

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FOOTBALL—TACKLE

Tackle football is a sport played by two teams on a rectangular field 110 yards long (100 yards in U.S. football). Teams try to gain possession of the ball and advance it across the opponent's goal line in a series of running or passing plays. The ball carrier is thrown to the ground (tackled) to end a play.

Risk Factor Rating

4

General Learning Outcome

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

Risk Management Strategies

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

Instruction

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

- Instruction is received from coaches are trained/certified according to National Coaching Certification Program/Football Canada Coach requirements
- All sessions are conducted in a safe environment, with students aware of potential risks involved in tackle football
- Safety rules and procedures are learned prior to participation
- Skills/movements are learned in proper progression
- During instruction players are matched by size and ability
- Students have received adequate training and can demonstrate competency of skill before participating in full contact situations
- 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: **constant visual supervision** during initial instructional stages of contact skills and **on-site supervision** the rest of the time
- Coach controls contact drills
- Individual trained in first aid must be present for all sessions
- 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, humidity, and temperature are checked prior to session
Field is free of hazards/debris and the surface provides adequate footing
Activity area is clearly marked with adequate out-of-bounds areas clear of obstacles
Goal posts are properly padded
Proper lighting is provided
Safety rules/regulations are posted
Indoor practice facilities have a clearly marked emergency exit

Equipment

Equipment to be used is suitable and in good condition
Equipment (personal: e.g., helmet; and team: e.g., blocking sled) are checked before every session
Instructions are given regarding the proper maintenance of football equipment
First aid kit, spinal board, and phone are available

Clothing/Footwear

All protective equipment (e.g., helmets) is certified to meet minimal CSA standards
All players must be wearing mouth guards
Personal equipment is fitted correctly and worn correctly by all students
Suitable and properly maintained footwear that satisfies football regulations must be worn
All jewelry must be removed
Clothing for practices and games are suitable for the weather conditions
Clothing must conform to the rules and regulations of the club and the league

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
Registering for an accident insurance plan is encouraged
Players suffering injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the Physical Education/Health Education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher