

## CHAPTER 6 – SPORTS EQUIPMENT & INJURY PREVENTION

### 1. Sports Equipment

- 1.1 General information regarding the sports equipment and official ball (or puck or shuttle) is contained under their respective sport chapter; and will be reviewed once every two (2) years (on the even years at the RSM meeting) in consultation with the sport Chief Official. The CAFSO will ensure the Championship ball (or puck or shuttle) is confirmed at least 6 months, prior to the Regional/National Championships. Refer to the chart below for sports that do not have a respective chapter;

SPORT	OFFICIAL EQUIPMENT
Broomball	TBD
Floor Hockey	Pink Mylec Street Hockey Ball
Rugby	TBD

- 1.2 The CAF Sports Program enables military personnel to participate in a wide variety of sports. While each sport is unique, each sport shares a common problem of risk of injury to participants. Sports injuries cannot be eliminated, but can be reduced through strategies that include the proper use of protective equipment. Thus, the CAF has adopted a policy of mandatory and recommended sport protective equipment to help reduce the risk of sports injuries. The mandatory sport protective equipment for each sport that is part of the CAF Sports Program can be found in their sport specific chapter; and contains a list of protective equipment for other sports that are played at the B/W/U and at the Regional levels, but which may not be part of the CAF National Sports Championships Program.
- 1.3 The protective equipment listed is the minimum requirement for personnel in order to be eligible to participate in the respective sport. It is the responsibility of the athletes, coaches and officials to ensure that participants are wearing the mandatory protective equipment for their sport. It is the participant's responsibility to ensure that the mandatory protective equipment is properly worn during the competition.
- 1.4 CAFSO works in collaboration with the Directorate Force Health Protection in assessing mandatory and recommended sport protective equipment. CAFSO is the final authority for mandatory sport protective equipment.

### 2. Protective Equipment (for sports not listed in the operations manual)

#### 2.1 Broomball

MANDATORY	RECOMMENDED
<b>Players</b>	
<ul style="list-style-type: none"> <li>• CSA certified hockey helmet, to which a CSA approved full face protector must be attached and <u>not</u> altered in anyway;</li> <li>• Elbow pads;</li> <li>• Hockey gloves;</li> <li>• Shin guards;</li> <li>• Broomball gloves;</li> <li>• Protective athletic cup; and</li> <li>• Soft shoulder pads.</li> </ul>	<ul style="list-style-type: none"> <li>• Semi-rigid ankle brace; and</li> <li>• Mouth guard</li> </ul>

<b>Goalkeepers</b>	
<ul style="list-style-type: none"> <li>• CSA approved mask with drop down plastic throat guard;</li> <li>• Elbow pads;</li> <li>• Hockey gloves;</li> <li>• Shin guards;</li> <li>• Broomball gloves;</li> <li>• Protective athletic cup;</li> <li>• Soft shoulder pads.</li> <li>• Chest protector; and</li> <li>• Padded broomball pants.</li> </ul>	<ul style="list-style-type: none"> <li>• Semi-rigid ankle brace; and</li> <li>• Mouth guard</li> </ul>

## 2.2 Floor Hockey (Gym Floor or Fieldhouse)

MANDATORY	RECOMMENDED
<b>Players</b>	
<ul style="list-style-type: none"> <li>• Protective eyewear.</li> </ul>	<ul style="list-style-type: none"> <li>• Semi-rigid ankle brace;</li> <li>• Mouth guard;</li> <li>• Protective athletic cup;</li> <li>• Gloves; and</li> <li>• Shin guards.</li> </ul>
<b>Goalkeepers</b>	
<ul style="list-style-type: none"> <li>• CSA approved mask with drop down plastic throat guard. Goalkeeper 'cat's eye' type masks are <u>not authorized</u>;</li> </ul>	<ul style="list-style-type: none"> <li>• Semi-rigid ankle brace;</li> <li>• Mouth guard;</li> <li>• Protective athletic cup;</li> <li>• Gloves; and</li> <li>• Shin guards.</li> </ul>

## 3. Injury Prevention

- 3.1 Injury prevention is an important responsibility shared by everyone involved in CAF Sports – this includes administrators, facility managers, equipment managers, officials, coaches, athletic trainers and athletes.
- 3.2 As outlined in the CAF Health and Physical Fitness Strategy, DFIT and the Directorate Force Health Protection (DFHP) are responsible for promoting physical fitness, sport and health in the CAF. Part of this responsibility includes ensuring that injury prevention strategies are incorporated into the CAF Sports Program.
- 3.3 In addition to the mandatory sports equipment that is required to play certain CAF sports, other strategies for injury prevention and performance enhancement are required for the proper conduct of the CAF Sports Program. For each activity, the risk of specific catastrophic injuries and common injuries exist and must be mitigated.
- 3.4 Depending on the sport, several measures can be implemented to address the risks such as: specific physical training and technique preparation, additional equipment tips, first aid approaches to injuries common to the sport, and competitive strategies to avoid player fatigue and decrease the risk of injury.
- 3.5 It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials and organizers.