

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## RUGBY—FLAG

Flag rugby is a non-contact coed version of the full game. The objective of the game is to get the ball across the other team's goal line and touch the ball to the ground by running or passing the ball. A distinct characteristic of rugby is that you may only pass sideways or back.

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/Rugby Canada Certified Community coach, or an experienced player 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 (Most leagues will require that the coaches have completed the Community Rugby [Flag] Coaching program including Safe Rugby training.)

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

Rugby safety rules/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**

Individual trained in first aid is present

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 outdoor session  
Activity area is free of hazards/debris  
Activity area is clearly marked with adequate out-of-bounds areas  
Proper lighting and ventilation, when applicable, are provided  
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  
Rugby balls are inflated to correct pressure  
Adequate number of flags (2 per player) and belts are provided for all students  
First aid kit and phone are available

### Clothing/Footwear

Appropriate footwear is worn  
Laces are tied and open-toed shoes are avoided  
Jewelry must be removed  
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement  
Clothing must meet requirements of club or competition  
Mouth guards are worn  
Suitable protection is used against heat, cold, sun, or insects

### 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  
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