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# SPORTS EQUIPMENT & INJURY PREVENTION



## CHAPTER 6 - SPORTS EQUIPMENT & INJURY PREVENTION

### 1. SPORTS EQUIPMENT

- 1.1. General information regarding the sports equipment and official ball, puck, or shuttle is listed under their respective sport chapter; and will be reviewed annually at the RSMgrs meeting in consultation with the sport Chief Official. For sports that are played at the B/W/U or at the Regional level but do not have a respective sports chapter reference the table below;

SPORT	RECOMMENDED EQUIPMENT
Floor Hockey	Pink Mylec Street Hockey Ball

- 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 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 and recommended sport protective equipment for each sport that is part of the CAF Sports Program can be found in their sport specific chapter. For sports that are played at the B/W/U or at the Regional level but do not have a respective sports chapter reference [para 2](#) below;
- 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 CAF SPORTS OPERATION 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> </ul>	<ul style="list-style-type: none"> <li>▪ Semi-rigid ankle brace; and</li> <li>▪ Mouth guard</li> </ul>

<ul style="list-style-type: none"> <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>	
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**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, DProg 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 CAF sports, other strategies for injury prevention practices are required for the proper conduct of the CAF Sports Program. For each activity, risk assessment must be mitigated and conducted.