

# Interscholastic -- Middle & Senior Years

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## BACKGROUND:

This is the first Provincial Safety Guidelines Document for Physical Education to be offered in Manitoba. The copyright of the Ontario Safety Guidelines document was purchased from OPHEA [The Ontario Physical and Health Education Association], and these guidelines were adapted for use in Manitoba. Numerous Manitoba partner groups have contributed to the development of this valuable document. They include: The Manitoba Physical Education Teachers Association [MPETA]; The Manitoba Physical Education Supervisor's Association [MPESA]; Sport Manitoba [SM]; The Manitoba High School Athletic Association [MHSAA]; The Manitoba Association of School Trustees [MAST]; and the Bureau de l'éducation française [Bef] division, Manitoba Education & Training.

## INTENT OF THE PROVINCIAL SAFETY GUIDELINES IN THE INTERSCHOLASTIC ATHLETIC PROGRAM:

The primary responsibility for the care and safety of students rests with the school board and its employees. An important aspect in fulfilling this role is to recognize that there is an element of risk in all physical activity and to take action accordingly. To this end, the safety guidelines writing team, as well as physical educators and sport leaders across Manitoba, have identified and analyzed reasonably foreseeable risks and have developed procedures that help minimize to the greatest extent possible, the risk of a preventable accident or injury. A guideline alone does not eliminate risk regardless of how well it is written or how effectively it is implemented. Safety awareness, by the coach, based on up-to-date information, common sense observation, action and foresight, is the key to safe programming. The intent of the Interscholastic Athletic Safety Guidelines is to focus attention on safe procedures for sport in order to minimize the inherent element of risk. By implementing safe coaching practices [such as appropriate skill progressions, facility and equipment checks and appropriate supervision and officiating, planning and daily instruction], the coach will guard against foreseeable risks. Hopefully, through this implementation process, this document will assist boards in fulfilling their obligation to provide the safest possible environment in which all students, regardless of physical, mental, emotional abilities/challenges or cultural background, can participate in interscholastic activities.

## IMPACT AND SCOPE OF THIS DOCUMENT:

The document sets out minimum guidelines to be used by coaches and administrators in addressing the safety component of interscholastic athletics. Interscholastic athletics is defined as the school-sponsored, competitive sports program which:

- occurs outside the student's instruction time;
- involves a selected school team/group/individual;
- involves a competition against other outside teams/groups/individuals.
- involves students in Senior years;
- in Middle years [grade 7 and 8 only] the competition emphasis should be on fun and participation. No competitive organized program is recommended for grades 5 and 6.

### A) **GENERIC ISSUES** *[Please note: Lists of examples in these guidelines are not exclusive]*

It should be recognized that there are many common guidelines of safety which apply to all interscholastic athletics. Some such commonalities are as follows:

1) Prior to students first practice, coaches need to be aware of their medical background and physical limitations of their team tryout members. This includes knowledge of students with heart disorders, asthma, epilepsy, diabetes, severe allergies, etc. Each school needs to develop a process by which medical information is made available to the coach. The coach must have student athletes' medical information at all practices and games. This information must be supplied by the student's parent, ward, or guardian (see Appendix A).

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- 2) A fully stocked First Aid Kit must be readily accessible to the gymnasium. For a sample listing of first aid items, see Appendix B. When activities are offered away from school property, an appropriate portable first aid kit must be readily accessible. An emergency action plan to deal with accidents in Interscholastic athletics must be developed in all schools. For details on an emergency action plan, see Appendix D.
- 3) Prior to the first practice, parents and athletes need to be aware of the risks inherent in participating in each particular sport. Participants must sign and return an Interscholastic Athletic Participation form. [See Appendix T.]
- 4) Each school must appoint a teacher or administrator who is responsible for the Interscholastic athletic program, to ensure that each coach is familiar with the school or school board's coaching philosophy and relevant documents.
- 5) If a student misses a practice/game due to an injury or illness requiring professional medical attention [e.g., medical doctor, chiropractor, physiotherapist, etc.], the coach must receive communication from a medical professional or the student's parent/guardian, giving permission to return to play. For sample form, see Appendix L "Request to Resume Athletic Participation".
- 6) Coaches must inform their students of the locations of the fire alarms, the fire exits and alternate routes from the gymnasium and practice facility.
- 7) Many different situations may arise involving the transportation of students away from the school for Interscholastic athletics. Coaches must be aware of and adhere to the school board's transportation policy regarding interscholastic travel. [Board-sponsored and private vehicles.] It is important that parents are made aware of the mode of transportation and student expectations. The means and frequency of communication required must be established with the school principal. Consideration must also be given to informing parents when students are involved in activities which take them off the immediate school property [e.g., cross country running]. **Refer to individual Board policy for Field Trip procedures related to the need for parent/guardian permission.**
- 8) If students are involved in any interscholastic sport which is not described in this guideline, refer to provincial sports governing body guidelines. Determine whether this sport/activity is higher or lower risk [see criteria, page 113] and establish procedures accordingly.
- 9) Approval from the appropriate school board official must be received if a coach wishes to include activities different from this document or board guidelines and/or modify guidelines listed herein. As part of this process, the coach must demonstrate that all appropriate precautions will be taken in the interest of student safety. The school administration must approve the proposal and must also obtain school division approval.
- 10) Preventative action must be taken when unsafe conditions are identified! When an injury occurs due to unsafe conditions, corrective actions must take place to help prevent its reoccurrence.

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- 11) Universal precautions [e.g., using impermeable gloves] must be followed when dealing with situations involving blood and other bodily fluids [see Appendix C]. Coaches must refer to Board and other policies that address blood and bodily fluid procedures [e.g., sport governing body, MHSAA, association regulations].
- 12) Before involving students in strenuous outdoor athletics, coaches must take into consideration the temperature of the day, previous training and the length of time the students will be vigorously active. [See pages 124 and 125.]
- 13) At the beginning of the sport season, coaches must instruct students in expected conduct [i.e., in changerooms, when visiting schools, MHSAA Code of Conduct, etc.].
- 14) The presence of spectators must not present a safety concern.
- 15) Game officials must be knowledgeable about the rules of the sport.
- 16) Encourage athletes to have a student Accident Insurance Policy. [Check your personal insurance policy for covering items such as ambulance, dental, and eyewear.]
- 17) Interscholastic athletics have been categorized into two areas: higher risk sports and lower risk sports. Higher risk sports are those sports which are characterized by:
  - a greater potential for injuries with severe consequences;
  - contact: person to person and person to equipment;
  - uniqueness of equipment used;
  - speed of action;
  - protective equipment used;
  - type of supervision required;
  - training required.

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### HIGHER RISK SPORTS

Archery  
Broomball (Ice)  
Cheerleading (Acrobatic)  
Cycling/Mountain Biking  
Diving  
Fencing  
Field Hockey  
Football  
Gymnastics  
Ice Hockey  
Lacrosse (Field, Box)  
Rugby  
Skiing (Alpine)/Snowboarding  
Swimming/Synchronized Swimming  
Track and Field - field events: javelin, shot-put, discus, high jump, pole vault  
Triathlon  
Water Polo  
Weightlifting  
Wrestling

### LOWER RISK SPORTS

Badminton  
Baseball  
Basketball  
Bowling  
Cheerleading (Spirit, Dance)  
Cricket  
Cross-Country Running/ Orienteering  
Cross-Country Skiing  
Curling  
Football (Flag, Touch)  
Golf  
Handball (Wall)  
Lawn Bowling  
Racquetball  
Rowing  
Softball/Slo-Pitch  
Soccer  
Squash  
Table Tennis  
Team Handball  
Tennis  
Track and Field - track events, long jump, triple jump  
Volleyball

For higher risk sports, these additional requirements must be met:

- a) It is the responsibility of the HOST school to ensure that first aid coverage is available throughout the entirety of any higher risk activities or performances (e.g. acrobatic cheerleading).
- b) The minimum requirement for first aid coverage at a game or practice is the presence of an individual who takes responsibility for providing first aid to injured athletes.
- c) Game/match officials must be certified and/or experienced in officiating the sport.
- d) Coaching expertise for any higher risk sport must be derived from at least one of the following:
  - NCCP Level One Technical in that sport;
  - attendance at a clinic or workshop in that sport within the last three years;
  - past experience as a player or coach in that sport.
- e) The coach must document athlete attendance and all practice plans with reference to progressive development of skills, and attention paid to identified inherent risks of the sport (see Appendix N).

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## B) SPECIFIC COMPONENTS

Guidelines for each activity are outlined according to the following critical components:

<b>Equipment</b>	<b>Special Rules/Instruction</b>
<b>Clothing/Footwear</b>	<b>Supervision</b>
<b>Facilities</b>	

All guidelines found in the generic section, activity pages and appendices are mandatory for practices as well as games. An activity must not occur unless these guidelines have been addressed.

EQUIPMENT: [with respect to safety issues and concerns]

- a) Defective equipment must be removed and/or taken out of use immediately upon detection. When using any equipment that is not described in the document, care must be taken to ensure it is safe for use [e.g., no sharp edges, cracks, or splinters] and that its size, mass and strength are appropriate for the user.
- b) All balls must be properly inflated.
- c) **Personal Equipment**
  - Students and parents must be made aware that equipment brought from home for use in interscholastic sporting activities must be in safe playing condition [e.g., hockey helmets, racquets, golf clubs, hockey sticks, etc.].
  - Parents and athletes must be made aware of safety precautions with mouthguards and eyeglasses, including the need for an eyeglass strap and shatterproof lenses for some activities. Mouthguards have proven to be successful in reducing the incidence of dental damage, concussion and cuts caused by contact with orthodontic braces.
  - Where sport governing bodies, and/or local/regional /provincial athletic associations require specific personal equipment [e.g., throat protector in hockey], parents/guardians and students will ensure that equipment conforms to recognized standards.
  - Where school boards or schools provide protective equipment, all equipment must conform to recognized standards [e.g., CSA approved hockey helmets; approved football helmets] and must fit properly.
  - Personal equipment must not be altered beyond the adjustments provided for in the original equipment. Any alteration that compromises the protection that the equipment provides [e.g., cutting a portion off the back of mouthguards] destroys the safety certification.
  - Student athletes must be informed that they are not to share water bottles.
  - Students must be informed that they have a responsibility to report personal equipment problems and defects to the supervising coach.

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### d) **Non-Personal Equipment**

- All equipment must be checked regularly by the coach to ensure that it is in good working order. Athletes also must be encouraged to report equipment problems to coaches.
- Equipment needs to be inspected and maintained on a regular basis by capable and knowledgeable personnel (e.g. inspection company, Board Health and Safety Committee) and documentation maintained. [e.g., annually]
- Coaches must perform a visual check of equipment before each practice or competition and remove or repair broken equipment.
- When borrowing, renting, or lending equipment for practice or competition (e.g. wrestling mats, gymnastic equipment, football helmets), the coach must ensure that equipment conforms to recognized safety standards and that it has been inspected for safety.

### CLOTHING AND FOOTWEAR:

- a) Students must wear appropriate clothing for Interscholastic athletics. Prescribed team uniforms for competition will be designated by the local sports governing association and the MHSAA. Devices used to tie back long hair must not present a safety concern.
- b) Jewelry which presents a safety concern must be removed. Jewellery that cannot be removed and which presents a safety concern [e.g., Medical Alert identification, religious/cultural jewelry], must be taped. Long hair must be secured so as not to block vision. Eye glasses may need to be removed or secured. Deviations from these guidelines are listed on activity pages.

Parents and students must be made aware of safety precautions with eye glasses including the need for an eyeglass strap and/or shatterproof glass for some activities [see Appendix A - Letter to Parents/Guardians].

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### FACILITIES:

- a) To provide a safe environment for Interscholastic activities, the coach must make a pre-activity check of the facilities and equipment to be used. This could be done visually or recorded on a checklist [see Appendix F]. The minimum requirement is a pre-use visual check. Hazards must be identified and removed if they are a factor in the activity. Potentially dangerous and immovable objects [e.g., goal posts, protruding stage] must be brought to the attention of students, other coaches, officials, etc. All equipment must be checked regularly to ensure it is in good working order. Equipment listed in the document applies only to safety. Students must be encouraged to report equipment or facility problems to the coaches, who must report [in writing] any equipment or facility problems to the school administration.
- b) Facilities and major equipment must be inspected and a signed written report completed on a regular basis [e.g., annually].
- c) Equipment/furniture which is hazardous to the activity must not be stored around the perimeter of the gymnasium. Mats secured to the wall as well as an appropriate number of benches, are exceptions to this statement. Devices projecting from the wall [e.g., chinup bars, pegs on peg board, thermostats, door knobs, water fountains] must be attached at a height that will minimize injury or be modified or removed when not in use.
- d) For all indoor activities, walls and stages must not be used for turning points or finish lines. A line or pylon could be designated in advance of the wall. Foreseeable risks must be identified and precautions taken to minimize risks. For safety precautions when using non-gym areas [e.g., concourses, hallways, classrooms, stages, weight rooms, fitness rooms] for practice, please see Appendix E.
- e) Playing fields must be free from hazards [e.g., holes, glass, and rocks]. There must be sufficient turf for proper traction and impact absorption [e.g., non-contact rugby]. Minor hazards must be identified and avoided. Severely uneven surfaces must be brought to the attention of the principal and must be repaired before the activity takes place. Community facilities that are used [e.g., arenas, pools, etc.] must conform to safety standards and must be free from hazards. Any concerns about potentially dangerous conditions must be reported to the appropriate governing authority.
- f) A telephone or other suitable means of communication must be available for all activities/locations.
- g) There must be a designated safe area for spectators.

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### SPECIAL RULES/INSTRUCTIONS:

- a) The skills of an interscholastic sport must be taught in proper progression prior to participation.
- b) Prior to teaching the skills of the sport, the coach has a duty to:
  - outline the inherent risks involved in the activity;
  - demonstrate how to minimize the risks;
  - set procedures and rules for safe participation.
- c) Fitness development appropriate to the level of competition must be addressed.
- d) Before involving students in strenuous outdoor activity, teachers must take into consideration the temperature of the day, previous training and the length of time the students will be vigorously active. [See pages 124 and 125.]
- e) Interscholastic sports must be modified to the age and ability level of the students.

### SUPERVISION:

- a) Supervision is the overseeing of an activity for regulation or direction. All facilities, equipment and activities have inherent risks, but the level of risk decreases significantly with effective supervision.
- b) **Definition of a Coach:** A coach can be any individual approved by the principal or designate (see Appendix O). Any coach who is not a teacher or administrator employed by the board or an individual with teaching certification approved by the principal (e.g. retired teacher, teacher not under contract) must:
  - complete the application form for outside coaches [see Appendix P];
  - be interviewed and approved by the principal or designate [see Appendix P];
  - become familiar with relevant school and board policies and procedures provided by the principal or designate.

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### c) **Role of Teacher Supervisor Within a School Division:**

The principal or designate is to appoint a teacher supervisor [teacher or administrator] for every coach who is not a teacher or administrator employed by the school. The teacher supervisor will be responsible for carrying out all the duties required of a teacher pursuant to the Education Act and these guidelines [see Appendix R]. The level of support will be commensurate with the expertise and qualifications of the coach and will be determined by the principal or designate. As a minimum, the designated teacher supervisor will provide “**in-the-area**” supervision for all practices, games, and competitions. “**In-the-area**” supervision of a non-teacher coach means that the teacher supervisor must be **accessible** and at least one of the following criteria must be in place:

- teacher supervisor is visible;
- teacher supervisor is circulating on the same site;
- teacher supervisor is accessible.

When the practice or competition takes place within the school division, refer to your school division policy on teacher supervision.

### **Role of Teacher Supervisor Outside of a School Division:**

When a school team is travelling outside their school division, a teacher supervisor from the same school or division must accompany the team [as per your school division policy]; must be **accessible**, and at least one of the following criteria must be in place:

- teacher supervisor is visible;
- teacher supervisor is circulating on the same site;
- teacher supervisor is accessible.
- As a minimum, the designated teacher supervisor will provide “**in-the-area**” supervision for all practices, games, and competitions.

### **Role of Teacher Supervisor at Provincial MHSAA Sanctioned Competitions:**

When a school is travelling to a provincial MHSAA sanctioned competition, the teacher supervisor must be from the same school as the team. For individual sports, one teacher supervisor may be responsible for students from two or three schools pending approval from MHSAA. The teacher supervisor must accompany the team to all games and tournament functions; must be accessible; and at least one of the following criteria must be in place:

- teacher supervisor is visible
- teacher supervisor is circulating on the same site
- as a minimum, the teacher supervisor will provide “in-the-area” supervision

d) For higher risk sport, coaches must meet specific sport coaching qualifications [see individual sport pages].

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### e) **Supervision by the Coach:**

Any use of a facility must be supervised. This guideline has designated three categories of supervision by the coach: “**Constant visual**”, “**On-site**”, and “**In-the-area**”. The categories are based on the principles of general and specific supervision which take into consideration the risk level of the activity, the participants’ skill level and the participants’ maturity.

### f) **Categories of Supervision:**

In the category of supervision, “**Constant visual**” supervision means that the coach is physically present, watching the activity in question. Only one activity requiring “**Constant visual**” supervision can take place while other activities are going on. “**On-site**” supervision entails coach presence but not necessarily constantly viewing one specific activity. For “**In-the-area**” supervision, the coach must be **readily accessible** and at least one of the following criteria must be in place:

- coach circulating;
- location of coach is known;
- coach is visible.

**Example:** During a track and field practice, some students are involved in high jump, some in relay, while others are involved in distance running.

“**Constant Visual**” supervision - High Jump [initial instruction] - Coach is at the event and is observing activity.

“**On-site**” supervision - Relay - Students are participating on the track/field and can be seen by the coach.

“**In-the-area**” supervision - Distance Running - Students are running a prescribed route through the school neighbourhood.

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- g) Supervision - Points to Consider
- i) In competitions requiring an overnight stay, chaperones of the same sex must be present.
  - ii) Students must be aware that the use of equipment and the gymnasium are prohibited without the appropriate type of supervision. Deterrents must be in place. For example:
    - locked doors;
    - signs on doors indicating that students are not to use the gym unless supervised;
    - staff scheduled and present in an adjoining physical education office, in order to see students who might enter the gym unauthorized.
  - iii) Level of supervision must be commensurate with the inherent risk of the sport and the maturity of the athletes.
  - iv) Establish routines, rules of acceptable behaviour and appropriate duties of students at the beginning of the sport season and reinforce throughout the season. Coaches must sanction students for unsafe play or unacceptable behaviour, and must exercise that responsibility at all times. [e.g., deal with intimidation, harassment, abuse.] Refer to Appendix Q for more information on student behaviour.
  - v) Rules of the sport must be taught and strictly enforced.
  - vi) In situations where a substitute teacher or other teacher is asked to coach a practice or game the following must occur:
    - teacher competence level with sport activity must be addressed;
    - absent coach or administrator or designate must provide the Safety Guidelines page[s] for Interscholastic sport activity;
    - absent coach must specify restrictions/modifications for students with health or behavioural problems.
  - vii) When an Interscholastic sport includes large numbers of participants [e.g., a school cross-country team] the ratio of coaches to participants must satisfy safety concerns.
  - viii) A school is responsible for supervising its own spectators. The ratio of supervisor to spectator must address safety concerns.
  - ix) Sport convenors/ event organizers must address the issue of event security.
  - x) When an interscholastic sport includes several higher risk activities [e.g., track and field] the ratio of coaches to participants must satisfy safety concerns.

### COACHING QUALIFICATIONS

Coach in charge must:

- a) Review local guidelines for the sport and attend appropriate clinics and coaches' meetings.
- b) Be encouraged to complete Level 1 Theory and Technical of the National Coaching Certification Program (NCCP) or equivalent in the sport which he/she is coaching.

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- c) Be encouraged to attend a basic first aid course.
- d) Adhere to coaching qualifications for higher risk sports (see individual sport pages).

### COACH'S ROLE AND RESPONSIBILITIES

- a) The coach must work with student athletes in a professional manner that emphasizes respect, fair play and skill improvement.
- b) It is the coach's responsibility to be knowledgeable of the rules and the skills necessary for the students to play the game safely.
- c) The coach is to be familiar with the contents of:
  - the Board's Risk Management Policy and Administrative Procedures for Interscholastic Sports;
  - the Board's Transportation Policy;
  - competition, playing regulations and constitution by-laws.
  - MHSAA handbook
- d) Ensure that the **Interscholastic Athletic Participation Form** [see Appendix T] has been completed by parents/guardian and has been returned **prior** to participation in the **first practice**. **Coaches must have access to the forms at ALL practices and games.**
- e) Coaches must provide a suitable level of competition according to skill, size, age and conditioning of the athlete. Coaches must examine the intensity and frequency of drills, practices, and games in order not to put the student at risk [e.g., excessive repetition of a heading or hitting skill].
- f) When there has been an interruption to a competitive season of more than two weeks, coaches must provide appropriate practice time before competition may resume.
- g) Inform participants and parents [in writing or verbally] of the times and locations of practices and games.
- h) Early in the season, clearly establish expectations and general conduct for practices and games. Involve players in formulating behavioural guidelines, fostering player discipline and self control to minimize risk and promote fair and safe play [refer to Appendix Q, MHSAA Code of Conduct for Players].
- i) **Game**
  - Officials must be treated with respect. Officials' decisions are final [e.g.. question officials' decisions through proper procedures].
  - It is the responsibility of the coaches to control their teams and instruct their players to participate in a safe manner according to the rules of the game.
  - Visiting coaches are responsible for their teams' behaviour and the behaviour of volunteer bus drivers who represent their school.
  - Coaches must be aware of School's Coaching Handbook, Division, Zone and MHSAA Coaches' Code of Behaviour.

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### j) **Supervision**

- Participants must be appropriately supervised during all phases of the activity: practices, warm-up, competition, breaks. [If the coach cannot fulfill the appropriate level of supervision, the activity must be stopped.]
  - For all sports, where the coach is not of the same sex as the athlete[s], and where the athlete[s] are required or might be required to stay overnight, a supervising adult, as approved by the principal of the school, of the same sex as the athlete[s], must be present and available at the accommodation site for the duration of their stay in the accommodation.
  - Ensure that ALL team members have left the practice or competition facility prior to the coach leaving. The coach/teacher supervisor of the visiting team must ensure the safe departure from the competition site of all team members before the coach/teacher supervisor departs.
- k) For higher risk sports, the coach must document athlete attendance and all practice plans, with reference to progressive development of skills, with attention paid to identified inherent risks of the sport, [see Appendix N “Sample Coaches’ Planner”].
- l) Before each practice or game, the coach must visually inspect facilities and playing surfaces to ensure that they meet safety guidelines; the coach must not allow participation if he/she is not satisfied that the facilities or playing surface are safe.

### PLAYER’S ROLE AND RESPONSIBILITIES

- a) All participants are expected to abide by the established behavioural guidelines. [See Appendix Q.]
- b) All participants must be encouraged to report all injuries to the coach.

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## Safety and Liability

Safety is of particular concern in planning and implementing physical education. The primary responsibility and legal liability for ensuring safe practices rests with the school division/district and its employees. Schools must develop safe routines and procedures, and teachers need to be knowledgeable about the best safety practices, regardless of whether the teaching, learning and assessment takes place in the classroom, gymnasium, playground or alternative environments.

Teachers responsible for providing a wide variety of challenging movement experiences in physically active settings must anticipate hazards and minimize the risk inherent in physical activity. Expertise in physical activity management is essential. For some specific physical activities/programming, such as aquatics and Cardio-Pulmonary Resuscitation [CPR], it is recommended that certified training be required.

As a general rule, teachers will be held to the standard of care of a careful parent of a large family, considering such factors as the number of students being supervised; the age; maturity; level of skill and knowledge; the behavioural propensities of the students; the nature of the activity; the type of equipment being used; and the location involved. Staff members responsible for a subject area requiring expertise may be held to a higher professional standard of care. For example, a physical education teacher may be presumed to know more about the dangers inherent in artistic gymnastics than would the average parent. Accordingly, he or she may be held to the standard of physical education specialists with training and experience in artistic gymnastics.

Sections 86, 87, and 89 of The Public Schools Act address exemption from liability in areas of physical education, and may provide some degree of exemption from liability and negligence. However, it is important that school divisions/districts be aware that it is their primary responsibility for ensuring safe practices when planning and implementing physical education. In several litigations resulting from students being injured during physical education classes, Canadian courts have demonstrated a clear departure from “the careful and prudent parent” standard of care when assessing teacher negligence, adopting instead a “professional” standard of care.

Trial courts, therefore, have concluded that the standard of care to be exercised in the context of instruction in a physical education class can frequently exceed the “careful parent of a large family” test, since many physical education activities require specialized knowledge, training and experience of the teacher. For example, where students are engaging in artistic gymnastics activities, the teacher and school authorities will be required to act as a careful and prudent person having the specialized expertise demanded of an artistic gymnastics instructor.

The Supreme Court of Canada has established four criteria to determine the necessary and appropriate standard of care within the context of physical education:

1. Is the activity suitable to the mental and physical condition, as well as the age of participating students?
2. Have the students been progressively taught and coached to perform the activity[ies] properly and to avoid the dangers inherent in the activity[ies]?
3. Is the equipment adequate and suitably arranged?
4. Is the activity being supervised properly in light of the inherent danger involved?

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## Environmental Concerns -- SPRING, SUMMER & FALL Conditions

- **Lightning Storm**

*Refer to page 39 in YouthSafe Manitoba: School Field Trip Resource, Trip Leadership section*

- **Heat and Ultraviolet Index**

**Watch, Listen, Plan:** Listen to the forecasts and be aware of the Ultraviolet Index. [Values less than 4:00 are low; Values from 4:00 - 6.9 are moderate; Values from 7:00 - 8.9 are high.]

**Look out when:** The temperature rises to over 30 C.

**Take action:** Wear a hat; apply sunscreen; and keep hydrated. Lower the intensity of the outdoor activity or move indoors.

**Watch:** Watch for any signs of sunburn, heat stroke and heat exhaustion. Be prepared to provide the necessary first aid.

- **Outdoor Field Conditions**

**Watch, Listen, Plan:** The playing area must be free of debris and obstructions; it must provide suitable footing; and it must be well-removed from traffic.

**Look out when:** There are areas that the students must not use. These areas must be marked off.

**Take action:** Report to the principal any conditions or hazards that are unsuitable and in need of repair or removal.

**Wait and Watch:** Wait until repairs are completed or until any hazards are removed before resuming activities.

- **Insects**

**Watch, Listen, Plan:** Take note if excessive numbers of insects are present.

**Look out when:** There are students with insect allergies present.

**Take action:** Ensure that students with allergies have the necessary medication on hand [e.g., epi pen].

# Interscholastic -- Middle & Senior Years

## Environmental Concerns -- WINTER Conditions

### • Temperature and Wind Chill

Temperature: +4C to -12C -- wind chill 700: very comfortable

Temperature: -12C to -20C -- wind chill 1200: comfortable when wearing dry, adequately insulated clothing on sunny days

Temperature: -20C to -25C -- wind chill 1400: requires constant activity and adequate clothing

Temperature: -25C to -40C -- wind chill 1600: restrict outdoor activity to a minimum with warm-up breaks included

**NOTE:** Watch for prolonged exposure and signs of frostbite. Be prepared to provide the necessary first aid.

### • Outdoor Field Conditions

**Watch, Listen, Plan:** The playing area must be free of debris and obstructions; it must provide suitable footing; and it must be well-removed from traffic. Watch for holes and severely uneven surfaces. Choose a site that takes sun; wind; snow conditions; and the suitability of the terrain into consideration.

**Look out when:** There are areas that the students must not use. These areas must be marked off. Watch out for conditions where the area is icy beyond the point of providing suitable and safe footing.

**Take action:** Report to the principal any conditions or hazards that are unsuitable and in need of modification, repair or removal.

**Wait and Watch:** Wait until repairs are completed or until any hazards are removed before resuming activities.

# Interscholastic -- Middle & Senior Years

# ARCHERY

*Refer to page 101 (Archery) in YouthSafe Manitoba:  
School Field Trip Resource, Safety First section*

## Senior Years Only

## Interscholastic -- Middle & Senior Years

# BADMINTON

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Racquets must be inspected regularly for breakage and to ensure proper grip.</p> <p>Protective eye gear as prescribed by MHSAA badminton playing regulations.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The playing area must be free from debris and obstructions and provide safe footing.</p> <p>Court boundary lines must be clearly defined.</p> <p>A safety procedure must be established for side-by-side courts.</p>	<p>Skills must be taught in the proper progression.</p> <p>The code of etiquette for court play must be taught and enforced, [e.g., not entering a court being used.]</p> <p>When practicing skills, adequate spacing must be allowed for each athlete to be able to make an uninterrupted swing.</p> <p>Players must stop play whenever a foreign object comes onto the court.</p> <p>The benefits of protective eye gear must be communicated to the students.</p> <p>Encourage the front court player to avoid facing his/her partner during a rally.</p>	<p>During initial instruction, on-site supervision is required. After initial instruction, in-the-area supervision is required.</p> <p>Setting up of equipment requires on-site supervision.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# BALL HOCKEY/ FLOOR HOCKEY

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Stick blades must be checked regularly to ensure that the blade is securely attached to the stick. Only regulation plastic hockey sticks may be used. Plastic goals or pylons should be used.</p> <p>Suitable soft balls must be used, including: P30, P40, nerf, yarn ball, tennis ball, plastic, or a highly visible soft light-rubber puck.</p> <p>Goalies must wear face masks [e.g., hockey helmet with cage], and should wear protective gloves.</p> <p>Consideration should be given to having players wear protective gloves, full face masks or eye protection and a full-fit mouthguard.</p>	<p>The following must be worn:</p> <p>Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p>	<p>The following rules must be in place and must be enforced by penalties:</p> <ul style="list-style-type: none"> <li>a) no body contact</li> <li>b) no stick on body contact</li> <li>c) the stick must remain below the waist at all times with the blade preferably below knee-level</li> <li>d) slap shots are not allowed</li> <li>e) implement a crease for protection of the goalie</li> <li>f) no other player [or player's stick] is allowed in the goal crease</li> <li>g) no lifting and slashing the opponent's stick</li> </ul> <p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that are taught.</p>	<p>On-site supervision is required.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# BASEBALL

*Baseball is not recommended for the Middle years*

<b>EQUIPMENT</b>	<b>CLOTHING/ FOOTWEAR</b>	<b>FACILITIES</b>	<b>SPECIAL RULES/ INSTRUCTION</b>	<b>SUPERVISION</b>
<p>A first aid kit and phone must be accessible.</p> <p>CSA approved helmets must be worn by batters, baserunners, and the on-deck batter.</p> <p>Helmets must have earflaps on both sides.</p> <p>Catchers must wear approved equipment. Warm-up catchers must wear a mask.</p> <p>Suitable pelvic area protection must be worn by all players.</p> <p>All equipment must be kept out of the playing area.</p> <p>Aluminum bats with proper grips must be used.</p> <p>Fielders must wear baseball gloves.</p>	<p>Pants, team shirt and a baseball hat must be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>Bases must be secured.</p> <p>The diamond must be level and groomed.</p> <p>Backstops must be checked for broken wire prior to each game.</p> <p>Entrance gates to the playing field must be closed at all times.</p> <p>The dugout must be screened to protect players.</p> <p>If in the opinion of the umpire, after consultation with both coaches, the field is deemed to be unsafe for play, the game will be rescheduled.</p> <p>There must be sufficient turf for proper traction and impact absorption.</p>	<p>Appropriate sliding techniques must be taught to minimize the risk of injury.</p> <p>There must be no head first sliding into a base other than returning from a leadoff position.</p> <p>A conditioning program that encourages flexibility, improved cardiovascular fitness and pre-event warm-up must be introduced.</p> <p>Players throwing to warm-up must do so away from the playing area.</p> <p>Pitchers are limited to a maximum of 60 pitches per game and no more than two games per day.</p> <p>Players not involved in the game must be on or behind their bench.</p>	<p>On-site supervision.</p> <p>There must be a designated supervisor [teacher, parent, or responsible adult] available with a vehicle to accompany any injured student to the hospital. This must not be the "in-charge" supervisor.</p>

## Interscholastic -- Middle & Senior Years

# BASKETBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Where a stage is close to the baseline, gym mats must be placed over the edge of the stage and must extend close to the floor.</p> <p>In situations where the student's follow through and/or run-off the end of the court may result in contact with an end wall -- protective padding or gym mats must be placed beyond the "key" area; must extend a minimum of 1.88 m [6'] up the wall from the top of the baseboard [maximum 10 cm [4"] from the floor], and must be a minimum width of 4.88 m [16'].</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Items such as cast, braces, or other materials that may pose a danger are not to be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>No metal or other hard object can be used to hold hair back.</p> <p>Note: Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and if outdoors, must be well removed from traffic, with boundaries clearly identified.</p> <p>Protective padding should be used on rectangular backboard edges.</p> <p>Only trained adults are to use motorized or hand winches to raise and lower the baskets.</p> <p>Only trained adults may operate power drills to raise/lower baskets.</p> <p>The winch for moving backboards up and down must not be located directly under the supporting wall-mounted structure. When raising or lowering baskets, the area directly below the moving basket must be clear of people and equipment.</p>	<p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that have been taught.</p> <p>If the gym does not facilitate safe play, [e.g., doors and radiators under the baskets; a wall too close to the baseline; close proximity of chin-up bars and climbing apparatus], modify the rules appropriately, [e.g., no lay-ups].</p>	<p>On-site supervision is required for the initial instruction, followed by in the area supervision.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# BOWLING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p>	<p>Suitable footwear must be worn at all times, as provided or approved by the facility. Street clothes are acceptable.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Note: Ten Pin bowling -- rings could be a hazard.</p>		<p>Skills must be taught in the proper progression.</p> <p>Parents must be aware of any away-from-school activity and the mode of transportation being used.</p> <p>Teach and follow the rules and etiquette as outlined by the facility.</p> <p>Students must be shown the proper hand-placement when picking up the bowling ball.</p>	<p>In the area supervision is required.</p>

## Interscholastic -- Middle & Senior Years

### BROOMBALL ( Ice)

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation broomball sticks must be used.</p> <p>Use a Nerf ball, utility ball, or a regulation ball specifically made for broomball.</p> <p>Goalies must wear protective masks.</p> <p>A CSA approved hockey helmet [with mask] must be worn.</p> <p>Players should wear protective gloves</p>	<p>Players must wear broomball shoes or suitable footwear and clothing for the temperature conditions.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against cold and sun.</p>	<p>For Broomball - The ice surface must be free from obstructions and deep ruts.</p> <p>All ice rink doors must be closed.</p> <p>The use of a breakaway net is mandatory.</p>	<p>Body and stick contact and penalties for stick infractions must be strictly enforced.</p> <p>The crease must be extended 2 m [6'6"] from the goal line. Offensive and defensive players cannot be in the crease.</p> <p>Only non-contact broomball is allowed.</p> <p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that are taught.</p> <p>Parents must be made aware of any away-from-school activity and the transportation arrangements.</p>	<p>On-site supervision is required.</p> <p>The head coach must demonstrate knowledge of game, skills and strategies to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Broomball;</li> <li>• attendance at a broomball clinic or workshop within the last three years;</li> <li>• past experience as a player or coach in the sport.</li> </ul> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# CHEERLEADING (ACROBATIC)

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Carpeted gymnastics mat strips, wrestling mats or Velcro fold out style mats are to be used.</p> <p>Mats must offer proper foot control and a safe surface, i.e. they must not move.</p> <p>Velcro connections on velcro mats must be kept clean to provide maximum adhesion.</p> <p>Megaphone handles must be screwed in tight and burred edges must be trimmed or filed.</p>	<p>T-shirt, tank tops, gym/tennis/bike style shorts are to be worn. Females may wear traditional cheerleading uniform, shorter skirts, and shell tops.</p> <p>No oversized tops or pants.</p> <p>No slick lycra or nylon clothing.</p> <p>No hats, jewelry or sunglasses are to be worn.</p> <p>Footwear must be supportive [e.g., 3/4 cut or high cut styles] and must be laced up fully at all times.</p> <p>Hair must be clipped back -- off the face.</p> <p>When cheering outdoors, heavier sweatshirts and/or wind suits must be fitted.</p> <p>Gloves or mitts must not be worn during lifts and pyramids unless they are fitted "batting" style handwear.</p>	<p>Cheering surfaces [e.g., hardwood gym floor, rubberized gym floor, carpeted studio, grass – dry and flat, track surfaces – all weather] must be dry, flat, and free from loose objects.</p> <p>Mats must be secure.</p> <p>Over the head obstructions [e.g., basketball nets] must be raised out of reach.</p> <p>Loose items [e.g., clothing, towels, water bottles, etc.] must not be left on floor.</p>	<p>Safety and spotting skills must be addressed first.</p> <p>Tops and bases of the pyramid must learn the responsibilities of other members in spotting/catching.</p> <p>Teach the progression of skills in a sequential manner.</p> <p>Students must not perform skills beyond their ability level until the requisite precursor skills are mastered.</p> <p>Strength and conditioning must be an integral part of the training of acrobatic cheerleaders.</p> <p>No stunting or tumbling on a school stage.</p> <p>Safety regulations and rules must apply to all cheerleading situations.</p> <p><b>In adverse weather conditions:</b></p> <ul style="list-style-type: none"> <li>• stunting and pyramid building must be reduced;</li> <li>• tossed skills (except chair sit) must stop and all lifts must be secured with additional hands-on spotters;</li> <li>• extended lifts must not be performed;</li> <li>• no tumbling.</li> </ul>	<p>Constant visual supervision is required for the initial skill learning stages. After initial instruction, on-site supervision is required.</p> <p>Coaches must employ hands-on spotting at all times until skills are mastered.</p> <p>All team members must be trained to employ hands-on spotting at all times for all skills, until they are mastered.</p> <p>Coaches must attend/oversee all game cheerleading sessions as well as competitions.</p> <p>Coaches must secure a safe cheering environment at football games, [e.g., keep fans away from the team space].</p> <p>The head coach must keep up to date with skill knowledge, rule development and safety issues, e.g. communicating with Cheerleading Federations, and maintaining an awareness of external training opportunities.</p> <p>If gymnastics is a component of the team's skill package, coaches must learn essential spotting techniques for elements typically being used in cheerleading, [e.g., handspring, tuck, round-off handspring, cartwheel].</p> <p>The head coach must demonstrate a knowledge of game, skills and strategies to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• clinic or workshop within the last three years;</li> <li>• past experience as an athlete or coach in the sport.</li> </ul> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# CHEERLEADING (SPIRIT, DANCE)

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>If pom-poms are used, they must be in good repair [i.e., not shedding].</p> <p>Any electrical equipment used must be in good working order and have wires taped to the floor or contained within the walls.</p>	<p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Supportive athletic shoes are to be worn.</p>	<p>Adequate footing must be provided both indoors or on a field.</p> <p>Adequate room must be provided for all movement.</p>	<p>All routines must be taught in the proper progression.</p> <p>Routines must be designed not to interfere with other activity.</p> <p>Pom-pom plastic must be cleaned up as it sheds, to prevent any risk to students.</p> <p>Stress correct body alignment for injury prevention.</p>	<p>During the initial instruction of routines, on-site supervision is required. After the initial instruction, in-the-area supervision is required.</p>

# Interscholastic -- Middle & Senior Years

## CRICKET

THE OFFICIAL GAME OF CRICKET IS NOT RECOMMENDED  
FOR MIDDLE YEARS -- [USE VARIATIONS]

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation cricket bats, and stumps should be used.</p> <p>For regulation cricket, approved cricket pads and gloves must be worn by the batters and the wicketkeeper.</p> <p>The batter must wear an approved cricket helmet.</p> <p>Tennis balls are to be used for indoor cricket games.</p> <p>Middle Years -- Use an official Kanga Ball set, or modify as follows:</p> <ul style="list-style-type: none"> <li>• Use tennis balls, cosom plastic balls, or “soft” balls.</li> <li>• Use sturdy plastic bats.</li> <li>• Use Kanga Ball wickets, each having 3 sturdy plastic stumps which fit into a hollow base.</li> </ul>	<p>The following must be worn:</p> <p>Suitable footwear and gym clothing providing the student with unrestricted movement. No cleats are allowed.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>The playing surface must be a mat wicket.</p> <p>For indoor cricket variations, the playing surface and surrounding area must be free of all obstacles [e.g., tables, chairs, pianos].</p>	<p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills taught.</p> <p>“Bouncers” and “bean balls” must not be bowled.</p> <p>A designated area must be established for non-active players at a safe distance behind the batter.</p> <p>Middle Years -- the bowler should underhand lob or roll the ball at the batter’s wicket, and the wicket keeper must stand a safe distance behind a striker.</p>	<p>On-site supervision is required.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# CROSS COUNTRY RUNNING AND ORIENTEERING

*Refer to page 73 (Cross Country Running) and page 71 (Orienteering)  
in YouthSafe Manitoba: School Field Trip Resource, Safety First section*

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION

## Interscholastic -- Middle & Senior Years

# CROSS COUNTRY SKIING

*Refer to page 150 (Cross Country Skiing) in YouthSafe Manitoba: School Field Trip Resource, Safety First section*

## Interscholastic -- Middle & Senior Years

# CURLING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>In “jam pail” curling -- ensure that all handles are secure.</p>	<p>Clothing must be appropriate for cold temperature activity.</p> <p>Students should wear curling shoes -- or slip-on slider -- or running shoes with the sliding shoe taped.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against cold and sun.</p> <p>Note: Check MHSAA guidelines for uniforms at Provincials.</p>	<p>Curling rink.</p> <p>In “jam pail” curling -- ensure that the ice surface is smooth.</p>	<p>Teach etiquette and safety rules before going to the curling rink or any ice surface.</p> <p>Skills must be taught in the proper progression.</p> <p>Parents must be informed when curling takes students off the immediate school property.</p>	<p>Constant visual supervision is required.</p> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p> <p>There must be a designated supervisor [teacher, parent, or responsible adult] available with a vehicle to accompany any injured student to the hospital. This must not be the “in-charge” supervisor.</p>

## Interscholastic -- Middle & Senior Years

# FIELD HOCKEY

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation field hockey [or developmentally appropriate] sticks must be used.</p> <p>Students must be trained to check their sticks regularly for cracks.</p> <p>Use a regular field hockey ball.</p> <p>Goalkeeper's equipment: Gloves, CSA approved helmet and face mask, chest protector, lower abdominal protector, goalie pads and kickers must be worn by goalkeeper or designated kicking back.</p> <p>Shin guards must be worn during all games and practices. A mouthguard is recommended.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Molded cleats or turf shoes may be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>Portable goals must be checked prior to practices/competition to ensure they are secure.</p>	<p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that are taught.</p> <p>Coaches must teach proper techniques in offensive and defensive skills and strategies.</p> <p>If a regulation ball is used and there is a goalie, equipment as specified must be used.</p> <p>The ball must be played only with the flat side of the stick.</p>	<p>On site supervision is required.</p> <p>The head coach must demonstrate knowledge of game, skills and strategies to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Field Hockey;</li> <li>• attendance at a field hockey clinic or workshop within the last three years;</li> <li>• past experience as a player or coach in the sport.</li> </ul> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# FOOTBALL (FLAG, TOUCH)

***TACKLE FOOTBALL is not an appropriate activity for Middle Years.***

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Use a ball that is appropriate to the size and ability of the group, [e.g., a smaller football or nerf ball].</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Metal or composite cleats must not be worn in class.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>Goal posts should be padded when the goal posts are in the field of play.</p>	<p>Tackle football is not an appropriate activity for Middle Years.</p> <p>Skills must be taught in the proper progression and games must be based on the skills that are taught.</p> <p>No blocking is allowed -- except at the line of scrimmage. Pass blocking is allowed only after the proper technique has been taught.</p> <p>Middle Years - Modify the rules of the game to accommodate differences in ability, age and physical development.</p> <p>Boundary lines must be clearly indicated.</p> <p>Any player with a playing cast must provide a doctor's note or parent/guardian-signed permission slip indicating it is safe for him/her to play.</p> <p>Any knee braces or casts must be approved by the official prior to the commencement of the game. Any exposed orthopedic apparatus must be soft or padded.</p>	<p>On site supervision is required.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# FOOTBALL (TACKLE)

*Tackle Football is not recommended in the Early & Middle years*

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Football helmets and shoulder pads must be inspected annually and reconditioned, as determined by an accredited equipment reconditioner.</p> <p>Football helmets are to be recertified by an accredited equipment reconditioner after three years of use; and must be replaced 10 years after the date of manufacture.</p> <p>For all contact situations, the minimum protective equipment that must be worn includes: full fit interior mouthguard, properly fitted helmet, shoulder pads, hip-tailbone pads, thigh pads and knee protection.</p> <p>There must be full padding in good condition on the blocking sled.</p>	<p>Suitable footwear that satisfies football regulations and is properly maintained must be worn.</p> <p>All jewelry must be removed.</p> <p>Clothing in practices and games must be suitable for the weather conditions.</p> <p>Note: Check MHSAA guidelines for uniforms at Provincials</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>Goal posts should be padded when the goal posts are in the field of play.</p> <p>Spectator stands and player benches must be well removed from the playing field.</p> <p>Boundary lines must be clearly indicated.</p> <p>Lime must not be used to line the field.</p> <p>There must be sufficient turf for proper traction and impact absorption.</p>	<p>Student athletes must receive instruction on how to properly adjust and maintain equipment prior to wearing football gear.</p> <p>When issuing equipment, all gear must be fitted properly.</p> <p>Down-box personnel must be trained in the safe use of equipment.</p> <p>Athletes must have access and opportunity to replenish fluids.</p> <p>Skills must be taught in the proper progression.</p> <p>Each athlete must have actively participated in at least eight days of practices before playing in first league game.</p> <p>Training must include flexibility, strength and cardiovascular enhancing activities.</p> <p>Practice equipment, such as blocking sleds and bags, must be kept at a safe distance from practicing players when not in use.</p> <p>There must be a minimum of 72 hours between games.</p> <p>Coaches need to assess heat, humidity and the physical condition of the athletes when planning practices.</p> <p>Any player with a playing cast must provide a doctor's note or parent's signed permission slip indicating it is safe for him/her to play.</p> <p>Any knee braces or casts must be approved by the official prior to the commencement of the game.</p> <p>Any exposed orthopedic apparatus must be soft or padded.</p> <p>Safe blocking and tackling techniques must be taught and reinforced throughout the season. No head blocking or spear tackling techniques are to be taught.</p>	<p>Constant visual supervision during initial practice of contact skills.</p> <p>On-site supervision the rest of the time.</p> <p>The head coach must demonstrate knowledge of game, skills and strategies to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Football;</li> <li>• attendance at a football clinic or workshop within the last three years;</li> <li>• past experience as a player or coach in the sport.</li> </ul> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

# Interscholastic -- Middle & Senior Years

## GOLF

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Real golf balls must not be used on school property except for putting and chipping. [If chipping is indoors - use whiffle balls only].</p> <p>Equipment, especially grips, must be checked regularly and repaired as needed.</p> <p>Ensure that the clubs are the appropriate length.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>Gym; school property; golf domes; putting course; golf course; driving range; chipping [short game] course.</p> <p>Adequate space is required and the space must allow for a full backswing and follow through.</p> <p>Regardless of facility, the hitting area must be well marked and controlled.</p> <p>For indoor [gym] golf -- use mats and plastic balls. Emphasize that safety is the #1 concern [e.g., only a certain number of students can hit balls at one time, depending on the size of the gym].</p>	<p>Students must receive instruction on proper golf etiquette and safety -- including procedures for severe weather conditions. [See Appendix.]</p> <p>Skills must be taught in the proper progression.</p> <p>Establish a safe routine for hitting and retrieving golf balls and a designated safe area for use of real balls while chipping.</p> <p>Students must have had an opportunity to develop their skills prior to playing on an actual golf course.</p> <p>All rules of play must be followed.</p>	<p>On site supervision is required for the initial instruction and when chipping with real golf balls.</p> <p>In the area supervision is required following the initial instruction.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# GYMNASTICS

### PARALLEL BARS, HIGH BAR, STILL RINGS, UNEVEN PARALLEL BARS, FLOOR, BALANCE BEAM, POMMEL HORSE, VAULT

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Equipment must be inspected on a regular basis and repaired as necessary.</p> <p>No springboards. Only brand name mini-tramps or beatboards are to be used for take-offs. Beatboards used to mount the apparatus must be removed immediately after use.</p> <p>The coach must do a safety check for proper set up prior to student use. Ensure all locking mechanisms are checked prior to use.</p> <p>Balance beams used in competition must be padded and stable.</p> <p>[Continued on next page]</p>	<p>Bare feet or gymnastic slippers are acceptable. Footwear must be accessible in case of fire.</p> <p>No sock feet are allowed.</p> <p>Snugly fitting clothes that allow unrestricted movement must be worn.</p> <p>Long hair must be tied back.</p> <p>Secure or remove eyeglasses.</p> <p>No jewelry.</p> <p>Proper hand grips and chalk must be available.</p>	<p>Mats must be situated around/under the apparatus as a landing area such that there is no overlap or open spaces.</p> <p>Precautions must be taken to minimize the movement of mats on impact. Velcro mats must be attached.</p> <p>A floor plan must be established for all equipment to ensure adequate space between apparatus, and to ensure the proper distance away from walls and other obstructions.</p> <p>Extra matting must be placed beyond the corners of the competitive floor area.</p> <p>[Continued on next page]</p>	<p>Students must be instructed on the safety rules related to gymnastics and all associated apparatus prior to using any equipment.</p> <p>The coach must be aware of the physical limitations and initial skill levels of students.</p> <p>Students must not be encouraged to perform skills beyond their physical and psychological capabilities.</p> <p>Utilize a safe and sequential skill development program that includes a conditioning component for flexibility and strength.</p> <p>All skills must be taught in proper progression from simple to complex. Observe that students demonstrate control of basic movement before moving to more complicated skills [e.g., rotations on mats before performing on apparatus, and perform landings before working on elevated equipment].</p>	<p>On-site supervision is required.</p> <p>Constant visual supervision is required for the initial learning stages of difficult moves.</p> <p>Students must be trained to spot each other appropriately. Only coaches will spot inverted vault and aerial moves.</p> <p>The coach must supervise the set-up and take-down of equipment.</p> <p>The head coach must demonstrate knowledge of sport, skills and strategies to the principal or designate.</p> <p>Coaching expertise for the head coach must include NCCP Level One Technical in Gymnastics.</p> <p>[Continued on next page]</p>

# Interscholastic -- Middle & Senior Years

## GYMNASTICS

continued

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>General utility mats to be used for floor work and tumbling:</p> <ul style="list-style-type: none"> <li>• ensolite 3.8 cm (1 1/2");</li> <li>• trocellen 5.1 cm (2");</li> <li>• ethefoam 3.8 cm (1 1/2");</li> <li>• sameige 3.8 cm (1 1/2");</li> <li>• mats of equivalent compaction rating.</li> </ul> <p>Landing surfaces to be used for elevated inverted skills: 30.5 cm - 60.9 cm (12" - 24") solid or cross link foam pit.</p> <p>Thick mats must NOT be used as a landing surface for vaulting or for controlled landing on the feet off any piece of equipment.</p> <p>Landing surfaces to be used for feet-first landings [e.g., vaulting, dismounts from heights]: Hardside-softside landing mats 12 cm (4.5") or greater must be in place with hardside up &amp; no gaps.</p> <p>Equipment must be stored in a safe and secure manner.</p>		<p>When a spring floor is not available for competition and/or when there is insufficient space around the floor area, consideration must be given to modifying the competitive requirements.</p> <p>Mats joined together must be of uniform thickness and composition (e.g. all carpet or all vinyl).</p> <p>For skill acquisition, equipment must be adapted to the size and ability of the athlete.</p>		<p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# ICE HOCKEY

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>CSA approved and properly fitting hockey helmet with full face mask, throat protector, gloves, elbow pads, shoulder pads, pants, shin pads and cup/pelvic protector.</p> <p>Check sticks for cracks and splinters.</p> <p>Approved and properly fitting goalie equipment must be worn by the goaltender.</p> <p>Use of a mouthguard is recommended.</p>	<p>Properly fitting skates must be worn</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Note: Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The ice surface must be free from debris and deep ruts.</p> <p>All ice rink doors must be closed.</p> <p>Use of a break-away net is mandatory.</p>	<p>All rules must be clearly outlined and enforced.</p> <p>Skills must be taught in the proper progression and the games must be based on the skills that are taught.</p> <p>Penalties for rule infractions must be strictly enforced.</p> <p>No more than three games are allowed in one day.</p>	<p>Constant visual supervision is required during the initial practice of contact skills.</p> <p>On-site supervision the rest of the time.</p> <p>The head coach must demonstrate knowledge of game, skills and strategies to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Hockey;</li> <li>• attendance at a hockey clinic or workshop within the last three years;</li> <li>• past experience as a player or coach in the sport.</li> </ul> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p> <p>There must be a designated supervisor [teacher, parent, or responsible adult] available with a vehicle to accompany any injured student to the hospital. This must not be the “in-charge” supervisor.</p>

## Interscholastic -- Middle & Senior Years

# LACROSSE (BOX, FIELD)

*Box/Field Lacrosse is not recommended for Middle years*

<b>EQUIPMENT</b>	<b>CLOTHING/ FOOTWEAR</b>	<b>FACILITIES</b>	<b>SPECIAL RULES/ INSTRUCTION</b>	<b>SUPERVISION</b>
<p>A first aid kit and phone must be accessible.</p> <p>Lacrosse sticks must be checked for broken heads or shafts. Ball: regulation lacrosse/whiffle/P-30.</p> <p>Helmets [with cage] as well as gloves -- are mandatory. Goalie must wear FULL equipment.</p> <p>Use of a mouthguard is recommended.</p>	<p>The following must be worn: Suitable footwear [no metal cleats are allowed], and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed.</p> <p>Outdoor note: Students must bring suitable protection against sun and heat.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>There must be sufficient turf for proper traction and impact absorption.</p>	<p>Skills must be taught in the proper progression. Games must be based on the skills taught.</p> <p>All rules must be clearly outlined and enforced. Penalties for rule infractions must be strictly enforced.</p>	<p>On site supervision is required.</p> <p>The head coach must demonstrate knowledge of game, skills and strategies to the principal or designate. This expertise must be derived from at least one of the following: NCCP Level One Technical in Lacrosse; attendance at a Lacrosse clinic or workshop within the last three years; past experience as a player or coach in the sport.</p> <p>An individual responsible for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# LACROSSE (SOFT)

### Middle Years

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>A soft, hollow, air-filled ball must be used for both indoor and outdoor play.</p> <p>A face mask must be worn by the goaltender.</p> <p>Use Inter-Lacrosse sticks with a durable plastic head and lightweight aluminum handle.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped. Eyewear may need to be removed or secured.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and, if outdoors, must be well removed from traffic, with boundaries clearly identified.</p>	<p>Rules must be modified to exclude stick-on-stick and stick-on-body contact; and to prevent accidental contact within 1 m of the gym wall or the playground fence.</p> <p>Only non-contact lacrosse is to be played.</p> <p>Skills must be taught in the proper progression and games must be based on the skills taught.</p> <p>Always stress student responsibility regarding individual space.</p>	<p>On site supervision is required.</p>

## Interscholastic -- Middle & Senior Years

# RINGETTE (ON ICE)

[Not recommended for Middle Years]

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Use a regulation rubber ring.</p> <p>Only regulation “ringette” sticks are to be used.</p> <p>Sticks must be checked regularly for cracks.</p> <p>CSA approved hockey helmet with cage must be worn by all players.</p> <p>Gloves and elbow pads must be worn.</p> <p>Use of a mouthguard is recommended.</p>	<p>Properly fitted skates must be worn.</p> <p>Suitable clothing must be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery].</p> <p>Eyewear may need to be removed or secured.</p>	<p>The ice surface must be free from debris and deep ruts.</p> <p>Use of a breakaway net is mandatory.</p> <p>All ice rink doors must be closed.</p>	<p>All rules must be clearly outlined and enforced.</p> <p>Penalties for all infractions must be strictly enforced.</p> <p>Skills must be taught in the proper progression.</p> <p>Games and activities must be based on the skills that are taught.</p>	<p>On-site supervision is required.</p> <p>The head coach must demonstrate knowledge of game, skills and strategies to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Ringette;</li> <li>• attendance at a ringette clinic or workshop within the last three years;</li> <li>• past experience as a player or coach in the sport.</li> </ul> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p> <p>There must be a designated supervisor [teacher, parent, or responsible adult] available with a vehicle to accompany any injured student to the hospital. This must not be the “in-charge” supervisor.</p>

## Interscholastic -- Middle & Senior Years

# RUGBY

***FULL CONTACT Rugby is not an appropriate activity for Middle Years. Written permission from a school board official is required.***

***Tackle Rugby is not recommended for Middle Years.***

***Touch Rugby is recommended for Middle Years.***

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation or developmentally appropriate rugby balls or footballs are to be used.</p> <p>A full-fit interior mouthguards must be worn for contact rugby.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Metal or composite cleats must not be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>Goal posts must be padded if they are in the field of play.</p> <p>Clearly mark off the boundaries and lines of the field.</p> <p>Use collapsible, soft pylons to mark corners, mid line and 22 m (66") line, or flags off the sidelines.</p>	<p>Middle Years --Modify the rules to accommodate ability/age/physical development, [e.g., non-contact Rugby].</p> <p>Skills must be taught in the proper progression.</p> <p>Athletes must have access and opportunity to replenish fluids.</p> <p>Training must include flexibility, strength and cardiovascular enhancing activities.</p> <p>Players must be physically prepared for contact.</p> <p>Tackling skills must be taught. [e.g., confidence in contact.]</p> <p>Prior to the first league game, 10 days of practices must have occurred.</p> <p>Any knee braces or casts must be approved by the official prior to the commencement of the game.</p> <p>Any exposed orthopedic apparatus, which presents a safety concern to other players, must be soft. Such devices must be approved by the official prior to the commencement of the game.</p>	<p>Constant visual supervision during the initial practice of contact skills.</p> <p>Subsequently, on-site supervision.</p> <p>The head coach must demonstrate knowledge of game, skills and strategies to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Rugby;</li> <li>• attendance at a "Contact with Confidence" clinic.</li> </ul> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# SOCCER (INDOOR AND OUTDOOR)

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>Outdoor soccer balls must not be used indoors for games or for shooting on the goalie, but may be used for indoor drills.</p> <p>Portable goals must be fastened down to ensure that they will not fall over.</p> <p>Shin pads must be worn.</p> <p>Middle Years - The size and weight of the soccer ball must be appropriate to the age and skill level of the participants.</p>	<p>The following must be worn: suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>No metal or molded cleats are permitted. No bare feet.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The outdoor playing area must be free from debris and obstructions; must provide suitable footing; and must be well removed from traffic areas. Boundaries must be clearly identified.</p> <p>For indoor soccer - keep the gym free of hazards, [e.g., tables, chairs, etc].</p> <p>Use collapsible, soft pylons or use field paint to mark all the boundaries and lines.</p> <p>For indoor and outdoor soccer -- ensure that the goals are secured so that they cannot fall over.</p> <p>There must be sufficient turf for proper traction and impact absorption.</p>	<p>Skills must be taught in the proper progression. Games must be based on the skills taught.</p> <p>Instruct the students never to climb on moveable outdoor goals and teach the safe handling and potential dangers associated with such goals.</p> <p>Any player with a playing cast must provide a doctor's note or parent/guardian signed permission slip indicating it is safe for him/her to play.</p> <p>Any exposed orthopedic apparatus, which presents a safety concern to other players, must be soft or padded. Such devices must be approved by the official prior to the commencement of the game.</p> <p>Middle Years -</p> <ul style="list-style-type: none"> <li>• No tackling from behind.</li> <li>• For indoor and outdoor soccer, a goal crease needs to be established and only the goalie is allowed in the crease.</li> <li>• Limit the time spent on "heading" technique instruction. [e.g., where the ball is struck with the head]</li> <li>• If "heading" techniques are being taught, take into consideration: the type of ball; the number of repetitions; and distance involved.</li> </ul>	<p>On site supervision is required.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# SOFTBALL/ FASTBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Aluminum bats with a proper grip; fielders must wear baseball gloves; there must be a "safety" base at first base; &amp; bases must be secured.</p> <p>CSA-approved helmets must be worn by batters, base runners &amp; on-deck batters.</p> <p>Helmets must have ear flaps on both sides.</p> <p>Catchers must wear approved equipment. Warm-up catchers must wear a mask.</p> <p>All equipment must be kept out of the playing area.</p> <p>Middle Years -- Pitching is restricted to slow pitch or restricted-flight balls. Use indoor balls [e.g., 11" Softies/Incrediballs]</p>	<p>Suitable footwear and clothing providing unrestricted movement must be worn.</p> <p>Jewellery representing a safety concern must be removed.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; must be level; and must provide sufficient impact absorption.</p> <p>Backstops must be checked for broken wire prior to the game.</p> <p>Entrance gates to the playing field must be closed at all times.</p> <p>The dugout must be screened to protect the players.</p> <p>If, in the opinion of the umpire, after consultation with both coaches, the field is deemed to be unsafe for play, the game will be re-scheduled.</p>	<p>Skills must be taught in the proper progression. Games must be based on the skills taught.</p> <p>Players must be taught to drop or lay down the bat after hitting -- not release it during the follow through of the swing. To avoid the danger of a slipped bat, non-fielding players must stand well back of the batter's box or behind a screen or fence. [Always keep fingers away from the screen.]</p> <p>Appropriate sliding techniques must be taught to minimize the risk of injury. There must be no head-first sliding into a base other than returning from a lead-off position.</p> <p>A conditioning program that encourages flexibility, improved cardiovascular fitness &amp; pre-event warmup must be introduced.</p> <p>Players throwing to warm up must do so away from the playing area.</p> <p>Middle Years --</p> <ul style="list-style-type: none"> <li>• No sliding is allowed.</li> <li>• The back catcher must be a safe distance behind home plate and must wear a mask.</li> <li>• The catcher is not intended to catch the pitch but rather to retrieve the ball.</li> <li>• Teach batters to use a proper grip. [Not cross-handed.]</li> </ul>	<p>On site supervision is required.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# TABLE TENNIS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation-size table tennis paddles and balls are required.</p> <p>Tables and paddles must be in good condition.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>There must be room for mobility around the tables.</p> <p>A smooth, level and dry floor surface is required.</p> <p>The playing area must be free of all obstacles.</p>	<p>There must be a careful routine for setting-up and dismantling the tables with direct teacher supervision.</p> <p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that are taught.</p>	<p>In the area supervision is required during play.</p> <p>On site supervision is required during the set up and dismantling of tables.</p>

## Interscholastic -- Middle & Senior Years

# TEAM HANDBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation team handball nets must be safely stored when not in use. Use indoor nets that are padded or made of plastic.</p> <p>Ball hockey nets can also be used as goals.</p> <p>Middle Years --</p> <ul style="list-style-type: none"> <li>• Use a “nerf” soccer ball, soft utility ball, or soft volleyball. [6” size is the best choice.]</li> <li>• Use ball hockey nets or pylons.</li> </ul>		<p>The playing area must be free from debris and obstructions and must provide safe footing.</p>	<p>Rules must be clearly outlined and enforced.</p> <p>Skills must be taught in the proper progression. Games must be based on the skills taught.</p> <p>Middle Years -- Activities and rules must be modified based on the age and ability of students and the facilities/ equipment which are available.</p>	<p>On site supervision is required.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# TRACK AND FIELD DISCUS

[Not recommended for Middle Years]

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Wood, metal and rubber discs must be of a size appropriate for the age, sex and physical maturity of the student.</p> <p>The discus must not be cracked, chipped or otherwise damaged and must be checked regularly.</p> <p>Supply a towel/rag to dry the discus.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The throwing area must be free of obstacles and completely closed to traffic. [No other activity must be located in the area where discus is taking place.]</p> <p>The landing area must be well marked and void of people during the activity.</p> <p>The discus circle/area must be behind a safety fence or cage and must provide safe footing.</p>	<p>Skills must be taught in the proper progression [e.g., from standing to turning technique].</p> <p>Throwers-only are allowed to have a discus.</p> <p>Establish and ensure safe throwing and retrieving procedures.</p> <p>Instruction must be given in safety prior to practice.</p> <p>Where a protective screen is not in place, students and spectators must be in a designated area a minimum of 5 metres behind the thrower.</p>	<p>Constant visual supervision is required.</p> <p>Following initial skill instruction and after all safety concerns have been emphasized, on-site supervision is appropriate.</p> <p>The head coach must demonstrate knowledge of the event to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Track and Field - Throws;</li> <li>• attendance at a track and field clinic or workshop within the last 3 years;</li> <li>• past experience as an athlete or coach in the sport.</li> </ul> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p>

## Interscholastic -- Middle & Senior Years

# TRACK AND FIELD

## HIGH JUMP

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Standard utility mats must be placed [secured and with no gaps] around the landing surface which must be appropriate for the age, size and skill level of the students. Minimum mat size is a single 1.5 m x 3 m x 50 cm [5' x 10' x 20"] mat for secondary students doing back layout technique.</p> <p>Regularly check bamboo and/or fiberglass poles for cracks. [Bamboo poles must be completely wrapped with tape.] Weighted rope or elastic may be used for practice.</p> <p>Middle Years - Include 5.1 cm. [2"] thick Velcro mats around the pit area with no gaps.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>No bare feet or socks without shoes are allowed.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The indoor and outdoor approach-area must be clear, smooth, dry and traffic-free.</p> <p>Check pits regularly for damage. Two jumping pits used side by side must be of the same thickness and compaction rating. The two mats must be secured/attached/covered to avoid landing in between them.</p> <p>For indoor jumping, ensure that the floor provides a suitable surface to prevent slipping.</p>	<p>Bar monitors must stay in front and to the side of standards at all times.</p> <p>Skills must be taught in the proper progression.</p> <p>Ensure that landing mats and Velcro mats are firmly secured and do not slide upon impact.</p> <p>Middle Years -</p> <ul style="list-style-type: none"> <li>• If the students are using the "flop style", encourage them to take off closer to the nearest upright on their approach.</li> <li>• Stress a short, controlled approach [e.g.- between three and nine steps].</li> </ul>	<p>Constant visual supervision is required for initial skill instruction.</p> <p>Following initial skill instruction and after all safety concerns have been emphasized, on site supervision is appropriate.</p> <p>The head coach must demonstrate knowledge of the event to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Track and Field - Jumps;</li> <li>• attendance at a track and field clinic or workshop within the last three years;</li> <li>• past experience as an athlete or coach in the sport.</li> </ul> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/ competition.</p>

## Interscholastic -- Middle & Senior Years

# TRACK AND FIELD HURDLES

<b>EQUIPMENT</b>	<b>CLOTHING/ FOOTWEAR</b>	<b>FACILITIES</b>	<b>SPECIAL RULES/ INSTRUCTION</b>	<b>SUPERVISION</b>
<p>A first aid kit and phone must be accessible.</p> <p>Check for safety of hurdles [e.g., stable, no splinters, cracks or other hazards].</p> <p>Modify hurdle height and distance to accommodate age, height and ability.</p>	<p>Suitable gym clothing and footwear must be worn.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The activity must be conducted in an appropriate area which provides a clear, flat surface.</p>	<p>Instruct students how to set up hurdles so that knocked hurdles will not resist hurdler's fall.</p> <p>Skills must be taught in the proper progression.</p>	<p>Constant visual supervision is required for initial skill instruction.</p> <p>Following initial skill instruction and after all safety concerns have been emphasized, on-site supervision is appropriate.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# TRACK AND FIELD JAVELIN

*Javelin is not recommended in the Middle years [Recommend Ball throw substitute for Middle years]*

<b>EQUIPMENT</b>	<b>CLOTHING/ FOOTWEAR</b>	<b>FACILITIES</b>	<b>SPECIAL RULES/ INSTRUCTION</b>	<b>SUPERVISION</b>
<p>A first aid kit and phone must be accessible.</p> <p>Javelin must be of a size appropriate for the age and sex of the student.</p> <p>Javelin must not be cracked, bent or otherwise damaged and should be checked regularly.</p>	<p>Suitable clothing and footwear must be worn.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The throwing area must be free of obstacles and completely closed to traffic. [No other activity should be located in the area where javelin is taking place].</p> <p>The landing area must be well marked and void of people during the activity.</p> <p>The run up area must provide safe footing.</p>	<p>Skills must be taught in proper progression.</p> <p>Javelins must be transported safely to and from practice/competition area, i.e. the javelin must point downwards and not be carried on or over the shoulder.</p> <p>Where a protective screen is not in place, students and spectators must be in a designated area a minimum of 5 metres behind thrower.</p> <p>Establish and ensure safe throwing and retrieving procedures.</p> <p>Instruction must be given in safety prior to practice.</p> <p>Javelin must take place only when precautions are in place to ensure the safety of all students.</p> <p>Care should be taken when throwing in extreme crosswinds.</p>	<p>Constant visual supervision is required for initial skill instruction.</p> <p>Following initial skill instruction and after all safety concerns have been emphasized, on-site supervision is appropriate.</p> <p>Head coach must demonstrate knowledge of event to principal or designate.</p> <p>Coaching expertise for the head coach derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Track and Field - Throws;</li> <li>• attendance at a track and field clinic or workshop within the last three years;</li> <li>• past experience as an athlete or coach in that sport.</li> </ul> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# TRACK AND FIELD

## POLE VAULT

*Pole vault is not recommended in the Middle years*

<b>EQUIPMENT</b>	<b>CLOTHING/ FOOTWEAR</b>	<b>FACILITIES</b>	<b>SPECIAL RULES/ INSTRUCTION</b>	<b>SUPERVISION</b>
<p>A first aid kit and phone must be accessible.</p> <p>Poles must be approved as specified by the International Athletic Federation [IAAF].</p> <p>Landing pits must be specific to pole vaulting as specified by the International Athletic Federation [IAAF].</p> <p>Poles must be appropriate to the weight of the athlete. [Bamboo poles must be totally wrapped with tape before use.]</p> <p>Standards must be secure and vertical.</p> <p>Weighted rope or elastic may be used rather than a crossbar, for practice.</p> <p>Check bamboo and/or fibreglass poles for cracks regularly.</p>	<p>Suitable footwear and clothing must be worn.</p> <p>5 mm spikes may be worn.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>Vaulting chute must be solid and free from cracks, or splinters.</p> <p>Run-up area must be sectioned off and must prevent other participants from interfering with the competitor in progress.</p> <p>Approach must be clear of obstacles, clean and free of puddles.</p>	<p>Skills must be taught in the proper progression.</p>	<p>Constant visual supervision is required.</p> <p>The head coach must demonstrate knowledge of the event to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Track and Field - Jumps;</li> <li>• attendance at a track and field clinic or workshop within the last three years;</li> <li>• past experience as an athlete or coach in the sport.</li> </ul> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# TRACK AND FIELD

## SHOT PUT

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Only shots designed for indoor use can be used in the indoor program.</p> <p>Shot must be of appropriate size and weight for the age and strength of the students.</p> <p>Supply a towel/rag to dry the shot.</p> <p>Middle years - Soft balls are an appropriate substitute for practice purposes and are thrown, not put.</p>	<p>The following must be worn: Suitable footwear providing good support, and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The putting circle must provide safe footing.</p> <p>The landing area must be well marked and void of people during the activity.</p>	<p>There must be only one specified putting direction, completely free of traffic.</p> <p>Establish safe routines for putting and retrieving shots.</p> <p>Skills must be taught in the proper progression.</p> <p>Establish a safe routine for transporting shots to and from the throwing area.</p> <p>Where a protective screen is not in place, students and spectators must be in a designated area a minimum of 5 metres behind the toe line.</p>	<p>Constant visual supervision is required for initial skill instruction.</p> <p>Following initial skill instruction and after all safety concerns have been emphasized, on-site supervision is appropriate.</p> <p>The head coach must demonstrate knowledge of the event to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Track and Field - Throws;</li> <li>• attendance at a track and field clinic or workshop within the last three years;</li> <li>• past experience as an athlete or coach in the sport.</li> </ul> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# TRACK EVENTS

### SPRINTS, 400M, 800M, 1500M, 3000M, RELAYS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Plastic or aluminum relay batons should be used.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement. [Bare feet are not allowed; and spike length depends on the track surface.]</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Middle Years -- Spikes or turf shoes of any kind must not be worn.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>The activity area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>All tracks must be inspected annually and maintained as necessary.</p> <p>“Blacktop” strips and open fields may be used if these areas are suitable, smooth, clean, level and provide safe footing.</p> <p>Run-out areas must be in place for all running events.</p>	<p>Skills must be taught in the proper progression.</p> <p>For distance running: The length of route must be appropriate for the age and ability level of the participants. Also take into account:</p> <ul style="list-style-type: none"> <li>• the temperature of the day,</li> <li>• previous training and length of preparation.</li> </ul> <p>Indoor running and use of hallways: No running will take place where there are glass doors or showcases. Position a safety barrier in front of doors. Put pylons at stop points and designate a slow down zone of 10 m or more. All classroom doors that open out have to be secured open, flush with hall wall.</p> <p>Middle Years -- Parent permission forms must be completed if the students are leaving the school grounds.</p> <p>Where school hallways or stairways are used for training purposes, appropriate safety measures must be in place:</p> <ul style="list-style-type: none"> <li>• side doors must not open into the running area;</li> <li>• hallway protrusions must be clearly marked;</li> <li>• inform school community of times and locations of indoor practices;</li> <li>• hall double doors have to be secured open;</li> <li>• monitors must be positioned at corners;</li> <li>• floor surface must be dry and provide good footing.</li> </ul> <p>Middle years -</p> <ul style="list-style-type: none"> <li>• Proper warm-up and cool-down periods must be included in all practices and competitions.</li> </ul>	<p>In the area supervision is required.</p> <p>When running distances, students may be temporarily out of sight. They should run in pairs or groups.</p> <p>Middle Years --</p> <ul style="list-style-type: none"> <li>• In the area supervision is required for middle distances [400 m, 800 m, &amp; 1500 m].</li> <li>• On site supervision is required for sprints and relays.</li> </ul> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# TRACK AND FIELD

## TRIPLE JUMP, LONG JUMP

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>A sand pit and runway with a level surface are required.</p> <p>A rake is required, as well as a shovel or spade.</p> <p>Keep rakes, shovels and spades away from the pit and run-up area when they are not in use.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Spike length will depend on the track surface.</p> <p>No bare feet are allowed.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials.</p>	<p>Pits must be situated away from high traffic areas and other activity sites, [e.g.- ball diamonds].</p> <p>The pit must be a minimum width of 1.8 m and must be long enough to accommodate the longest jumper. There must be a minimum of 0.50 m between the take-off board and the front edge of the pit.</p> <p>Dig the pit at least once a season and after any heavy rainfall.</p> <p>Runway must be free from water puddles.</p> <p>Pit must be filled with sand in accordance with International Athletic Federation [IAAF] rules [30 cm].</p> <p>Ensure that the landing area is well raked and free of foreign objects.</p> <p>Ensure that the take-off area is firm and flat and swept if "blacktop". Boards must be level and firmly attached.</p>	<p>Refrain from jumping if there are slippery conditions.</p> <p>Skills must be taught in the proper progression.</p> <p>Establish a procedure to initiate jumping, e.g. remove a cone from the take-off board when ready.</p> <p>Train students to be rakers. As part of training, include rules such as:</p> <ul style="list-style-type: none"> <li>• remove rake before next competitor begins approach;</li> <li>• begin raking after competitor is out of pit;</li> <li>• rake sand into the middle as opposed to out to the sides;</li> <li>• ensure that spectators and participants stay back from pit and runway.</li> </ul> <p>Middle years -</p> <ul style="list-style-type: none"> <li>• Skills must be taught in a developmental sequence [e.g.- short five-step approach, building up to the 15-17 step approach].</li> </ul>	<p>Constant visual supervision is required during the initial lessons.</p> <p>On site supervision is required after the skills have been taught.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# ULTIMATE

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>The disc must be commensurate with the ability level of the students and the wind condition of the day - e.g., soft [cloth] disc, heavy discs.</p> <p>Discs must be inspected for cracks or spurs.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>No metal cleats may be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>Goal posts should be padded if they are in the field of play.</p> <p>For indoor activity: keep the gym free of hazards [e.g., tables, chairs, pianos].</p>	<p>Skills must be taught in the proper progression.</p> <p>The game activities must be based on the skills that are taught and on the wind conditions.</p> <p>Wind conditions must also be taken into account when planning skill-teaching.</p> <p>No body contact is allowed.</p>	<p>On site supervision is required for the initial instruction, followed by in the area supervision.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# VOLLEYBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Poles must be safely stored when not in use.</p> <p>Nets must not have any exposed wires along the top or frayed wires along the poles.</p> <p>It is suggested that wires attaching the poles to the floor should NOT be used.</p> <p>Only use leather or synthetic-leather volleyball-type balls.</p> <p>Middle years -- Select a ball commensurate with the skill level of the students.</p> <p>There must be padding around the poles, including cranks and supports, from the floor up to the bottom of the net.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Check MHSAA guidelines for uniforms at Provincials</p>	<p>When the volleyball poles are removed, the floor plugs must be replaced.</p> <p>The playing surface and surrounding areas must be free of all obstacles.</p> <p>The playing surface must provide good traction. Outdoor volleyball courts must provide safe footing.</p> <p>Beach volleyball courts must have a sufficient amount of sand so that there are no bare patches or hard dirt areas.</p> <p>Antennae must be flush with the bottom of the net.</p> <p>Poles must be outside the court boundary.</p>	<p>Skills must be taught in the proper progression.</p> <p>Do not allow the students to climb up the pole to attach the net.</p> <p>Athletes must be instructed in the safe and correct method of setting up nets.</p> <p>Middle years -</p> <ul style="list-style-type: none"> <li>• Game activities must be based on the skills that are taught.</li> <li>• Drills must be organized so that the risk of being hit by an errant ball is minimized.</li> <li>• Activities/rules must be modified according to the age of the participants.</li> <li>• Court size; team size; ball size; net height, must all be modified according to age,height and ability.</li> </ul>	<p>On site supervision is required during the initial lessons during setting up and taking down of the equipment.</p> <p>In the area supervision is required after the skills have been taught.</p> <p>Middle Years -- Constant visual supervision is required if the students are setting up and putting away the volleyball poles.</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# WEIGHTLIFTING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>All equipment must be regularly inspected and maintained as necessary.</p>	<p>Suitable clothing and footwear must be worn.</p>	<p>The weight room must be locked when unsupervised.</p> <p>The floor below free weight activities must provide sufficient traction.</p>	<p>All athletes must be instructed in the proper lifting techniques and safety procedures.</p> <p>Free weight plates must be secured in place before using.</p> <p>Coaches must monitor increases in weight programming.</p> <p>A system of safety spotting must be in place [e.g., work out in pairs].</p>	<p>On-site supervision is required for initial use of free weights and weight machines.</p> <p>In-the-area supervision is required for use of weight machines and free weights, following instructions on safe use.</p> <p>The head coach must demonstrate knowledge of sport, skills and strategies to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical or equivalent;</li> <li>• attendance at a weight lifting clinic or workshop within the last three years;</li> <li>• past experience as an athlete or coach in the sport.</li> </ul> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>

## Interscholastic -- Middle & Senior Years

# WRESTLING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Wrestling mats or general utility mats must be used:</p> <ul style="list-style-type: none"> <li>• ensolite 3.8 cm [1 1/2"];</li> <li>• trocellen 5.1 cm [2"];</li> <li>• ethefoam 3.8 cm [1 1/2"];</li> <li>• sarneige 3.8 cm [1 1/2"];</li> <li>• mats of equivalent compaction rating.</li> </ul> <p>Mats must be attached together or aligned so separation does not occur.</p> <p>Wrestlers with orthodontic devices must wear appropriate mouth protection.</p>	<p>Suitable clothing must be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery].</p> <p>Eyeglasses are not to be worn in wrestling.</p> <p>No bare feet.</p> <p>Wrestling shoes or appropriate footwear [no sharp edges, lace tips, etc].</p>	<p>Mat surfaces must be checked regularly for irregularities and cleaned prior to use.</p> <p>The area surrounding the mats must be free of obstruction/hazards.</p> <p>Allow suitable clearance from the edge of the wrestling area to the surrounding walls or if clearance from the mat surface is less than 2 m [6' 6"], walls must be padded.</p>	<p>Athletes must wrestle with partners of similar weight and/or strength.</p> <p>Warm-up activities must emphasize conditioning and flexibility.</p> <p>Skills must be taught in the proper progression, and rules and illegal moves must be outlined.</p> <p>Students may referee under the supervision of the coach in practice or competition.</p> <p>Fingernails must be closely trimmed; full or no facial hair permitted; and wrestlers with communicable skin conditions must not participate. Universal precautions [e.g., using impermeable gloves, see Appendix K] must be followed when dealing with situations involving blood and other bodily fluids.</p> <p>The benefits of headgear, and the hazards of improper eating practices and severe weight loss techniques must be outlined to the student athletes.</p> <p>Middle years -</p> <ul style="list-style-type: none"> <li>• When wrestling an opponent, there must be a maximum time limit of two minutes per round and <i>one to two rounds</i> per match <i>with a 30 sec. break in between each round.</i></li> </ul> <p><i>Senior Years -</i></p> <ul style="list-style-type: none"> <li>• <i>When wrestling an opponent, there must be a maximum time limit of two mins per round and three rounds per match (3-2 min rounds) with a 30 sec. break in between each round in accordance with national level.</i></li> </ul>	<p>On site supervision is required.</p> <p>The head coach must demonstrate knowledge of sport, skills and strategies to the principal or designate.</p> <p>Coaching expertise for the head coach must be derived from at least one of the following:</p> <ul style="list-style-type: none"> <li>• NCCP Level One Technical in Wrestling;</li> <li>• attendance at a wrestling clinic or workshop within the last three years;</li> <li>• past experience as a competitor or coach in the sport.</li> </ul> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p> <p>An individual who takes responsibility for providing first aid to injured students must be present during the entire practice/competition.</p>