

RECREATIONAL ACTIVITIES: PROHIBITED ACTIVITIES

Recreational activities are included in youth programs for their inherent values of leadership, team play, discipline, and socialization.

Practices or games sponsored as part of the Office for Catholic Youth Ministry (CYM) league(s) must follow all CYM Rules and Regulations as outlined in the Athletic Handbook. This handbook is available at www.cdowcym.org/athlman.

Certain high-risk activities are strictly prohibited. These activities include, but are not limited to:

- sky diving
- hang gliding
- parasailing
- bungee jumping
- rodeo activities
- use of trampolines
- use of all-terrain vehicles
- any bus or vehicle "pulls"
- skateboarding (permitted by BSA with guidelines)
- sledding or inner-tubing is prohibited when the sled or inner tube is pulled by a motorized vehicle of any sort
- scavenger hunts that require young people to leave an event site are prohibited
- martial Arts (competitive Boxing, etc.)
- fireworks use
- participations in motorized speed events
- motorized personal watercraft

Certain high-risk activities may be undertaken only in planned events with the assistance of certified instructors:

- SCUBA Diving
- Snorkeling
- Waterskiing
- Board Sailing
- Whitewater activities (canoeing, rafting, etc.)
- Shooting and hunting sports
- Caving
- Defensive martial arts
- Climbing and rappelling

RECREATIONAL ACTIVITIES: GAMES

Commentary:

If practices or games are part of the CYM league, you must follow all CYM Rules and Regulations as outlined in the Athletic Handbook.

Depending upon the location of this event, you should refer to either the ON SITE PARISH YOUTH ACTIVITY or OFF SITE PARISH YOUTH ACTIVITY requirements.

- Check that a medical treatment consent form is on file for each child that participates in youth activities.
- A game should not be played unless a clear playing area exists without any hazards (including no debris on the ground). Fields should not be used if trees, tree roots, wires, sprinklers, hoses, holes, signs and other hazards are present. Before play begins, inspect the playing area for hazards.
- Check that the playing area includes a buffer zone. Do not use areas that are next to roads unless they have adequate barriers.
- Make sure the activity is appropriate for the age and skill level of those involved.
- Have participants warm up before play begins.
- Before play begins, instruct participants to remove any jewelry such as rings, bracelets, or watches that could cut another player.
- Explain the rules of the game to all adult chaperons including what is acceptable and unacceptable behavior.
- Maintain a balance between skill and size when dividing up teams.
- Give children the freedom to participate or not.
- Know emergency procedures in case of an accident or a health problem
- Correct inappropriate behavior immediately.
- Prohibit tree climbing as a part of any game.
- See all the participants all the time.
- Use time-outs to control the level of play.
- Equip chaperons with a whistle so they can gain immediate attention from the participants.
- Inspect the condition of any equipment needed
- Use appropriate personal safety equipment
- Keep a weather watch. Stop play if weather includes lightening or heavy rain

Guidelines for Football (no-tackle):

- Maintain a balance between skill and size when dividing up teams.
- Instruct players not to wear metal cleats.

Guidelines for Baseball and Softball:

Commentary:

From a risk standpoint, baseball and softball can cause sports-related injuries to young people. To reduce the number of injuries, participants should always use a helmet with a face guard, substituting softer balls for standard balls should be considered, as should modified safety bases.

- Recommend batting helmets with faceguards.
- Recommend softer-than-standard baseballs and softballs to reduce injuries.
- Use safety bases that release from ground upon impact and that leave a smooth area on the ground where they were located.

Guidelines for Basketball:

- Recommend shoes designed for basketball to reduce sprains and foot injuries.
- Encourage use of protective eye gear and mouth guards to lower eye and teeth injuries.
- Require children who wear eyeglasses to use headbands to hold the eyeglasses to their head.
- Immediately mop up water spills or perspiration that gets on the court to prevent slips and falls.
- Keep loose balls and other items off the court during play.

Guidelines for Soccer:

Commentary:

Some movable goals tip over and cause serious injuries to victims. These goals often weigh between 150-500 pounds. Children should not be permitted to move goals.

- Instruct children on the dangers associated with the goals and never permit anyone to climb on a goal or to hang from the crossbar.
- Use only trained adults to move the goals.
- Instruct supervisors to maintain a balance between skill and size when dividing up teams.

Guidelines for Volleyball:

- Make sure the court is clearly marked.
- Inspect net.
- Ensure that the net is securely anchored by stakes or weighted Standards.
- Make sure that anchor posts are at least 3 feet outside of playing area.
- Check top of net if covered with a protective surface and is not torn or worn.
- Check that a buffer zone exists around the perimeter of the playing area.
- For indoor courts, space should be at least 6 ½ feet around court.
- Ensure that all players are familiar with the rules of game and are fit to play and have proper equipment (especially knee pads).

RECREATIONAL ACTIVITIES: SKATING, SNOW SKIING, SNOWBOARDING, AND FIREWORKS

Commentary:

Common injuries include damage to knees, elbows, ankles and wrists. To avoid such injuries use appropriate padding and guards.

You must also use the OFF SITE PARISH ACTIVITY requirements.

SKATING

Common injuries to new skaters include injuries to knees, elbows, ankles and wrists. To avoid such injuries use appropriate padding and guards.

Skateboarding is not an approved activity by the Diocese of Wilmington

- For ice skating, use only public rinks or areas that are certified as safe.
- Instruct supervisors to correct inappropriate behavior immediately.
- Instruct supervisors on emergency procedures in case of an accident or a health problem.
- While popular in many parts of the country, skateboard ramps create serious risk of neck and head injuries and are not recommended for church use.

SKIING AND SNOWBOARDING

Wrist injuries often occur when people stretch out their arms to break a fall.

- Encourage skiers to wear a helmet
- Encourage skiers to wear wrist bands.
- Instruct skiers to maintain a safe speed.
- Instruct skiers to stay on trails.
- Instruct skiers to use trails for their level of expertise.
- Instruct skiers to slow down at points where ski trails merge.
- Instruct skiers to take regular breaks and not to ski when they are tired
- Instruct supervisors to correct inappropriate behavior immediately.
- Instruct supervisors on emergency procedures in case of an accident or a health problem.

FIREWORKS

Use of fireworks in any form is prohibited in the Diocese of Wilmington.

RECREATIONAL ACTIVITIES: WATER SPORTS AND ACTIVITIES

Commentary:

This guideline should be followed for most water related activities including swimming, boating, canoeing, rafting, tubing, water-skiing, etc.

Refer also to either the ON SITE or OFF SITE PARISH YOUTH ACTIVITY requirements.

- Recognize the Key Elements for water safety:
 - Proper supervision (water safety training, consideration for lifeguards, posted lookouts, etc.)
 - Recognition of ability – training, safety review before the event, swim check, etc.
 - Use a buddy system with periodic checks
 - Appropriate safety equipment (personal flotation, throw-ropes, etc.)
 - Inspection of equipment (boats, paddles, oars, rope, skis, etc.)
 - Review emergency procedures with all chaperons:
 - Location and use of life rings/buoys, rope, shepherd's hook rescue device
 - Location of telephone
 - First Aid procedures

Special awareness for swimming:

- Select a safe area (pool or beach under control of an appropriate authority)
- Be aware of swimming ability of each young person (test if necessary)
- Restrict diving to appropriate areas (pool visibly clear to 7 feet – no diving over 3 foot height unless depth exceeds 12 ft)
- Instruct swimmers to avoid drain areas or mechanical inputs

When swimming in the ocean:

- Be aware of surf conditions (e.g., rip currents, shore break)
- Be aware of weather conditions posted, notices for changed/adverse weather conditions, location of lifeguards

Special awareness for float related activities:

- Before using boats, check to ensure they contain an adequate number of life vests, including a throw line and a life preserver. – (Personal Flotation Devices are to be used, not just available).
- Fuel the boat before leaving the dock (carry extra fuel on board).
- Check that the boat is equipped with a working fire extinguisher.
- Instruct riders not to dive off the boat into shallow water, or into any location where hazards may exist such as rocks or trees below the surface.
- Permit only experienced adults to drive motorized boats.
- If water skiing or tubing takes place, require that the boat have a driver **and** a spotter.
- Establish hand signals to communicate between the spotter and those being pulled behind a boat in case a problem should occur.
- Instruct individuals that in case of capsizing; they should stay together and cling to a part of the boat that is above water until help arrives.