

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## BROOMBALL

Broomball is a sport played by two teams of players running on an ice surface 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 National Coaching Certification Program coach or an experienced broomball player/coach who is capable of demonstrating competency 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 aware of potential risks involved in broomball

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**

Designated individual responsible for 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, including windchill, are checked prior to outdoor session

Activity area is free of hazards/debris and cracks/uneven surfacing (ruts)

Proper lighting and ventilation, when applicable, are provided

All rink doors must be closed

Safety rules/regulations are posted

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 must be checked for cracks before every session and repaired or replaced accordingly

Instructions are given regarding the proper maintenance of broomball equipment

Regulation (i.e., approved) broomball sticks must be used

First aid kit and phone are available

### Clothing/Footwear

Protective gear is worn as prescribed by the Canadian Broomball Federation.

CSA-approved helmet, with mask, must be worn

Mouth guard is worn

Appropriate footwear (broomball shoes) are worn with laces tied

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn according to weather and temperature (indoors or outdoors), permitting unrestricted movement

Clothing must meet requirements of club or competition

### 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