

4-H Canada Helmet Policy

Purpose

4-H Canada is committed to providing safe, developmentally appropriate experiences for all youth. Helmets are a critical safety control that help reduce the risk and severity of head injuries during higher-risk activities.

Scope

This Policy applies to all 4-H members, volunteers, leaders, staff, and guests at 4-H-sanctioned events.

Mandatory Helmet Activities

All participants, youth and adults must wear a helmet that meets the appropriate National Standard(s) for any activity where there is potential for an incident leading to a serious head injury including the following activities:

- Baseball, Softball, T-Ball (for batters and helmets and face shields for catchers)
- Bicycling
- Curling (under 12) — see Addendum A: Curling Canada Recommendations
- Downhill skiing
- High ropes course, canopy tree walks, or challenge courses
- Hockey and ringette (compatible face shields must worn)
- Equestrian Activities
- Ice skating
- Rock Climbing on a natural rock face
- Skateboarding, rollerblading, roller skating,
- Snowboarding
- Sledding, tobogganing, snow tubing
- Ziplining
- All activities where an incident could lead to a serious head injury.

Supervision & Enforcement

Leaders must verify helmet use before participation. Participants without helmets cannot take part in the above activities. Parents and guardians cannot waive this requirement.

Any head and neck related injuries must follow the 4-H Activity Planning & Incident Reporting system.

Addendum A: Curling Canada Recommendations

For curling activities, 4-H organizations may follow Curling Canada's safety and helmet recommendations. Curling Canada recommends that helmets be mandatory for participants under 12 years of age and strongly recommends protective headgear for new curlers, Learn-to-Curl participants, vulnerable participants, and others who may be at increased risk while on the ice. Where local curling facilities or provincial curling associations have more stringent helmet requirements, those requirements should be followed.

Resources:

<https://parachute.ca/en/injury-topic/helmets/helmets-for-bicycles-inline-skating-scooter-riding-and-skateboarding/>

<https://parachute.ca/en/injury-topic/helmets/helmets-for-winter-activities/>

<https://www.parachutecanada.org/wp-content/uploads/2019/06/Which-Helmet-For-Which-Activity.pdf>

<https://www.curling.ca/about-us/about-curling/safety-first/>