

This is an addendum to the *Safety Guidelines for Physical Activities in Alberta Schools* and is to be used in conjunction with the document available at <http://acicr.ca/documents-reports/reports/safety-guidelines-for-physical-activity-in-alberta-schools>.

Tug-Of-War

Suitable for Grades K-12

The following sections must also be consulted:

All Physical Activities, Indoor Activities or Outdoor Activities, and, if applicable, Off-site Activities.

Supervision

- Constant visual supervision is recommended.
- Supervisor must not participate in the pull which they are supervising.
- Supervisor must stop the pull immediately if students are at risk of injury, i.e. unequal teams or loss of footing.
- In the case of teams of unequal strength, stop the pull, equalize the teams and restart the pull.

Instructional Considerations

- Tug will end when one side's flag crosses centre or when the time limit is reached.
- The time limit of the tug should be appropriate for the age of the students with younger students having shorter time limits.
- Students should be taught the signals to start and stop pulling.
- Students should be instructed that when signaled to stop pulling they should slowly walk toward the other team to release tension on the rope before releasing grip on the rope.
- Anchor pullers should never be tied in a loop at the end of the rope.
- Teams should consist of an equal number of members of similar weights and sizes.
- The number of students per team should be determined by the length of the rope. Students should have room to grasp rope easily and pull without bumping another puller.

Equipment/Facilities

- Outdoor tug of war should be held on a level field of flat, firm turf without holes or ruts.
- Ropes should be no longer than approximately 12m.
- The rope should have a flag tied at the centre and a flag approximately 2m on each side of centre that will indicate a win when it crosses the centre line. Flags may be adjusted closer for younger students.
- Rope should not have an anchor man end loop.
- Use a rope that is the appropriate diameter for the size of the students' hands.
- Softer ropes and ropes with hand loops are suitable for younger students.
- Footwear with a sturdy sole but no cleats or spikes should be worn.
- Designate a centre line using pylons or chalk.