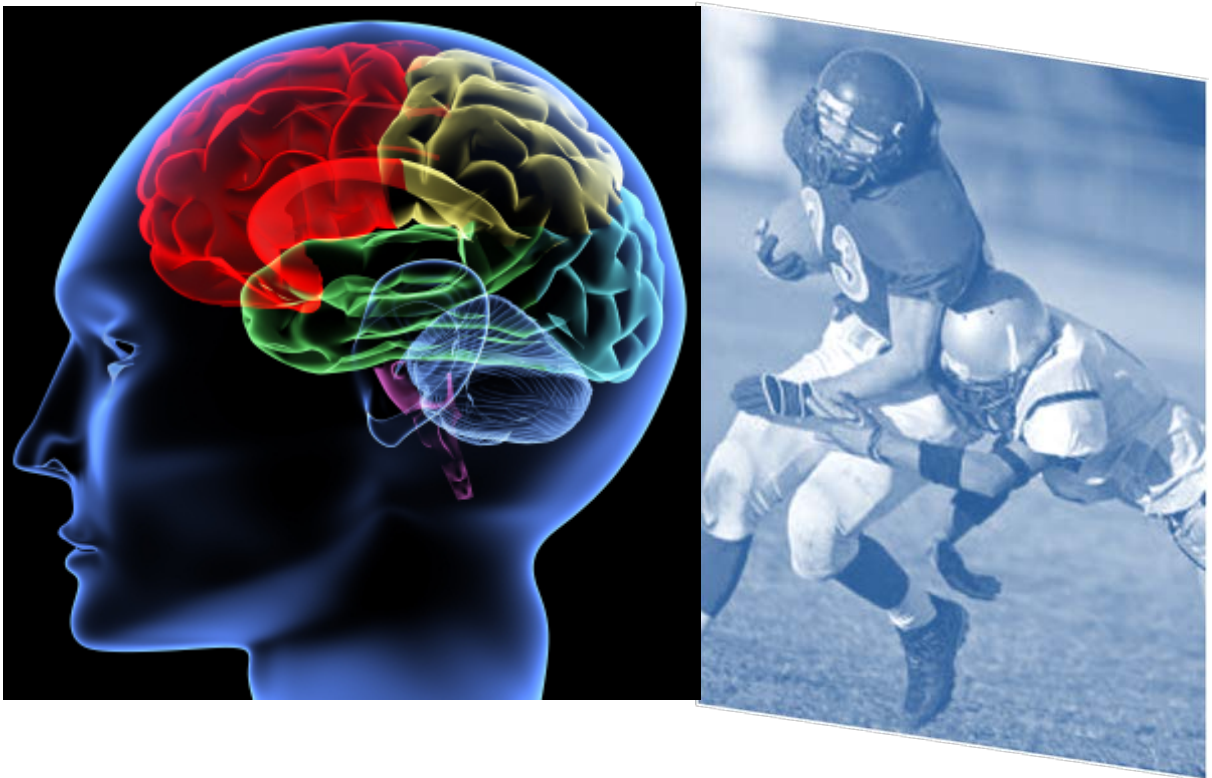


Contact Sports Guideline



Revised: August 2016

Philippians 4:13 *I can do all things through him who strengthens me.*

A Prayer for Those Involved in Sports

O God, you gave us bodies—
as well as minds and hearts—
with which to praise and worship you.

Our sports and exercises are a fitting use of gifts
and talents you have given us.

Bless our workouts and the games we play,
and those with whom we exercise or compete.

Give us strength, endurance, courage
and agility as we compete or train.

Keep us safe and healthy as we celebrate
our physical and mental skills in sport.

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MISSION STATEMENT

The Mission of the Dufferin-Peel Catholic District School Board, in partnership with the family and church, is to provide, in a responsible manner, a Catholic education which develops spiritual, intellectual, aesthetic, emotional, social, and physical capabilities of each individual to live fully today and to meet the challenges of the future, thus enriching the community.

PREFACE

“Sports have important educational value because they contribute to personal growth, highlight the harmony of body and spirit, foster social development and promote the values of "solidarity, loyalty and respect." (Pope Francis 2014)

The focus of DPCDSB athletics is to create Catholic conditions for the well-being, learning and leading of its' students, by responding through effective instruction and supporting the development of the whole child through diverse co-curricular sport programs and competitions. Athletics continue to be a shared responsibility among all stakeholders to ensure that character development and student well-being are of utmost importance as referenced in our Catholic virtues and within the Board goal of maintaining safe, caring, inclusive and healthy school communities.

The intent of this document is to provide all stakeholders with concrete guidelines to enhance the DPCDSB Concussion Policy and Guideline, Ontario Physical Education Safety Guidelines in protecting the health and safety of participating students in contact sports. The DPCDSB Contact Sports Committee has provided this tool for each participating DPCDSB school. These recommendations are to be adhered to, to protect participating students' well-being. The contents of this guideline are in alignment with that of Ministry of Education Policy/Program Memorandum 158, DPCDSB Concussion Policy, OPHEA Safety Guidelines and applicable DPCDSB General Administrative Procedures.

FORWARD

DPCDSB is determined to ensure that all persons who work and learn in the Dufferin-Peel community feel safe, secure and respected at all times. The DPCDSB Contact Sports Guideline provides the necessary information and action to ensure the promotion of safe interschool “contact” sport programs rooted in student-athlete injury prevention and Board risk management. It is important, however, to mention that participation in contact sport involves unavoidable exposure to an inherent risk of injury. It is important to effectively communicate to all stakeholders that the rule book, DPCDSB Contact Sports Guideline, Athletic Virtues and Ethical Conduct Guideline “A Sense of Celebration”, and Concussion Guidelines are tools which promote the health and safety of participating students in contact sports and are not in themselves, sufficient enough to prevent injury. It is a collective responsibility among all DPCDSB stakeholders, to take the necessary actions to effectively reduce the risk of injury during interschool athletic competition and if necessary provide “Return to Activity”, including “Return to Learn and Play” strategies to support students.

THE CONTACT SPORTS GUIDELINE FOCUS

The DPCDSB Contact Sports Guideline is designed to build capacity among system partners to promote safe interschool “contact” athletic programs rooted in injury prevention and overall risk management. This guideline promotes the DPCDSB’s system goal of increasing Dufferin-Peel students’ sense of belonging, inclusion, connectedness, and safety. The guideline compliments the development and promotion of a Positive Catholic Culture in Athletics, a Catholic approach to fair and inclusive play and supportive participation for athletes, coaches, spectators, and the community. The Catholic Code of Conduct, Supply Chain Management policies, and the continued professional development and training of all staff in the board, is intended to better prepare schools to deal with the responsibilities of running a “contact” sport program.

Interscholar athletics with a focus on contact sports will promote loving, learning and leading and the character development of participants in alignment with the:

- Ontario Catholic School Graduate Expectations
- DPCDSB System Direction
- DPCDSB Catholic Board Learning Plan
- DPCDSB Concussion Policy and Guidelines (PPM158)
- DPCDSB Athletic Virtues and Ethical Conduct Guideline: “A Sense of Celebration”
- DPCDSB Elementary Athletic Association Athletic Handbook
- Catholic School Learning Plan/ Pastoral Plan
- Ontario Ministry of Education, “Learning for All”
- OPHEA Physical Education Safety Guidelines

Each of these is designed to further enhance student engagement opportunities to support and align with the Ministry of Education renewed goals for education:

- **Achieving Excellence:** Children and students of all ages will achieve high levels of academic performance, acquire valuable skills and demonstrate good citizenship. Educators will be supported in learning continuously and will be recognized as among the best in the world.
- **Ensuring Equity:** All children and students will be inspired to reach their full potential, with access to rich learning experiences that begin at birth and continue into adulthood.
- **Promoting Well-Being:** All children and students will develop enhanced mental and physical health, a positive sense of self and belonging, and the skills to make positive choices.
- **Enhancing Public Confidence:** Ontarians will continue to have confidence in a publicly funded education system that helps develop new generations of confident, capable and caring citizens.

It is an expectation that student-athletes, coaches, administrators, and all other partners associated with “contact” athletic programs and events will adhere to our Catholic virtues of:

Respect – Kindness – Self-Control – Acceptance – Fairness – Empathy – Hope – Conscience – Love - Faith

THE CONTACT SPORTS GUIDELINE EXPECTATION

DPCDSB is committed to establishing sportsmanship and developing healthy environments for Board approved competition in all its schools. DPCDSB wants to lead the way in enhancing the practice of alignment between what is acceptable in the classroom, with what is occurring in interschool “contact” athletic competition. DPCDSB will strive to create safe athletic environments and promote the virtues of our Catholic system. DPCDSB believes part of our role in Catholic education through sport, is to continuously build capacity among all stakeholders and to teach our youth and our communities to be aware of personal signs and symptoms of injury. Stakeholders must also be aware of the importance of proper hydration, nutrition and mental preparedness to participate in an elite competitive environment. It is also an expectation to conduct themselves with ethical conduct and respect for opponents, while ensuring and maintaining a safe, caring and inclusive environment which protects our student-athletes and stakeholders.

It is an expectation of the school and community to ensure appropriate alignment with the DPCDSB Concussion Policy/ Guideline and PPM158. It is critical that all coaches and students be able to identify symptoms and signs of concussions and communicate/document those concerns immediately to parents and/or a physician and the school administration. It is an expectation that the parent communicate to the school administration if a student experienced concussion symptoms or signs in a community event or other venue. The physician, parent and school administration are responsible for fluid communication and medical documentation so that appropriate academic modifications can be made in the best interest of the student. The school, in consultation with the parent and physician, will determine if a student is deemed ready to “return to play” and “return to learn”.

It is an expectation of the school to provide appropriate information and supports to ELL and Newcomers and their families, in respect to participation in contact sports.

The DPCDSB Contact Sport Committee believes that the implementation of this guideline, in conjunction with the DPCDSB Athletic Virtues and Ethical Contact Guideline “A Sense of Celebration”, Concussion Policy and DPCDSB Physical Education Guidelines, will provide a safe environment rooted in student well-being and sound risk management, in support of the DPCDSB System Direction and the Catholic Board Learning Plan, in a distinctively Catholic world view.

CONTACT SPORT PREPAREDNESS

It is the responsibility of the School Administration and Coach to ensure [Ontario Physical Education Safety Guidelines](#) and the Pre-Season check list is followed to ensure proper sport preparedness. The coach is considered the “safety officer” and the most critical stakeholder in preparing their student-athletes for Board approved competition. The coach shall maintain these documents and the “[Emergency Action Plan](#)” in a binder or portfolio that will be easily accessible during a practice or competition, in the case of injury. Students returning from injury must produce an appropriate doctor’s note endorsing the athlete’s return to activity.

Pre-Season Check List for All Sports

Before you start your season you need to ensure the following things are done:

- ✓ Be knowledgeable of the DPCDSB Concussion Policy and Guideline prevention, identification, and management (return to learn and return to play)
- ✓ Be knowledgeable about safe practices as referred to in this document and the Ontario Physical Education Safety Guidelines <http://safety.ophea.net/>
- ✓ Call a meeting to see the interest in having that specific team at your school. Inform all students that they need to fill out the following forms before they begin participating in the tryout.
- ✓ Review OPHEA Concussion Prevention Strategies
http://safety.ophea.net/sites/safety.ophea.net/files/docs/appendices/S_IS/S_IS_AppendixC5_14.pdf

Secondary Athletic Participation Forms:

<http://dp24/PnP/SitePages/BoardForms.aspx>

Athletic Trainer Form:

<http://dp24/HR/Portal%20Documents/ATHLETIC%20THERAPY%20STUDENT%20PAYMENT%20PACKAGE.pdf>

GAP <http://dp24/PnP/SitePages/GAP.aspx>

Policies <http://dp24/PnP/SitePages/Board%20Policies.aspx>

GAP 101.02	Student Accidents
GAP 414	Physical Health and Education Safety Guidelines (Curriculum, Intramural and Interschool)
GAP 502.10	SAFETY OF PUPILS-HEAD INJURIES-FIRST AID RESPONSE
GAP 549	CONCUSSION GENERAL ADMINISTRATIVE PROCEDURES
GAP 801	OUT OF SCHOOL PROGRAMS
GF 027	OSBIE INCIDENT REPORTING FORM
GF 046	DOCUMENTATION OF HEAD INJURIES
GF 085	FILED TRIP MANIFEST
GF 404	REQUEST TO RESUME ATHLETIC PARTICIPATION ELEMENTARY AND SECONDARY CURRICULUM/INTRAMURAL/INTERSCHOOL
GF 405	SECONDARY HEALTH AND PHYSICAL EDUCATION CURRICULUM - MEDICAL INFORMATION/ELEMENT OF RISK
GF 406	SECONDARY INTRAMURAL – MEDICAL INFORMATION/ELEMENT OF RISK/PERMISSION TO PARTICIPATE
GF 407	SECONDARY INTERSCHOOL- MEDICAL INFORMATION/ELEMENT OF RISK/PERMISSION TO PARTICIPATE
GF 338	CONSENT FOR POSTING STUDENT’S PERSONAL INFORMATION ON A SCHOOL’S WEB-SITE

- GF 115** PARENT GUARDIAN PERMISSION FORM FOR OUT-OF-SCHOOL EXTRA-CURRICULAR ACTIVITIES
- GF 502.17** PUBLIC ACCESS DEFIBRILLATORS
- GF 116** AUTHORIZATION TO TRANSPORT STUDENTS – VOLUNTEER DRIVERS
- GF 117E** PARENTAL GUARDIAN PERMISSION TO ELEMENTARY STUDENTS IN A PRIVATE AND OR COMMERCIAL VEHICLE
- GF 117S** PARENTAL GUARDIAN PERMISSION TO TRANSPORT SELF OR OTHERS IN A PUBLIC AND OR COMMERCIAL VEHICLE - SECONDARY STUDENTS
- STUDENT ACCIDENT INSURANCE BROCHURE** www.insuremykids.com
- GAP 312.08** MEDIA CONSENT FORM <http://dp24/PnP/GAP Documents/312.08.pdf>

DO NOT ALLOW STUDENTS TO PARTICIPATE UNTIL YOU HAVE RECEIVED THESE FORMS

Enjoy your tryouts. Choose your team, follow the ROPSSAA/League Handbook, attend pre-season meeting. Check with athletic contact for questions. <http://www.ropssaa.org/>

Other Recommended Forms Needed As the Season Continues

- Physical Activity & Sport Related Concussion Check List.**
<http://safety.ophea.net/concussion-protocols>
- Sample First Aid Kit**
http://safety.ophea.net/sites/safety.ophea.net/files/docs/appendices/S_C/S_C_AppendixD_14.pdf
- Emergency Action Plan**
http://safety.ophea.net/sites/safety.ophea.net/files/docs/appendices/S_C/S_C_AppendixE_14.pdf
- Coach's Planner**
http://safety.ophea.net/sites/safety.ophea.net/files/docs/appendices/S_IS/S_IS_AppendixR_14.pdf
- Universal Precautions Blood and Bodily Fluids**
http://safety.ophea.net/sites/safety.ophea.net/files/docs/appendices/S_IS/S_IS_AppendixK_14.pdf
- Sample Management of Asthma Protocol.**
http://safety.ophea.net/sites/safety.ophea.net/files/docs/appendices/S_IS/S_IS_AppendixL_14.pdf

TACKLE FOOTBALL

<http://safety.ophea.net/safety-plan/165/2016>

PRE-SEASON Checklist

Mandatory Equipment Certification and Check

Determine that all equipment is safe for use.

- ✓ Helmets must bear a clearly legible and legal NOCSAE warning sticker, in order to prove that the helmet meets the NOCSAE safety standard.
- ✓ **Football helmets and shoulder pads must be inspected annually and reconditioned every 3 years. ALL football helmets must be replaced after 10 years from date of manufacture.**
- ✓ Reconditioned helmets and manufacture dates must be tracked and documented for all helmets.
- ✓ All helmet logos/decals and tape must be from the helmet manufacturer.
- ✓ All helmets must be numbered and documented for identification.
- ✓ Goalposts must be padded, when in field of play. Padding must be 1.8m (6') high.
- ✓ If blocking sleds are used, they must be in good conditions, free of exposed rips or tears.
- ✓ The size of footballs used must be appropriate for the size and ability of the group (e.g. smaller footballs or foam balls)
- ✓ A mandatory first aid kit must be fully stocked and readily accessible at all times.

Mandatory Student Athlete Equipment

For participation on any football team in Dufferin-Peel Catholic District School Board, the following minimum protective equipment that must be worn includes:

- full fit interior mouth guard
 - properly fitted helmet
 - shoulder pads
 - hip and tailbone pads
 - thigh pads
 - knee pads
 - field appropriate cleats
-
- ✓ Student athletes must wear school provided helmets and equipment. Personal equipment will not be permitted.
 - ✓ If shields (visors) are worn by student athletes, they must be clear.
 - ✓ When issuing equipment, all gear must be fitted properly. Helmets and shoulder pads must be fitted by a qualified coach and documented.
 - ✓ Individual distributing equipment must have knowledge of fitting equipment properly.

PRACTICES AND GAMES Expectations

Pre-Season Practice Requirements

- ✓ All contact practices must be guided by Football Canada’s Safe Contact Guidelines.
- ✓ Student athletes shall not engage in more than three hours of “practice activities” on days prior to the start of the school year.
- ✓ All pre-season football practices shall begin with a **four (4) day acclimatization** period for all participants.
- ✓ Acclimatization period is defined as the physiological adjustment of a student athlete to the environmental change of football. Helmets shall be the only piece of contact/protective equipment student athletes may wear.
- ✓ During the four (4) days acclimatization period and subject to the rules as noted above, if more than one practice is conducted on the same day, the second practice shall be a teaching period/walkthrough practice only with no conditioning or contact activities/equipment permitted, including helmets.
- ✓ During the four (4) day acclimatization period, no contact activities are permitted as per Football Canada’s Safe Contact Guidelines.
- ✓ Practice Activities are defined as below:

Practice Activities	Not Practice Activities
Actual on field practice	Meetings
Sport specific conditioning	Weight Training
Mandatory Conditioning	Film Study
	Injury Treatment
	Voluntary Conditioning

- ✓ All student-athletes who arrive after the first day of practice are required to undergo a four-day documented acclimatization period.
- ✓ Student athletes must participate in a **minimum of 7 days of documented** contact practices before their first scrimmage and/or game.

If a student suffers a head injury please ensure it is documented on GF 406

Practice Guidelines and Requirements

- ✓ Practices must include flexibility, strength and cardiovascular enhancing activities.
- ✓ Skills must be taught in proper progression and games must be based on skills that are taught.
- ✓ Heat, humidity and physical condition of athletes must be taken into account when planning practices.
- ✓ Appropriate number of breaks and levels of hydration should be provided. Adequate liquid replacement must be accessible.
- ✓ Coaches must be aware of student athletes whose medical condition (e.g. asthma, anaphylaxis, orthopedic device may affect participation).
- ✓ Student athletes should not be allowed to play or practice with a cast and will be required to provide a doctor's note indicating ability to play upon removal of cast.
- ✓ Practice equipment, such as blocking sleds and bags, must be kept at a safe distance from players during practices/games, when not in use.

Contact Practice Requirement

- ✓ During contact practices, student athletes must receive instruction on how to adjust and maintain equipment properly, prior to wearing football gear.
- ✓ Instruction on proper techniques for contact as per NCCP, Canada Football Safe Contact guidelines which would include safe blocking, ball carrying and tackling techniques.
- ✓ No head blocking or spear tackling techniques must be taught.
- ✓ A Dufferin-Peel approved certified trainer (includes Sheridan College Student Trainers) who takes responsibility for providing first aid to injured players must be present during the entire contact practice/competition.
- ✓ A certified first aid staff member who takes responsibility for providing first aid to injured players must be present during the entire non-contact practice/competition.
- ✓ It is recommended that in the event a Dufferin-Peel approved certified trainer is not present for the practice that the practices be non-contact.

Game Guidelines and Requirements

- ✓ A Dufferin-Peel approved certified trainer (includes Sheridan College Student Trainers) who takes responsibility for providing first aid to injured players must be present during the entire contact practice/competition.
- ✓ Athletic Virtues and Ethical Conduct Guideline "A Sense of Celebration" must be adhered to.
- ✓ Refer to Emergency Guideline as per OPHEA Guidelines.
- ✓ A fully stocked first aid kit must be readily accessible.
- ✓ All student athlete contact information should be brought to every game.
- ✓ A working cell phone must be accessible.

- ✓ Coaches must be aware of student athletes whose medical condition (e.g. asthma, anaphylaxis, and orthopedic device) may affect participation.
- ✓ Any exposed orthopedic device must be soft or padded.
- ✓ Any orthopedic device must be approved by the official prior to the commencement of the game.
- ✓ Down-box personnel must be trained in safe use of equipment and personal safety.
- ✓ There must be a minimum of 72 hours between athlete participation in any regulation football games.
- ✓ For helmets that have air, bladder inflation devices (pump) must be accessible on-site.
- ✓ **It is recommended that there are at least 4 coaches/staff present on the sidelines.**
- ✓ All helmets are clearly numbered for identification and documented.

Off-Season Camp

- ✓ For guidelines and requirements refer to Pre-Season Practice Requirements.
- ✓ Off-season camp practices cannot be used as Acclimatization period.

Coaching Certifications

- ✓ Head coach must demonstrate knowledge of game, skills and strategies to principal or designate.
- ✓ One member of the coaching staff must be trained or certified in the NCCP Safe Contact module every five (5) years.
- ✓ One member of the coaching staff must be knowledgeable of the Ontario Physical Education Safety Guidelines concussion protocol and DPCDSB concussion protocol.
- ✓ Each member of the coaching staff must have qualifications which are derived from at least one of the following:
 - NCCP Community Sport Coach – Novice Coach Course
 - Trained in any of the NCCP Football Courses - Positional Coach, Coordinator, Head Coach
 - Coaches that have in the past completed a level 1, 2, 3 or 4 certification (Football Canada will have transferred these designations into the current NCCP designations).
 - Attendance at a tackle football clinic or workshop, provided by an instructor who is knowledgeable of the activity and where safety is addressed, within the last five years) that is recognized as NCCP Professional Development.
 - Accreditation as a NCCP Learning Facilitator for Football
 - Past experience within the last 3 years as a coach in tackle football, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.
- ✓ A Dufferin-Peel approved certified trainer (includes Sheridan College Student Trainers) who takes responsibility for providing first aid to injured players must be present during the entire contact practice/competition.
- ✓ A certified first aid staff member who takes responsibility for providing first aid to injured players must be present during the entire non-contact practice/competition.
- ✓ It is recommended that in the event a Dufferin-Peel approved certified trainer is not present for the practice that the practices be non-contact.

RUGBY <http://safety.ophea.net/safety-plan/165/1410>

PRE-SEASON Checklist

Mandatory Equipment Certification and Check

Determine that all equipment is safe for use.

- ✓ Goalposts must be padded, when in field of play. Padding must be 1.8m (6') high.
- ✓ If blocking sleds are used, they must be in good conditions, free of exposed rips or tears.
- ✓ The size of rugby balls used must be appropriate for the size and ability of the group (no foam balls permitted for practices or games).
- ✓ A mandatory first aid kit must be fully stocked and readily accessible at all times.

Mandatory Student Athlete Equipment

For participation on any Rugby team in Dufferin-Peel Catholic District School Board, the following minimum protective equipment that must be worn includes:

- ✓ Full fit interior mouth guard.
- ✓ Field appropriate cleats.

For participation on any rugby team in Dufferin–Peel Catholic District School Board, the following **must NOT** be worn:

- ✓ Jewelry (chains, watches, ear rings) - Jewelry may not be covered by any material.
- ✓ Pockets or snaps on their shorts.
- ✓ Padding of any kind.

PRACTICES AND GAMES Expectations

Pre-Season Practice Requirements

- ✓ Student athletes shall not engage in more than three hours of “practice activities” on days prior to the start of the school year.
- ✓ All pre-season rugby practices shall begin with a four (4) day acclimatization period for all participants.
- ✓ Acclimatization period is defined as the physiological adjustment of a student athlete to the environmental change of rugby. During the four (4) acclimatization period and subject to the rules as noted above, if more than one practice is conducted on the same day, the second practice shall be a teaching period/walkthrough practice only with no conditioning or contact activities.
- ✓ During the four (4) day acclimatization period, no contact activities are permitted.

Practice Activities are defined as below

Practice Activities	Not Practice Activities
Actual on field practice	Meetings
Sport specific conditioning	Weight Training
Mandatory Conditioning	Film Study
	Injury Treatment
	Voluntary Conditioning

- ✓ All student-athletes who arrive after the first day of practice are required to undergo a four-day acclimatization period.
- ✓ Student athletes must participate in a minimum of 7 days of contact practices before their first scrimmage and/or game.

Practice Guidelines and Requirements

- ✓ Practices must include flexibility, strength and cardiovascular enhancing activities.
- ✓ Skills must be taught in proper progression and games must be based on skills that are taught.
- ✓ Heat, humidity and physical condition of athletes must be taken into account when planning practices.
- ✓ Appropriate number of breaks and levels of hydration should be provided. Adequate liquid replacement must be accessible.
- ✓ Coaches must be aware of student athletes whose medical condition (e.g. asthma, anaphylaxis, and orthopedic device) may affect participation.
- ✓ Student athletes should not be allowed to play or practice with a cast and will be required to provide a doctor’s note indicating ability to play upon removal of cast.
- ✓ Practice equipment, such as blocking sleds and bags, must be kept at a safe distance from players during practices/games, when not in use.
- ✓ That there be at least two coaches/staff members on the sidelines.
- ✓ A certified first aid staff member who takes responsibility for providing first aid to injured players must be present during the entire non-contact practice/competition.

Contact Practice Requirement

- ✓ Instruction on proper techniques for contact as per NCCP and International Rugby Board guidelines which would include safe blocking, scrum and tackling techniques.
- ✓ A Dufferin-Peel approved certified trainer (includes Sheridan College Student Trainers) who takes responsibility for providing first aid to injured players must be present during the entire contact practice/competition.
- ✓ A certified first aid staff member who takes responsibility for providing first aid to injured players must be present during the entire non-contact practice/competition.
- ✓ It is recommended that in the event a Dufferin-Peel approved certified trainer is not present for the practice that the practices be non-contact.

Game Guidelines and Requirements

- ✓ Athletic Virtues and Ethical Contact Guideline “A Sense of Celebration “must be adhered to.
- ✓ Refer to Emergency Guideline as per OPHEA Guidelines.
- ✓ A fully stocked first aid kit must be readily accessible.
- ✓ All student athlete contact information should be brought to every game.
- ✓ A working cell phone must be accessible.
- ✓ Coaches must be aware of student athletes whose medical condition (e.g. asthma, anaphylaxis, and orthopedic device) may affect participation.
- ✓ Any exposed orthopedic device must be soft or padded.
- ✓ Any orthopedic device must be approved by the official prior to the commencement of the game.
- ✓ A Dufferin-Peel approved certified trainer (includes Sheridan College Student Trainers) who takes responsibility for providing first aid to injured players must be present during the entire contact practice/competition.
- ✓ All personal rugby equipment must have an IRB tax affixed (scrum cap, shoulder pads etc).

Off-Season Camp

- ✓ For guidelines and requires refer to Pre-Season Practice Requirements.
- ✓ Off-season camp practices cannot be used as Acclimatization period.

Coaching Certifications

- ✓ Head coach must demonstrate knowledge of game, skills and strategies to principal or designate.
 - At least one rugby coach must possess one of the following coaching qualifications:
 - NCCP Community Sport Coach – Community Initiation/World Rugby Level 1 Course
 - NCCP Competition Coach – Competition Introduction/World Rugby Level 2 Course
 - Accreditation as a NCCP Rugby Learning Facilitator
 - Completion of rugby NCCP level 1 and/or level 2 certification in the past
 - Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
 - Past experience within the last 3 years as a coach in rugby, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.
 - For more information on sport-specific NCCP training please visit coach.ca.
- ✓ A Dufferin-Peel approved certified trainer (includes Sheridan College Student Trainers) who takes responsibility for providing first aid to injured players must be present during the entire contact practice/competition.

- ✓ A certified first aid staff member who takes responsibility for providing first aid to injured players must be present during the entire non-contact practice/competition.
- ✓ It is recommended that in the event a Dufferin-Peel approved certified trainer is not present for the practice that the practices be non-contact.

ICE HOCKEY <http://safety.ophea.net/safety-plan/165/1405>

Pre-Season Checklist

- ✓ Ensure proper permission and other documentation including the Emergency Action Plan has been filled out and is easily accessible to the coach at the rink prior to first try-out.
- ✓ Ensure proper eligibility of participants.
- ✓ A fully stocked first aid kit must be readily accessible.
- ✓ A working communication device (e.g., cell phone) must be accessible.
- ✓ Check ice surface is safe and changing rooms are clean.
- ✓ Participants know they may not step on the ice until the Zamboni has exited the ice surface and Zamboni gate is secured.
- ✓ Coaches are aware to ensure Rink Doors are closed when participants are on the ice.
It is best practice to have non-contact try-outs until the roster has been reduced to an appropriate skill level.

Mandatory Equipment Check

Determine that all equipment is safe for use.

Sticks

- ✓ regulation hockey sticks
- ✓ butt end must be covered with tape or a commercially made butt end
- ✓ checked for cracks and splinters

Players must wear

- ✓ properly fitting CSA-approved helmet with full face mask
- ✓ approved throat/neck protector
- ✓ shin pads (cracked shin pads must be replaced immediately)
- ✓ hockey pants
- ✓ shoulder and elbow pads
- ✓ gloves
- ✓ cup or pelvic protector
- ✓ Properly fitting ice hockey skates.
- ✓ No jewelry.

In addition goalies must wear

- ✓ properly fitting CSA approved goalie helmet/face mask
- ✓ goalie throat/neck protector
- ✓ catcher, blocker, leg pads
- ✓ chest and arm protector
- ✓ goalie cup or pelvic protector
- ✓ goalie skates

Practice and Game Guidelines

- ✓ Athletic Virtues and Ethical Conduct Guideline “A Sense of Celebration “must be adhered to.
- ✓ Constant visual supervision during initial practice of appropriate contact skills.
- ✓ On-site supervision thereafter.
- ✓ For safety considerations, it is recommended that a team member have a minimum of 4 practices before entering any competition.
- ✓ Determine that all facilities are safe for use.
- ✓ Ice surface must be free from debris and deep ruts.
- ✓ Break away net mandatory.
- ✓ Skills must be taught in proper progression.
- ✓ Games must be based on skills that are taught.
- ✓ Parents/guardians must be made aware of any off-campus activity and the means of transportation used. Appropriate forms filled out and filed.
- ✓ Be aware of athletes with medical condition (e.g., asthma, anaphylaxis, heart, casts, and orthopedic device) and have Emergency Action Plan in place.
- ✓ A student athlete’s fitness level must be commensurate with the level of competition.
- ✓ Penalties for rule infractions must be strictly enforced and supported.
- ✓ No more than three games can be played in one day, as per Ontario Hockey Federation (OHF) rules.
- ✓ The number of games and skill competitions (e.g., agility, racing) in any one day must not present a safety concern.
- ✓ Prior to the first game, multiple practices on ice must have occurred.
- ✓ Adequate liquid replacement must be accessible.
- ✓ A Dufferin-Peel approved certified trainer (includes Sheridan College Student Trainers) who takes responsibility for providing first aid to injured players must be present during the entire contact practice/competition.
- ✓ A certified first aid staff member who takes responsibility for providing first aid to injured players must be present during the entire non-contact practice/competition.
- ✓ It is recommended that in the event a Dufferin-Peel approved certified trainer is not present for the practice that the practices be non-contact.
- ✓ **That there be at least 2 coaches/staff on the bench.**

Interscholar competitions must follow the regulations and rules of the local governing body (e.g. ROPSSAA, OFSAA) and/or Provincial Sport Organization for the activity. Link to the Provincial Sport Organization for this activity is: <http://www.ohf.on.caSupervision>

Coaching Certifications

Head coach must demonstrate knowledge of game, skills, and strategies to principal or designate.

At least one hockey coach must possess one of the following coaching qualifications:

- NCCP Community Sport Coach – Coach Stream Course
- Completion of hockey NCCP level 1 and/or level 2 certification in the past
- Accreditation as a NCCP Hockey Learning Facilitator
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in hockey, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit coach.ca.

WRESTLING

<http://safety.ophea.net/safety-plan/165/1420>

Pre-Season Checklist

- ✓ Ensure proper permission and other documentation including the Emergency Action Plan has been filled out and is easily accessible prior to first try-out.
- ✓ Ensure proper eligibility of participants.
- ✓ A fully stocked first aid kit must be readily accessible.
- ✓ A working communication device (e.g., cell phone) must be accessible.
- ✓ Benefits of headgear must be outlined to student athletes.

Mandatory Equipment Check

Determine that all equipment is safe for use

- ✓ Wrestling mats being used need to be mats manufactured and approved by the manufacturer for wrestling, and be in good repair.
- ✓ Determine that mats are not damaged to the point where the mat is compromised e.g. large pieces of foam missing.
- ✓ Utility or add-a-mat systems may be used for practices only. Determine that mats and joining systems are in good condition.
- ✓ Mats must be attached together or aligned so separation does not occur.
- ✓ Mat surface and surrounding area must be free of all obstacles (e.g., tables and chairs) and must provide sufficient traction.
- ✓ Determine that all facilities are safe for use.
- ✓ Mat surfaces must be checked regularly for irregularities and be cleaned prior to use.
- ✓ Allow suitable clearance from the edge of wrestling area to surrounding walls.
- ✓ Surrounding walls must be padded if clearance from mat surface is less than 2m (6'6").

Mandatory Student Athlete Check

- ✓ Wrestlers with orthodontic devices must wear appropriate mouth protection.
- ✓ Fingernails must be closely trimmed.
- ✓ Athletes with communicable skin conditions (e.g., impetigo) must not participate in contact wrestling.
- ✓ Appropriate clothing must be worn.
- ✓ Wrestling uniforms consistent with current rules must be worn.
- ✓ No jewelry.
- ✓ No bare feet.
- ✓ Wrestling shoes or appropriate footwear (no sharp edges, lace tips on shoes).
- ✓ Glasses not to be worn.

Benefits of headgear must be outlined to student athletes

- ✓ Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopedic device) may affect athlete's participation.

The hazards of improper eating practices and severe weight loss techniques must be outlined to student athletes.

The use of the following practices is prohibited for any purpose

- ✓ vapor impermeable suits (e.g., rubber suits or rubberized nylon);
- ✓ similar devices used solely for dehydration;
- ✓ saunas (even off campus);
- ✓ steam rooms (even off campus);
- ✓ wrestling room over 75 degrees at start of practice;
- ✓ hot boxes;
- ✓ Laxatives (non-prescribed);
- ✓ emetics;
- ✓ excessive food and fluid restriction;
- ✓ self-induced vomiting;
- ✓ diuretics;
- ✓ artificial means of rehydration (i.e., intravenous hydration)

Practice and Match Guidelines

- ✓ Athletic Virtues and Ethical Contact Guideline "A Sense of Celebration" must be adhered to.
- ✓ Constant visual supervision is required during initial instruction of techniques for holds and releases.
- ✓ Skills must be taught in proper progression.
- ✓ Warm up activities must emphasize conditioning and flexibility.
- ✓ Rules and illegal moves must be outlined.
- ✓ Competitions must be based on skills that are taught.
- ✓ Parents/guardians must be made aware of any off campus activity and the means of transportation used.
- ✓ A student athlete's fitness level must be commensurate with the level of competition.
- ✓ Athletes must wrestle with partners of similar weight, strength and ability.
- ✓ Maximum time limit of 3 minutes per round.
Match length may be shortened if desired.
- ✓ There must be a minimum of 15 minutes between matches.
- ✓ Throwing permitted only when break fall/roll techniques have been well established.
- ✓ Athletes may referee under the supervision of the coach in practice.
- ✓ Only trained and certified officials for competition.

- ✓ Universal precautions (e.g., using impermeable gloves) must be followed when dealing with situations involving blood and other bodily fluids.
- ✓ On-site supervision is required.
- ✓ A first aid certified staff member who takes responsibility for providing first aid to injured athletes must be present during the entire practice/competition.

Coaching resources can be found at Ontario Amateur Wrestling Association <http://www.oawa.ca>.

Interscholar competitions must follow the regulations and rules of the local governing body (e.g. ROPSSAA, OFSAA) and/or Provincial Sport Organization for the activity.

Link to the Provincial Sport Organization for this activity is: <http://www.oawa.ca>

Coaching Certifications

Head coach must demonstrate knowledge of sport, skills and strategies to principal or designate.

At least one wrestling coach must possess one of the following coaching qualifications:

- NCCP Competition Coach – Competition-Introduction Part 1 Course
- NCCP Competition Coach – Competition-Introduction Part 2 Course
- Accreditation as a NCCP Wrestling Learning Facilitator
- Completion of wrestling NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in wrestling, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit coach.ca.

Coaching resources can be found at [Ontario Amateur Wrestling Association](http://www.oawa.ca).

FLAG FOOTBALL <http://safety.ophea.net/safety-plan/165/2017>

PRE-SEASON Checklist:

- ✓ Ensure proper permission and other documentation including the Emergency Action Plan has been filled out and is easily accessible prior to first try-out.
- ✓ Ensure proper eligibility of participants.
- ✓ A fully stocked first aid kit must be readily accessible.
- ✓ A working communication device (e.g., cell phone) must be accessible.

Mandatory Equipment Certification and Check

Determine that all equipment is safe for use.

- ✓ Goalposts must be padded, when in field of play. Padding must be 1.8m (6') high.
- ✓ The size of footballs used must be appropriate for the size and ability of the group (e.g. smaller footballs or foam balls).
- ✓ A mandatory first aid kit must be fully stocked and readily accessible at all times.

Mandatory Student Athlete Equipment

For participation on any flag football team in Dufferin-Peel Catholic District School Board, the following minimum protective equipment that must be worn includes:

- ✓ Full fit interior mouth guard.
- ✓ Field appropriate cleats (no metal cleats).

For participation on any flag football team in Dufferin-Peel Catholic District School Board, the following **must NOT** be worn:

- ✓ No jewelry, chains or watches, Jewelry may not be covered by any material.
- ✓ Players must not have pockets or snaps on their shorts.
- ✓ No padding of any kind can be worn.
- ✓ Players are not permitted to use adhesive material, paint, grease, or any other slippery substance applied to equipment or on a player's person, clothing or attachments that affects the ball or an opponent (exception: eye shade).

Practice Guidelines and Requirements

- ✓ Practices must include flexibility, strength and cardiovascular enhancing activities.
- ✓ Skills must be taught in proper progression and games must be based on skills that are taught.
- ✓ Heat, humidity and physical condition of athletes must be taken into account when planning practices.
- ✓ Appropriate number of breaks and levels of hydration should be provided. Adequate liquid replacement must be accessible.
- ✓ Coaches must be aware of student athletes whose medical condition (e.g. asthma, anaphylaxis, and orthopedic device) may affect participation.
- ✓ Students must practice with mouth guards and cleats on.
- ✓ Flags are not to be tucked under the belt.
- ✓ A certified first aid staff member who takes responsibility for providing first aid to injured players must be present during the entire non-contact practice.

Facilities

- ✓ Playing area must be inspected regularly, free from debris and obstructions, and well removed from traffic areas.
- ✓ Holes and uneven surfaces must be brought to the attention of all coaches, officials and athletes.
- ✓ Perimeter of field must be lined and end zones must be properly marked with collapsible flags or soft pylons.

Game Guidelines and Requirements

- ✓ Secondary Flag Football Games Only: A Dufferin-Peel approved certified trainer (includes Sheridan College Student Trainers) who takes responsibility for providing first aid to injured players for both Dufferin-Peel teams should be present during the entire competition.
- ✓ Athletic Virtues and Ethical Contact Guideline “A Sense of Celebration” must be adhered to.
- ✓ Refer to Emergency Guideline as per OPHEA Guidelines.
- ✓ A fully stocked first aid kit must be readily accessible.
- ✓ All student athlete contact information should be brought to every game.
- ✓ A working cell phone must be accessible.
- ✓ Coaches must be aware of student athletes whose medical condition (e.g. asthma, anaphylaxis, and orthopedic device) may affect participation.
- ✓ Any exposed orthopedic device must be soft or padded.
- ✓ Any orthopedic device must be approved by the official prior to the commencement of the game.
- ✓ There are at least two coaches/staff present on the sidelines.

Coaching Certifications

Head coach must demonstrate knowledge of game, skills and strategies to the principal.

LACROSSE <http://safety.ophea.net/safety-plan/165/1406>

PRE-SEASON Checklist

- ✓ Ensure proper permission and other documentation including the Emergency Action Plan has been filled out and is easily accessible prior to first try-out.
- ✓ Ensure proper eligibility of participants.
- ✓ A fully stocked first aid kit must be readily accessible.
- ✓ A working communication device (e.g., cell phone) must be accessible.

Mandatory Equipment Certification and Check

Determine that all equipment is safe for use for Women's and Men's Box & Field Lacrosse.

- ✓ Hockey helmets must bear a clearly legible and legal CSA warning sticker. (Please note: CSA does not certify Lacrosse Helmets).
- ✓ A mandatory first aid kit must be fully stocked and readily accessible at all times. Determine that all facilities are safe for use.
- ✓ Playing area must be free of debris and obstacles.
- ✓ Holes and severely uneven surfaces must be brought to the attention of the coaches, student athletes, and officials.
- ✓ Net frames should be checked (i.e. no loose screws or cracks) and the mesh should not have any holes that equipment can get caught in.
- ✓ Perimeter of the field must be marked.

Mandatory Student Athlete Equipment

For participation, the following minimum protective equipment that must be worn includes:

- ✓ Properly fitting CSA approved hockey helmet with full cage or a lacrosse helmet certified by a recognized safety standards association.
- ✓ Full fit interior mouth guard.
- ✓ Full chinstrap.
- ✓ Shoulder pads with arm guards.
- ✓ Slash guards.
- ✓ Gloves.
- ✓ Athletic cup or Jill strap (optional).
- ✓ Appropriate clothing and footwear.
- ✓ No metal cleats or jewelry.
- ✓ Kidney Pads.
- ✓ Please see the Ontario Women's Field Lacrosse Website for direction regarding eye wear and helmets <http://www.ontariowomenslacrosse.com/page/show/451694-equipment-regulations>

Goalie Equipment

- ✓ Properly fitting CSA approved hockey helmet with full cage or a lacrosse helmet certified by a recognized safety standards association.
- ✓ Throat protector.
- ✓ Chest and arm protector.
- ✓ Goalie gloves.
- ✓ Goalie pants.
- ✓ Athletic cup or Jill strap (optional).

Equipment and Field Condition

- ✓ Sticks and balls appropriate for field lacrosse such as wooden or metal sticks with molded heads.
- ✓ Stick pockets with mesh, lace or leather must conform to CLA standards.
- ✓ Check wooden sticks for cracks and splinters.
- ✓ Students must be made aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).

Practices and Games Expectations

Practice Guidelines and Requirements

- ✓ On-site supervision is required.
- ✓ Constant visual supervision during initial practice of contact skills.
- ✓ An individual who takes responsibility for providing first aid to injured players must be present during the entire practice/competition.
- ✓ For safety considerations, it is recommended that a student athlete have a minimum of 4 practices before entering any competition.
- ✓ Practices must include flexibility, strength and cardiovascular enhancing activities.
- ✓ Skills must be taught in proper progression and games must be based on skills that are taught.
- ✓ Heat, humidity and physical condition of athletes must be taken into account when planning practices.
- ✓ Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning).
- ✓ Appropriate number of breaks and levels of hydration should be provided. Adequate liquid replacement must be accessible.
- ✓ Coaches must be aware of student athletes whose medical condition (e.g. asthma, anaphylaxis, and orthopedic device) may affect participation.
- ✓ Student athletes should not be allowed to play or practice with a cast and will be required to provide a doctor's note indicating ability to play upon removal of cast.

- ✓ During contact practices, student athletes must receive instruction on how to adjust and maintain equipment properly, prior to wearing lacrosse gear.
- ✓ Instruction on proper techniques for contact.
- ✓ Constant visual supervision during initial practice of contact skills.
- ✓ When teaching the skills of throwing and catching, adequate spacing must be allowed for:
 - students to make an uninterrupted swing
 - pairs/groups not to interfere with one another
- ✓ Stress student responsibility regarding individual space.
- ✓ Activities/rules must be modified to age and ability level of participants.
- ✓ There be at least 2 coaches/staff present on the sidelines.
- ✓ A certified first staff member who takes responsibility for providing first aid to injured players must be present during the entire practice.

Game Guidelines and Requirements

- ✓ On-site supervision is required.
- ✓ Certified athletic therapist must be in attendance for the whole game.
- ✓ An individual who takes responsibility for providing first aid to injured players must be present during the entire practice/competition.
- ✓ Athletic Virtues and Ethical Conduct Guideline “A Sense of Celebration “must be adhered to.
- ✓ Refer to Emergency Guideline as per OPHEA Guidelines.
- ✓ A fully stocked first aid kit must be readily accessible.
- ✓ All student athlete contact information should be brought to every game.
- ✓ A working cell phone must be accessible.
- ✓ Coaches must be aware of student athletes whose medical condition (e.g. asthma, anaphylaxis, and orthopedic device) may affect participation.
- ✓ Any exposed orthopedic device must be soft or padded.
- ✓ Any orthopedic device must be approved by the official prior to the commencement of the game.
- ✓ For games where stick-on-stick contact is permitted, players must wear protective equipment. If a goalie is used, goalie must wear protective equipment.
- ✓ Men’s Field Lacrosse: full equipment to be worn.
- ✓ Women’s Field Lacrosse: no aggressive checking with either the stick or the body is allowed. Protective equipment only worn by the goalie.
- ✓ A Dufferin-Peel approved certified trainer (includes Sheridan College Student Trainers) who takes responsibility for providing first aid to injured players for both Dufferin-Peel teams should be present during the entire competition.

Coaching Certifications

Head coach must demonstrate knowledge of game, skills and strategies to principal or designate.

At least one lacrosse coach must possess one of the following coaching qualifications:

- NCCP Community Sport Coach – Community Coach Initiation Course
- NCCP Community Sport Coach – Community Coach Development Course
- NCCP Competition Coach – Competition Introduction Course
- Accreditation as a NCCP Lacrosse Learning Facilitator
- Completion of lacrosse NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in lacrosse, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit coach.ca.

SOC CER <http://safety.ophea.net/safety-plan/165/2020>

PRE-SEASON Checklist

Mandatory Equipment Certification and Checklist

- ✓ A fully stocked first aid kit must be readily accessible.
- ✓ A working communication device (e.g., cell phone) must be accessible.
- ✓ Determine that all equipment is safe for use.
- ✓ Shin pads must be worn.
- ✓ Size and weight of soccer ball must be appropriate to the age and skill level of participants.
- ✓ Outdoor soccer balls must not be used indoors for games or shooting on goalie, but may be used for indoor drills.
- ✓ Sponge soccer balls or indoor soccer balls are to be used for indoor school soccer games.
- ✓ Appropriate clothing and footwear must be worn.
- ✓ Molded cleats only. No metal or compound cleats.
- ✓ No jewelry.

Facilities

- ✓ Indoor playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide sufficient traction.
- ✓ Determine that all facilities are safe for use.
- ✓ Holes and severely uneven surfaces must be brought to the attention of the coaches, convener, athletes, officials and principal.
- ✓ Outdoor playing area must be free from debris and obstructions, provide sufficient traction, and be well-removed from traffic areas.
- ✓ The teacher/coach must make a pre-activity check of the facilities prior to use.

PRACTICES AND GAMES Expectations

Practice Guidelines and Requirements

- ✓ Athletic Virtues and Ethical Conduct Guideline “A Sense of Celebration “must be adhered to.
- ✓ Skills must be taught in proper progression.
- ✓ Games must be based on skills that are taught.
- ✓ Limit time spent on heading drills.
- ✓ No tackling from behind.
- ✓ A student athlete’s fitness level must be commensurate with the level of competition.
- ✓ Parents/guardians must be made aware of any off-campus activity and the means of transportation used.

- ✓ Athletes must be made aware of ways to protect themselves from:
 - UV rays (e.g., use of hat sunglasses, sunscreen)
 - Insects (e.g., repellent)
- ✓ **There are at least 2 coaches/staff on the sidelines.**
- ✓ A Dufferin-Peel approved certified trainer (includes Sheridan College Student Trainers) who takes responsibility for providing first aid to injured players for both Dufferin-Peel teams should be present during the entire competition.
- ✓ A certified first aid staff member who takes responsibility for providing first aid to injured players must be present during the entire practice.

Before involving athletes in outdoor activity, teachers must take into consideration:

- ✓ Temperature.
- ✓ Previous training
- ✓ Length of time athletes will be vigorously active
- ✓ Adequate liquid replacement must be accessible.
- ✓ Athletes must receive instruction on safety procedures related to severe weather conditions (lightning, funnel clouds, severe winds, tornadoes [see Lightning Appendix]).
- ✓ An exposed orthopedic apparatus that represents a safety concern to other players must be soft or padded. Such devices must be approved by the referee prior to the commencement of the game.
- ✓ Any player with a playing cast must provide a doctor's note or parent/guardian signed permission indicating it is safe for him/her to play.
- ✓ Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopedic device) may affect participation (see Generic Section).
- ✓ Interscholar competitions must follow the regulations and rules of the local governing body (e.g. athletic association, OFSAA) and/or Provincial Sport Organization for the activity.
- ✓ Link to the Provincial Sport Organization for this activity is: <http://ontariosoccer.net/>

Coaching Certifications

- ✓ Head coach must demonstrate knowledge of game, skills and strategies to the principal.
- ✓ Coaching qualifications for soccer must be derived from at least one of the following:
 - Sport specific NCCP – Training/Certification
 - Attendance at a clinic or workshop, provided by an instructor who is knowledgeable of the activity and where safety is addressed, within the last three years
 - Past experience (within the last 10 years) as a player or coach in that sport.

ELEMENTARY GUIDELINE

The focus of DPCDSB athletics in Elementary School is to support the development of the whole child through diverse co-curricular sport programs and competitions. Athletics is to be a shared responsibility among all stakeholders, to ensure that character development, health and safety and student well-being are of utmost importance in maintaining safe, caring, inclusive and healthy schools communities.

It is the view of DPCDSB and supporting research that “purposeful contact” school sport leagues involving students in Elementary School are not appropriate. Elementary aged students are at a greater risk for concussion and take longer to recover than adults. It is the expectation of participating DPCDSB Elementary Schools to participate in non-contact modified versions of traditional sports such as Football and Hockey. It is critical that coaches, teachers, student officials, students, parents and administration be able to identify symptoms and signs of concussions and are aware of the DPCDSB Concussion Policy.

Elementary School Pre- Season Check List

Before you start your season you need to ensure the following things are done

- Refer to DPCDSB Contact Sport Preparedness section in this guideline on page 6.
- Physical Activity & Sport Related Concussion Check List.**
 - <http://safety.ophea.net/concussion-protocols>
 - Refer to the DPCDSB Health and Physical Education Guidelines.
 - Refer to the Ontario Physical Education Safety Guidelines (OPHEA). <http://safety.ophea.net/>
 - Refer to DPCDSB Concussion Policy and Guideline.
 - Inform all students that they need to fill out with their parent/guardian the following forms before they begin participating in any tryout.

Elementary Athletic Participation Forms <http://dp24/forms>

GAP101.02	STUDENT ACCIDENTS
GAP 414	HEALTH AND PHYSICAL EDUCATION GUIDELINES (Curriculum, Intramural and Interschool)
GAP 502.10	SAFETY OF PUPILS-HEAD INJURIES-FIRST AID RESPONSE
GAP 549	CONCUSSION POLICY
GAP 801	OUT OF SCHOOL PROGRAMS
GF 027	OSBIE INCIDENT REPORTING FORM
GF 046	DOCUMENTATION OF HEAD INJURIES
GF115	PARENT GUARDIAN PERMISSION FORM FOR OUT-OF-SCHOOL EXTRA-CURRICULAR ACTIVITIES
GF338A	CONSENT FOR POSTING STUDENT’S PERSONAL INFORMATION ON A SCHOOL’S WEB-SITE

- GF 401 ELEMENTARY HEALTH AND PHYSICAL EDUCATION CURRICULUM – MEDICAL INFORMATION/ ELEMENT OF RISK
- GF 402 ELEMENTARY INTRAMURAL – MEDICAL INFORMATION/ELEMENT OF RISK/PERMISSION TO PARTICIPATE
- GF 403 ELEMENTARY INTERSCHOOL – MEDICAL INFORMATION/ELEMENT OF RISK/PERMISSION TO PARTICIPATE
- GF 404 ELEMENTARY AND SECONDARY - REQUEST TO RESUME ATHLETIC PARTICIPATION, CURRICULUM/INTRAMURAL/INTERSCHOOL
- GF 502.17 PUBLIC ACCESS DEFIBRILLATORS
MEDIA CONSENT FORM WEB <http://dp24/forms>
TRANSPORTATION FORMS <http://dp24/forms>
- GF85 FILED TRIP MANIFEST
- GF116 AUTHORIZATION TO TRANSPORT STUDENTS – VOLUNTEER DRIVERS
- GF117E PARENTAL GUARDIAN PERMISSION TO ELEMENTARY STUDENTS IN A PRIVATE AND OR COMMERCIAL VEHICLE
STUDENT ACCIDENT INSURANCE BROCHURE www.insuremykids.com

DO NOT ALLOW STUDENTS TO PARTICIPATE UNTIL YOU HAVE RECEIVED THESE FORMS

Other Recommended Forms/Waivers Needed As the Season Continues

- ✓ Physical Activity and Sport Related Concussion Check List
<http://safety.ophea.net/concussion-protocols>
- ✓ Sample First Aid Kit
http://safety.ophea.net/sites/safety.ophea.net/files/docs/appendices/S_IS/EN_S_IS_Appendix%20D_12.pdf
- ✓ Emergency Action Plan
http://safety.ophea.net/sites/safety.ophea.net/files/docs/appendices/S_IS/EN_S_IS_Appendix%20E_12.pdf
- ✓ Coach’s Planner
http://safety.ophea.net/sites/safety.ophea.net/files/docs/appendices/S_IS/EN_S_IS_Appendix%20N_12.pdf
- ✓ Universal Precautions Blood and Bodily Fluids
http://safety.ophea.net/sites/safety.ophea.net/files/docs/appendices/S_IS/EN_S_IS_Appendix%20P_12.pdf

Coaching:

- ✓ Are the coaches or a staff member on site at each practice/game first aid qualified?
- ✓ If not, is there someone in the gym or on the field who is qualified?
- ✓ Have you checked players to make sure that no jewelry is being worn?

Facilities:

- ✓ Is there a first aid kit in the gym?
- ✓ Is there access to a phone or cell phone?
- ✓ Is there an emergency plan in place?
- ✓ Is there proper protective equipment i.e. padding?
- ✓ Is the protective wall mat free of tears/wearing?
- ✓ Are mat strips secured to the wall and Velcro in good condition?
- ✓ Is the gym free of obstructions?
- ✓ Is the gym free of “stored” furniture, boxes, equipment along perimeter walls and corners?
- ✓ Are the floors clean and dry and provide good traction?
- ✓ Are the sockets/plates covered and flush with the floor?

Ice Hockey: Non-contact**Follow OPHEA Ice Hockey Guideline:**

<http://safety.ophea.net/safety-plan/164/1383>

Coaching Qualifications

- Head coach must demonstrate knowledge of game, skills and strategies to principal or designate.
- At least one ice hockey coach must possess one of the following coaching qualifications:
 - NCCP Community Sport Coach – Intro Coach course
 - Completion of hockey NCCP level 1 and/or level 2 certification in the past
 - Accreditation as a NCCP Hockey Learning Facilitator
 - Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and

progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.

- Past experience within the last 3 years as a coach in hockey having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit coach.ca.

- ✓ Have you inspected the player's equipment? ("butt end" of stick covered, no cracked stick shafts or blades)
- ✓ Are all helmets CSA approved (sticker) with full face mask
- ✓ Are all players wearing throat protectors?

First Aid Certification

An individual who takes responsibility for providing first aid to injured athletes must:

- as a minimum, have current first aid certification, from a recognized first aid provider (e.g., St. John Ambulance, Red Cross) that includes CPR B or C and introduction to spinal injury
- be in the area and readily accessible during the entire practice/competition
- be knowledgeable of DPCDSB concussion protocol for a suspected concussion
- not be a participant in the activity (i.e. staff student game).

Track and Field: Shot Put <http://safety.ophea.net/safety-plan/164/1389>

- ✓ Is the shot an appropriate size and weight for age and sex of the athlete?
- ✓ Have you established a safe routine for putting and retrieving of shots?
- ✓ Are the athletes and spectators at least 4 metres behind the toe line?
- ✓ Are the athletes under constant supervision?

Coaching Qualifications

Head coach must demonstrate knowledge of event to principal or designate.

At least one track and field coach must possess one of the following coaching qualifications:

- NCCP Instruction Coach – Run, Jump, Throw Instructor Course
- Completion of athletics NCCP level 1 and/or level 2 certification in the past
- Accreditation as a NCCP Track and Field Learning Facilitator
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.

- Past experience within the last 3 years as a coach in track and field - shot put having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit coach.ca

Track and Field: High jump

<http://safety.ophea.net/safety-plan/164/1388>

- ✓ Have you made sure that all the required safety standards have been met?
- ✓ Have you met the minimum amount of padding for landing surfaces?

Coaching Qualifications

Head coach must demonstrate knowledge of event to principal or designate.

At least one track and field - high jump coach must possess one of the following coaching qualifications:

- NCCP Instruction Coach – Run, Jump, Throw Instructor Course
- Completion of athletics NCCP level 1 and/or level 2 certification in the past
- Accreditation as a NCCP Track and Field Learning Facilitator
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in track and field - high jump having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

For more information on sport-specific NCCP training please visit coach.ca.

First Aid Certification

An individual who takes responsibility for providing first aid to injured athletes must:

- as a minimum, have current first aid certification, from a recognized first aid provider (e.g., St. John Ambulance, Red Cross) that includes CPR B or C and introduction to spinal injury
- be in the area and readily accessible during the entire practice/competition
- be knowledgeable of DPCDSB concussion protocol for a suspected concussion not be a participant in the activity (i.e. staff student game).

Basketball: <http://safety.ophea.net/safety-plan/164/1867>

Have you made sure that the following conditions have been met?

- ✓ protective gym mats or padding must be placed beyond the “key” area
- ✓ Protective end wall mats must extend a minimum of 1.8m (6’) up the wall from the top of the baseboard (minimum width of 4.8m (16’)
- ✓ Have skills been taught in proper progression? I.e. no pushing from behind fouls

Volleyball: <http://safety.ophea.net/safety-plan/164/1889>

Have you made sure that the following conditions have been met?

- ✓ Protective padding must be placed around the poles, including cranks and support, from the floor up to the bottom of the net
- ✓ A proper referee stand is provided. If a proper stand is not provided the referee must officiate standing on the floor. Desks & tables are not allowed to be used.

Cross Country/Track & Field

<http://safety.ophea.net/safety-plan/164/1871>

Have you made sure that the following conditions have been met?

- ✓ No spikes/cleats and no bare feet
- ✓ Length and difficulty of route must be appropriate to the age and ability level of the participants (e.g., primary athletes must not be out of sight for long periods of time).
- ✓ Coaches must monitor weekly distance increases of student athletes. A minimum of 5 practices must be attended prior to competition. Attendance should be taken by coach.

Soccer: <http://safety.ophea.net/safety-plan/164/1880>

Have you made sure that the following conditions have been met?

- ✓ Shin pads must be worn.
- ✓ Molded cleats only.

Softball: <http://safety.ophea.net/safety-plan/164/1881>

Have you made sure that the following conditions have been met?

- ✓ The batter, on-deck batter, bat boy/bat girl, base runners and athlete base coaches must wear a properly fitting batting helmet with flaps, covering both ears certified by a recognized safety standards association.
- ✓ Helmets must have a strap.
- ✓ Pitcher must wear batting helmet with mask.
- ✓ Catcher must wear shin protectors, chest protector and a mask with throat protector.

Flag Football: <http://safety.ophea.net/safety-plan/164/1875>

- Molded cleats only
- No Jewelry

Athletic Virtues and Ethical Contact Guideline “A Sense of Celebration “must be adhered to.

CERTIFICATION OPPORTUNITIES

<http://www.ofsaa.on.ca/programs/coaching-ontario-schools-cios>

<http://www.coach.ca/coach-training-in-canada-s15408>

<http://www.footballcanada.com/Home/tabid/38/language/en-CA/Default.aspx>

<http://cla.pointstreaksites.com/view/cla/about-42/the-sport-of-lacrosse/lacrosse-canada-s-national-sport>

<http://www.wrestling.ca/index-en.php>

<http://www.coach.ca/>

<http://www.hockeycanada.ca/>

<http://www.ohf.on.ca/>

<http://www.owha.on.ca/mainowha.asp>

<http://www.canadasoccer.com/>

<http://www.ontariosoccer.net/>

<http://www.ncaa.org/>

<http://english.cis-sic.ca/landing/index>

CONCLUDING STATEMENTS

DPCDSB believes that the effort to meet the expectations outlined in this revised guideline provide our student-athletes and coaches the necessary information and the Catholic conditions for safe, caring, inclusive and healthy contact sports. The inclusion of concussion awareness in the guideline allows for appropriate “return to play” and “return to learn” which will lead to increased student learning, achievement, appropriate Catholic behavior, attractiveness to DPCDSB student-athletes and overall student well-being.

ACKNOWLEDGEMENTS

The committee would like to thank the following individuals who were instrumental in the revision of this August 2016 edition. Your wisdom, expertise and shared passion for student success and safety through sport in Catholic Education in Dufferin-Peel Catholic District School Board Athletics was rooted in stewardship and care.

Senior Administration

Tilia Cruz	Superintendent
Tim Lariviere	Superintendent
Lucy Papaloni	Superintendent
Les Storey	Superintendent

Team Members

Dan Compagnon	Principal
Frank Furgiuele	Principal
Kevin Greco	Principal
Doug McKnight	Principal
Tony McLoughlin	Principal
Linus O’Neill	Principal

Natalie Currah	Vice-Principal
Massimo Giannobile	Vice-Principal
Paul Nalli	Vice-Principal
Kylie Richardson	Vice-Principal
Geraldine Roy	Vice-Principal

Bruce Campbell	Manager of Communications and Community Relations
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Tony Carreiro	Teacher
Joe Corapi	Teacher

Adriana Finelli	Teacher
Kevin Linden	Teacher
Andrew Nahirniak	Teacher
John O'Donnell	Teacher
Brian Rakoczy	Teacher
Rob Thompson	Teacher
Dave Valley	Teacher

ADDITIONAL RESOURCES

Centers for Disease Control and Prevention	http://www.cdc.gov/TraumaticBrainInjury/Think
OPHEA	http://www.ophea.net/
Parachute Canada	http://parachutecanada.org/
ThinkFirst Canada	http://www.thinkfirst.ca/index.aspx
ThinkFirst Brain Day	http://www.thinkfirst.ca/programs/brainday.aspx

Appendix: Forms

<http://dp24/forms>

**Dufferin-Peel Catholic District School Board Contact Sport Guidelines
Acknowledgement of DPCDSB Contact Sport Guidelines**

All Administrators, Teachers and Volunteer Coaches, may sign off and date below, indicating they have viewed and are aware of their responsibilities under the DPCDSB Athletic Virtues Statement.

Principal: _____	Date: _____
Staff: _____	Date: _____
Staff: _____	Date: _____
Staff: _____	Date: _____
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Staff: _____	Date: _____
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Staff: _____

Date: _____