

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## LACROSSE—SOFT

Lacrosse is a sport where two teams attempt to score by projecting a ball into the opposing goal using a stick with a webbed pouch. Three forms of lacrosse are played: field lacrosse, which is played on a soccer-size field; box lacrosse, which is played within a hockey rink; and soft lacrosse which is a modified introductory version that can be played inside a gym or outside on a field.

Risk Factor Rating

3

### General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

### Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

### Instruction

**Note:** The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, teaching, and demonstrating soft lacrosse skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in lacrosse

Rules of lacrosse and safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

### Supervision

**Note:** The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Individual with first aid training is present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## LACROSSE—SOFT

### Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session  
Activity area is free of hazards/debris  
Playing surface provides suitable footing  
Activity area is clearly marked with adequate out-of-bounds areas  
Proper lighting and ventilation, when applicable, are provided  
Safety rules/regulations are posted  
Emergency exit of indoor facility is clearly marked

### Equipment

Equipment to be used is suitable and in good condition  
Sticks are regularly checked for cracks, splinters, and breaks  
First aid kit and phone are available

### Clothing/Footwear

Goalkeeper must wear helmet with face mask  
Mouth guards are recommended  
Appropriate footwear is worn  
Laces are tied and open-toed shoes are avoided  
Jewelry is removed or secured when safety is a concern  
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement  
Clothing must meet requirements of club or competition  
Protection from elements and insects is suitable when playing outdoors

### Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program  
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program  
Registration in an accident insurance plan is encouraged  
Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual  
The activity is suitable to the student's age, ability, mental condition, and physical condition  
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate  
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher