

# General Safety Standards for Clothing, Footwear, and Jewellery

## Clothing

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- Students must wear appropriate clothing for physical activity. Shorts or sweat pants and T-shirts/sweat shirts are examples of appropriate clothing. Deviations from this minimum are listed on the activity pages. Some ill-fitting clothing can inhibit movement and possibly cause injury during active movement. For interschool sports, prescribed team uniforms for competitions will be designated by the local sport governing association. Where religious requirements present a safety concern, refer to the school/school board's policies/procedures for appropriate modifications.

## Footwear

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- Appropriate footwear must be a minimum requirement. Appropriate footwear is a shoe designed for athletic activities with a sole that provides traction and is secured to the foot. Some examples of shoes that are not appropriate include shoes with a rocker sole, a platform, wheels, cleats, spikes, open toes, or open heels. Deviations from this minimum are listed on the activity pages. Hard-soled shoes and socks without shoes can inhibit movement and possibly cause injury during active movement.

## Jewellery

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- Exposed jewellery worn during physical activity can pose a hazard to the wearer and/or other participants and be the cause of an injury. Jewellery can be caught up in equipment, on another person or their clothing, or be hit by a projectile.

### **Sample types of jewellery:**

- Hanging jewellery on neck, wrists, ears, torso
- Studs on ears, face, tongue, torso
- Loops/hoops/bars on ears, face, torso
- Rings on fingers, toes
- Watches/activity trackers/bracelets (hard material) on wrists/ankles
- Spacers on ears
- Hair pins, clips and barrettes
- Medic alert identification and religious articles that cannot be removed must be taped or securely covered.
- Finger rings are not permitted for any activity.

### **Criteria for jewellery during curricular and intramural physical activity:**

- During group/team activities where there is a possibility of (incidental) contact with other participants or equipment, exposed jewellery must be removed. Exceptions are:
  - New piercings which present a safety concern can be accommodated during the required healing time period and must be securely covered during physical activity.
  - Spacers are permitted during physical activity.
- Chains and necklaces under an article of clothing that can become exposed during physical activity must be removed.
- During individual/group activities where there is little chance of (incidental) contact with other participants or equipment, exposed jewellery may be worn (for example, skiing/snowboarding, curling, track events).
- For activities where the wearing of jewellery is a safety concern, statements are located on the activity pages (for example, Gymnastics – No exposed jewellery).

### **Criteria for jewellery during interschool sports practices and competitions:**

- The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, Ontario Federation of School Athletic Associations (OFSAA), and local athletic association.
- Where jewellery is not addressed by the governing body of the sport/activity, Ontario Federation of School Athletic Associations (OFSAA), or the local athletic associations, school boards/schools can use the following standards:
  - During activities where *body contact is an integral part of the activity*, no jewellery must be worn.
  - During activities where *there is a possibility of (incidental) contact with other participants or equipment*, no exposed jewellery must be worn.
  - During activities where *there is little chance of (incidental) contact with other participants* (for example, track events, alpine skiing, curling) exposed jewellery does not have to be removed.
  - For activities where the wearing of jewellery is a safety concern, statements are located on the activity pages (for example, “No hanging jewellery”).
- For all activities the Coach is to be vigilant and to have the student remove any piece of jewellery they feel may pose a safety hazard to the wearer or other participants.