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 N - Outside Activity Providers.

**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.

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

- minimum 32mm (1¼") in diameter
- minimum 33m (108’) in length

Ropes must be regularly checked for splinters and severe wear.

Stop watch.

Whistle.

**Clothing/Footwear/Jewellery**

Suitable footwear (e.g., flat soled athletic shoes) and appropriate clothing.

No cleats.

No spikes.

No exposed jewellery.

No gloves.
Facilities

Determine that all facilities are safe for use.

Outdoors grass area minimum 8m x 40m (26’ x 131’).

The pulling area must be a flat, level surface free of debris and water.

The playing area must be outlined with tug of war markings.

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

Special Rules/Instructions

Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, previous concussion, orthopaedic device) may affect their participation (consult the Generic Section).

Parents/guardians must be made aware of any off-campus activity and the means of transportation used.

Prior to participation students must receive training or information on concussion prevention and awareness specific to the activity, information on the possible risks of the activity and procedures and rules for safe play. Students must not participate in the activity until these instructions have been received.

Skills must be taught in proper progression.

Tugging competitions must be based on skills that are taught.

Maximum number of participants on each team: 8.

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

Students must participate in appropriate warm up that includes aerobic warm up and stretches.

Students 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 center 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 (i.e., the palms of both hands facing up, with both arms extended forward).

Inform students 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 foot work.

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

Maximum time for each pull is one minute.

Allow teams sufficient time to physically recover after each pull (minimum of one to two minutes is required).

Environmental Considerations

Teachers must be aware of the weather forecast. Pulling must be cancelled in adverse conditions.

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

- environmental conditions (temperature, weather, air quality, humidity, UV index, insects)
- accessibility to adequate liquid replacement (personal water bottles, water fountains) and student hydration before, during and after physical activity
- previous training and fitness level
- length of time and intensity of physical activity

Students must be made aware of ways to protect themselves from environmental conditions (e.g. use of hats, sunscreen, sunglasses, personal water bottles, insect repellent, appropriate clothing).

Insect repellent and sun screen must not be applied to palms of hands.

Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes [consult Appendix F - Lightning Protocol]).
Supervision

Constant visual supervision for team Tug of War activities.

On-site supervision for initial instruction involving pairs.

One teacher/supervisor for each pull.

The teacher/supervisor acts as:

- referee
- timer
- overseer of activity to determine participants in distress and act accordingly

A person who takes responsibility for administering first aid must be accessible for the duration of the activity.

A teacher who is providing instruction and is unfamiliar with tug of war techniques (e.g. no recent experience) must refrain from teaching the activity until assistance is provided by an appropriately trained staff or training is received.

Supervision Ratios

- 1 referee: each pull
- 1:16 teacher-to-student

First Aid and Emergency Action Plan

Follow the school’s emergency action plan including accessibility to a vehicle for transportation of a student to hospital (consult Appendix E - Emergency Action Plan).

Also see Generic Section to view complete safety requirements.

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