**Tug of War**

*Secondary - Interschool 2018*

This activity page must be presented to the activity provider prior to the activity taking place. The activity provider must meet the minimum requirements listed on this page. For more information on planning trips using outside providers, consult Appendix O - Outside Activity Providers.

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**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 (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the teacher.

Manila Hemp Tug of War rope or equivalent must be used:

- minimum 32mm (1\(\frac{1}{4}\))” in diameter
- minimum 33m (108’) length

Ropes must be regularly checked for splinters and severe wear.

Stopwatch.

Whistle.

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**Clothing/Footwear/Jewellery**

Appropriate clothing and footwear must be worn (e.g., flat-soled athletic shoes). Long-sleeved shirts must be worn.

No cleats, spikes or gloves permitted.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, OFSAA, and local athletic association. Consult the Fundamentals of Safety when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.
Facilities

No indoor facilities can be used for Tug of War. The exception is a commercial Tug of War indoor facility.

Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the teacher.

The pulling area must be a flat, level surface free of debris and water, provide safe footing and traction, and be well-removed from traffic areas.

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the activity must be modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe field conditions.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be cancelled or moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

Outdoor grass area minimum 8m x 40m (26' x 131').

The playing area must be outlined with Tug of War markings.

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment, trees and posts must not be used as turning points, finish lines, end zones or boundaries. A marker (e.g. line or pylon) must be designated and be properly identified.

When running takes place off school site for a warm, conditioning run and/or is an integral part of the activity:

- Coaches must do a safety check ‘walk through’ in order to identify potential problems prior to initial use of route or course.
- Coaches must outline to the students the route or course (e.g., notice of areas to approach with caution) before the start of the run.
- Coaches must determine that students are not crossing busy intersections unless directly supervised.

Special Rules/Instructions

Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. (Consult Fundamentals of Safety)

Refer to individual school board’s transportation procedures related to communicating with parents/guardians the location of an off-site activity and the means of transportation used as well as to the need for obtaining parent/guardian permission.
Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (e.g. outline possible risks and ways to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Previous training, fitness level and the length of time and intensity of physical activity must be taken into consideration.

The activities must be based on skills that are taught.

The skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

Fair play and rules of the sport must be taught and strictly enforced.

Follow and enforce the rules in the official Tug of War Rule Book.

Maximum number of participants on each team is 8.

When selecting teams, consideration must be given to athletes’ age, weight, height, fitness level and experience.

Athletes must participate in appropriate warm-up, including aerobic warm-up and stretches.

Athletes must be informed to never wrap the rope around waist or wrist or pull it under/through clothing.

No knots or loops are to be made in the rope, nor must it be locked across any part of the body of any team member.

At the start of a pull, the rope must be taut with the centre rope marking over the centre line marking on the ground.

Every pulling member must hold the rope with the palms of both bare hands facing up. The rope will pass between the body and the upper part of the arm.

For the end puller/anchor, the rope passes alongside the body, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope passes under the armpit in a backward and outward direction and the slack runs free. The anchor then grips the standing part of the rope by the ordinary grip (e.g., the palms of both hands facing up, with both arms extended forward.

Inform athletes that there is the potential for rope burns.

To reduce the risk of rope burns:

- grip the rope only hard enough to stop it from slipping
- momentarily wiggle fingers without letting go of the rope
- if arms tire, momentarily squeeze rope under armpit
Participants must be instructed in proper foot positioning and footwork.

Instruction must be given in the likelihood of a fall, and recovery techniques.

Allow teams sufficient time to physically recover after each pull (minimum of 1-2 minutes is required).

Maximum time for each pull is one minute.

Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during and after physical activity to prevent dehydration.

**Environmental considerations**

When environmental conditions may pose a risk to student safety (e.g. thunderstorms [lightning] or student(s) with asthma, triggered by air quality), teachers must take into consideration their school board/school’s protocols and procedures related to:

- environmental conditions (consult Appendices F-1 to F-6: Lightning Protocol, Sample Air Quality Index, Sample Temperature, Tornado, Ultra Violet Index, and Wind Velocity Preparedness Guides); and
- insects (e.g., mosquitoes and ticks [consult the school/school board’s protocols and/or regional Public Health Department’s website]).

Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (e.g. sun burn, heat stroke).

At all times the school board’s weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (e.g., outside activity providers, facility/program coordinators), the higher standard of care must be followed.
Supervision

Constant visual supervision for team tug of war activities.

On-site supervision for initial instruction involving pairs.

Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked or signs must be posted indicating that students are not allowed to use the gym unless appropriately supervised.

Supervision Ratios

1 referee: each pull, 1 coach per 16 athletes

One coach for each pull. The coach acts as the timer and overseer of activity to determine participants in distress and acts accordingly.

Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

All coaches must be familiar with and implement where applicable the criteria outlined in Appendix P – Coaching Expectations.

First Aid

An individual who takes responsibility for providing first aid to injured athletes through the entirety of a practice and/or competition must follow the school board’s concussion protocol and the school’s First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response).

Also see Fundamentals of Safety section to view complete safety requirements.

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