



# SOCCER/CRAB SOCCER/ SOCCER BASEBALL

*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.
  - The size and weight of the soccer ball are to be appropriate to the age and skill level of the participants:
    - Up to 10 yrs: size 3
    - 10 – 13 yrs: size 4
  - Outdoor soccer balls are not to be used indoors for games or shooting on goalie, but may be used for indoor drills.
  - Indoor soccer balls or sponge soccer balls are to be used for indoor soccer games.

## 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

- 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, pianos).
- 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 activity site is well away from vehicle traffic.
- A pre-activity check of the field has been made for hazards (e.g. holes, severely uneven surfaces, glass, rocks, etc).
- The field provides safe traction.
- Both portable and permanent goal posts need to be anchored to the playing area in a secure and approved fashion to prevent posts from falling forward.

**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 SOCCER SAFETY CRITERIA:**

- Slide tackling or tackling from behind is not permitted.
- Heading drills are not appropriate for the participants.
- For indoor soccer, a goal crease is to be established. Only the goalie is allowed in the crease.



- Hanging or swinging on the posts is not permitted.
- After use, portable goal posts are to be taken apart and removed unless they are secured to a permanent structure

## ▶ **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).