

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## BANDY

Bandy is a sport played by two teams of 11 players, skating on an ice surface the size of a soccer field and trying to hit a ball with a stick into the opposing team's goal.

Risk Factor Rating

3

### General Learning Outcome

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

### Risk Management Strategies

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

### Instruction

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

Instruction is received from a trained/certified bandy coach, or an experienced player/coach capable of demonstrating the competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

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

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

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

Drinking water is available and consumed as needed

### Supervision

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

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

Supervisor ensures all protective equipment is worn

Safety rules and procedures are enforced

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

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### Facility/Environment

Local weather conditions/forecast, including windchill, is checked prior to session  
Official ice surface is approximately the size of a soccer pitch  
Ice surface is smooth and free of cracks or rough spots  
Along the sidelines a 15cm-high border (wall) is placed to prevent the ball from leaving the ice (The border should not be attached to the ice so it can glide in the event of a collision, and should end one to three metres away from the corners.)

### Equipment

Equipment to be used is suitable and in good condition  
Equipment and ice surface are checked before every session  
Sticks are the correct length  
Instructions are given regarding the proper maintenance of bandy equipment  
First aid kit and phone are available

### Clothing/Footwear

Skates, a helmet, a mouth guard, and, in the case of the goalkeeper, a face guard are worn  
Teams must wear uniforms that make it easy to distinguish the two teams  
Skates, sticks, and any tape on the stick must be of another colour than the ball  
Additional protective equipment is used to protect knees, elbows, genitals, and throat; pants and gloves may contain padding  
Appropriate clothing is worn for weather conditions

### Other Considerations

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