

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## HOCKEY—ICE

Hockey is a sport played on ice where two teams composed of six players each attempt to score by skating and projecting a hard rubber disk (puck) into the opposing goal.

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 a trained/certified National Coaching Certification Program/Hockey Canada coach (ice hockey) or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If playing in an organized program, a specific level of certification may be required by a coach)

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

Rules of hockey and safety rules are learned prior to participation

Skills/movements are learned in proper progression

Number of on ice sessions (per week) should be consistent with recommendations of local hockey program

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

Person trained in first aid is available

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, and windchill are checked prior to outdoor session
- Ice area is free of hazards (ruts) and debris
- All doors to ice area are properly closed
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted (e.g., no horseplay in change rooms)
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

### Equipment

- Equipment to be used is suitable and in good condition
- Sticks are regularly checked for cracks, splinters, and breaks
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

### Clothing/Footwear

- CSA-approved and properly fitted helmet with face mask must be worn
- Mouth guards must be worn
- Appropriate and properly fitted protective equipment is worn at all times
- Skates are properly fitted, sharpened, and satisfy league regulations
- Jewelry is removed
- Eyewear is secured or removed
- All uniforms must be acceptable to team and league guidelines

### 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