

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## TEAM HANDBALL

Team handball (also known as handball, field handball, European handball, or Olympic handball) is a team sport where two teams of seven players each (six players and a goalkeeper) pass and bounce a ball trying to throw it in the goal of the opposing team.

Risk Factor Rating

2

### 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 provided by a certified National Coaching Certification Program/Handball 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 (League may require certified coaches.)

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

Safety rules (including never hang on goals) and game etiquette 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**

Safety rules and procedures are enforced

Individual responsible for first aid is present for the entire session

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

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### Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- 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
- Goals are properly anchored; damaged goals are repaired or replaced
- Balls are properly inflated
- First aid kit and phone are available

### Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Eyewear is removed or secured
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

### 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
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- 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 teacher course has been presented to the parent/guardian (student under 18 years of age) and to the teacher