

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RINGETTE

Ringette is a sport played on ice where two teams composed of six players each attempt to score by skating and projecting a rubber ring into the opposing goal.

Risk Factor Rating

4

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 a trained/certified National Coaching Certification Program/Ringette Canada coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If playing in an organized ringette league, coaches could be required to be certified at a minimum level.)

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

Rules of ringette and safety rules/procedures 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**

Someone with first aid knowledge is present

Safety rules and procedures are enforced

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

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Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Ice surface is free of hazards (e.g., ruts, cracks) debris
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- All doors to ice area are closed
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- All sticks comply with Ringette Canada guidelines
- Sticks checked regularly for cracks
- Only appropriate rings are used
- First aid kit and phone are available

Clothing/Footwear

- CSA-approved helmet and face mask worn at all times
- Mouth guard is worn
- Properly fitted skates are worn
- Appropriate and properly fitted protective equipment is worn as per Ringette Canada guidelines
- Goalies must wear face masks and protective equipment as per Ringette Canada guidelines
- Appropriate clothing is worn for cold weather conditions (outdoors)
- Jewelry is removed or secured when safety is a concern
- Eyewear is secured or removed

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