

## Other Land Sports: Safety Activity Checkpoints



Other land sports include team sports such as soccer, softball, and basketball, as well as individual activities such as dance, and track and field. In planning activities, ensure that girls aren't pushed beyond their capabilities. As is the case for all Girl Scout activities, a girl's participation depends on her readiness, level of maturity, physical conditioning, and level of training.

**Include girls with disabilities.** Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that [Disabled Sports USA](#) and [Challenged Athletes Foundation](#) provide to people with disabilities.

### Gear for Other Land Sports

#### Recommended Gear

- Appropriate clothing, supplies, tools, and other equipment, depending on location and specific activity
- Ample drinking water
- Daypack to carry personal belongings, as appropriate
- Girls who wear eyeglasses should ensure eyeglasses are secured based on the activity.
- Sunscreen (SPF of at least 15) and lip balm
- Sunglasses

### Prepare for Other Land Sports

**Communicate with council and parents.** See the Introduction to Safety Activity Checkpoints.

**Girls plan the activity.** See the Introduction to Safety Activity Checkpoints.

**Arrange for transportation and adult supervision.** For the recommended adult-to-girl ratios please see the "Common Points" section in the Introduction to the Safety Activity Checkpoints.

**Verify instructor knowledge and experience.** In cases where instruction is necessary, ensure that instructors have adequate experience and knowledge of the activity (e.g. certification from a recognized organization) and/or have documented experience according to your council's guidelines. Where necessary, trained officials or referees administer rules of the sport, and girls are instructed in the rules of the sport, safety guidelines, expected behaviors and issues of fair play.

**Select a safe site.** Playing surfaces for the activity are smooth and clear of obstructions, broken glass, and so on. Playing areas have clearly marked boundaries and adequate space for girls to move around freely. Where necessary, there is adequate protection for spectators.

**Compile key contacts.** See the Introduction to Safety Activity Checkpoints.

**Girls prepare for and practice the activity.** Girls do conditioning exercises and practice basic skills. Girls do a gentle warm-up, cool-down and stretching exercises to reduce sprains, strains and other injuries. In competition, girls are matched in age, weight, height, skill and physical maturity. In team sports, positions and sides are rotated to prevent domination of the game and to allow for full, fun participation. Practice sessions and games are properly supervised and of reasonable length. Practice or competition occurs only when an instructor and/or supervisor is present at the site of play.

**Prepare for emergencies.** Ensure the presence of a first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle cases of abrasions, sprains, and fractures. Emergency transportation is available; if any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. See *Volunteer Essentials* for information about first-aid standards and training.

## On the Day of Other Land Sports

**Get a weather report.** See the Introduction to Safety Activity Checkpoints.

**Use the buddy system.** See the Introduction to Safety Activity Checkpoints.

**Safeguard valuables.** Secure valuables in a locked storage area or have girls wear a daypack to carry personal belongings.

**Ensure that equipment is well-maintained\*.** There are sufficient floor mats for gymnastics, tumbling, and similar activities. Inspect rented or borrowed equipment carefully before using it.

**Dress appropriately for the activity and take breaks.** Sharp objects, jewelry, and watches are removed and pockets emptied. Long hair is pulled back from the face and fastened to prevent tangling. Sufficient rest periods are given to avoid overexertion and to replenish fluids.

**Take safety precautions.** Fatigued or injured girls are removed from competition and cared for promptly. A seriously injured girl is moved only by trained rescue personnel. An injured girl is not returned to practice or competition without the written approval of a physician.

## Other Land Sports Links

[Shape America](#) (Society of Health and Physical Educators)  
Let's Move Initiative: [Letsmove.gov](http://Letsmove.gov)