

Guidelines for Safe Street Hockey

Street hockey or road hockey is a great Canadian tradition. While street hockey has been played for decades, times have changed. The number of motor vehicles has risen causing greater volumes of traffic on our streets, even our residential streets. To enjoy playing street hockey safely, here are some guidelines for families to follow:

Choose a Safe Place to Play

Street hockey is still street hockey, even if you play on a different piece of pavement. Consider going to one of the following locations to remove or reduce your interactions with cars. This will increase your safety and limit the number of interruptions in the game.

- Set up your nets on a nearby **school tarmac**. This will provide room for all the kids in the neighbourhood to play.
- Play on your **driveway**. Don't forget to look for traffic before chasing the ball into the street.
- Turn your **back lane or alley** into an arena. The fences will keep the ball from rolling away.

Playing Street Hockey on the Street

Depending on where you live, playing on the street may be an option. Some residential locations may be suitable, but remember, don't sacrifice safety for convenience. Your first choice should be one of the spaces listed above. If one is not available nearby then consider a street, but only if the game can be played safely. Parents should help children choose an appropriate spot and should supervise the game.

- Choose a cul-de-sac or quiet residential street for your game.
- Play where drivers can see you.
 - Don't play where parked cars, bushes or fences block the view of drivers.
 - Don't play near a corner or intersection or on a curve.
- When playing in the evening:
 - Play under a street light or in another well lit area.
 - Wear bright or reflective clothing or strips.
 - Put reflective tape on you nets and sticks to increase your visibility.
- "Caaar!!"
 - Stop the game as soon as a car enters the street.
 - Move all players and nets off the street when you see a car approaching and stay off the street until the car has safely passed.
- Be aware of your local bylaws about playing on the street.

Guidelines for Safe Play

Once you have found a safe location, consider the following to reduce the risk of injury in the game.

- Body contact, stick-on-body contact and stick-on-stick contact should not be allowed.
- Sticks must be in contact with the pavement at all times, except on a shot or a pass where the stick should not be raised above waist level.
- Slapshots should not be allowed.
- A crease area should be established for the protection of the goalie. Draw it on the pavement using chalk. No other player or player's stick should be allowed in the crease.
- The goalie must remain in the crease during play.
- A soft ball such as a Nerf ball or a tennis ball should be used.
- Sticks should be checked regularly for cracks and splinters and to ensure the blade is firmly attached to the handle.
- Goalies should wear a protective mask such as a hockey helmet with a cage.
- If using in-line roller skates, wear a hockey or bicycle helmet as well as knee pads and gloves.