
Soccer - Indoor/Outdoor

Equipment

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 the participants.

Outdoor soccer balls must not be used indoors for games or shooting on goal, but may be used for indoor drills.

Sponge or indoor soccer balls are to be used for indoor soccer games.

Clothing/Footwear

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 principals.

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.

Special Rules/Instructions

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)

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 (e.g., lightning, funnel clouds, severe winds, tornadoes [see Lightning Appendix]).

Exposed orthopaedic apparatus/cast which 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, orthopaedic device) may affect participation (see Generic Section).

Supervision

On-site supervision is required.

Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.