Flag football is similar to tackle football, but the play is ended by removing a flag worn on the player’s waist rather than by tackling the opponent. The game is played by two teams on a rectangular field 60 (or 80) yards long. Teams try to get possession of the ball and advance it across the opponent’s goal line in a series of running or passing plays.

| Risk Factor Rating | 2 |

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

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

### Instruction

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

- Instruction is received from a trained/certified National Coaching Certification Program/Football Canada coach or a coach capable of demonstrating the competencies required for certification 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 aware of potential risks involved in flag football
- Safety rules are learned prior to participation
- Rules and etiquette of the game (e.g., no blocking) 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
## Physical Activity Safety Checklists

### Football—Flag

#### 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; constant visual supervision** is required during initial instructional stages of contact skills
- 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

#### 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 if they are on the field of play
- Safety rules/regulations are posted
- Indoor practice facilities have a clearly marked emergency exit

#### Clothing/Footwear

- All players must be wearing mouth guards when blocking is involved
- Protective equipment (e.g., knee braces) is certified to meet minimal CSA standards and the regulations of the league
- 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

#### Equipment

- Equipment to be used is suitable and in good condition
- Instructions are given regarding the proper maintenance of football equipment
- Equipment (e.g., ball) are appropriate for the age, size, and development of the students
- First aid kit and phone are available

#### Other Considerations

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