs together.

▶ 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).