

OUT-of-Class Safety Handbook

A Resource for Grades 9 to 12
Physical Education/
Health Education



OUT-OF-CLASS SAFETY
HANDBOOK

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Physical Education/Health Education

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This resource is also available on the Manitoba Education, Citizenship and Youth website at <www.edu.gov.mb.ca/k12/cur.physhlth/index.html>.

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PURPOSE

The *OUT-of-Class Safety Handbook* has been developed to

- promote safe participation for OUT*-of-class physical activity** in Grades 9 to 12 Physical Education/Health Education (PE/HE)
- assist schools/divisions in developing local policy regarding risk management for PE/HE OUT-of-class physical activity
- provide schools/divisions with a listing of possible physical activities, including general and activity-specific safety information, to help guide students and parents† in choosing physical activities and managing risk for chosen OUT-of-class physical activities
- provide schools/divisions with sample sign-off forms for the OUT-of-class component of Grades 9 to 12 PE/HE courses

* OUT refers to OUT-of-class time that is student-directed and based on learning outcomes from the curriculum that promote participation in physical activity. For more detail about the term "OUT-of-class" and other key terms used in this document, please refer to the Glossary of Terms in Appendix F.

** In this document the term "physical activity" refers to all forms of large-muscle movement, including sports, dance, games, walking, and exercise for fitness and physical well-being. It may also include physical therapy or mobility training for students with special needs.

† In this document the term "parents" refers to both parents and guardians and is used with the recognition that in some cases only one parent may be involved in a child's education.

INTRODUCTION

This safety handbook has been designed to support the development of local risk management policies for Grades 9 to 12 PE/HE OUT-of-class physical activities. With this document, Manitoba Education, Citizenship and Youth is proposing a risk management approach that is consistent with departmental policy for implementing these courses, suggesting that for non-school-based* OUT-of-class activities that are not being directly organized by the school/division, parents (or students 18 years and older) are responsible for ensuring, to the extent reasonably possible, that their children receive the appropriate level of instruction and/or supervision while participating in these activities and that the facilities and equipment they use are safe. This approach also assumes that parents and students will receive safety information and risk management strategies for students' chosen activities.

However, school boards may still decide to adopt risk management policies that differ from the proposed approach. For example, a local policy may require the school/division to investigate, to some degree, community-based programs to ensure that students receive the appropriate level of instruction and/or supervision and that the facilities and equipment they use are safe.

In the case of school-based** OUT-of-class activities, the school board would continue to assume responsibility for managing risk.

While all physical activities have an inherent level of risk and there is no way to completely avoid it, this risk can be minimized through safety awareness and risk management. As part of the PE/HE OUT-of-class component, students are provided the opportunity to take greater ownership of their physical fitness and to choose physical activities suited to their own interests. The choice of activities is subject to acceptance by the school and then approval by the parent when the student is under 18 years of age. Therefore, students are participating at their own risk, responsible for their own safety, or sharing this responsibility, when applicable, with their parents (students under 18 years of age) and/or the leaders of their chosen physical activity program.

Risk management is the process of identifying inherent or potential risks involved with any activity and then identifying strategies to minimize the risk of injury during participation in the activity, whether it is school-based or non-school-based. Managing the risk and safety of school-based activities selected for OUT-of-class programming continues to fall primarily under the jurisdiction of the school board and its employees.

* Non-school-based activities are home-, community- or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home. Students may at times be involved in these activities during regular school hours.

** School-based activities that may be selected for the OUT-of-class component of PE/HE are organized by the school/division. These activities include those related to sports teams, intramurals, clubs, field trips, as well as others.

For OUT-of-class, school-based activities, as for IN-class delivery of the program, schools continue to follow local policies and procedures. They may also continue to use *Safety Guidelines for Physical Activity in Manitoba Schools* and *YouthSafe Manitoba: School Field Trip Resource* when further developing or revising local policy and procedures, as well as when obtaining information related to equipment, facilities, supervision, teaching progressions, and risk management. Alternatively, for non-school-based activities, safety and risk are managed independently from the school by students, parents, community members, and/or community organizations. The school and its staff are still responsible for informing students and parents of the risks involved and the ways in which physical activity can be made safer, but they are not providing direct supervision. Informing students and parents of the recommended safety practices for participating in their chosen physical activities (and being able to demonstrate that they have received this information) will help to ensure minimal risk for students.

Students, parents, the school, and the community are all involved in managing risk during the OUT-of-class component of PE/HE programming. As a result, students not only learn how to engage in healthy physical activities, but they also learn how to engage in them safely.

Background

As part of the *Healthy Kids, Healthy Futures Task Force Report* (June 2005), the following recommendations were accepted by the Government of Manitoba:

- To not just recommend but mandate the amount of time that Grade 9 and Grade 10 students spend in PE/HE classes. Schools can choose to meet the mandated times within the timetable or use an OUT-of-classroom model for up to 20 hours of the mandated 110 hours. This should be implemented before the fall of 2007.
- To develop a PE/HE curriculum for Grade 11 and Grade 12 students. This should be implemented before the fall of 2008.
- To require all Grade 11 and Grade 12 students to complete two PE/HE credits for graduation in addition to the two credits required in Grade 9 and Grade 10. Schools may choose to include the PE/HE credits in the timetable or use an OUT-of-classroom model.

Furthermore, the *Task Force Report* encourages parents, students, and schools to work together to determine what will work best in their community to

- help youth take greater ownership of their own physical fitness
- promote the discovery of activities suited to their own individual interests
- encourage active lifestyles that persist into their futures

The choice of the OUT-of-class model was provided to allow more flexibility for schools based on the availability of facilities. It gives families, students, and schools more options in their efforts to increase physical activity. As well, schools, local recreation and sports-related organizations are encouraged to explore how schools and community facilities could be jointly used.

As per *Implementation of Grades 11 and 12 Physical Education/Health Education: A Policy Document* (p. 13):

Schools and school divisions are required to develop a risk management policy related to the OUT of Class Physical Activity Practicum, as well as provide risk management measures and a teacher and parent/guardian sign off process that aligns with government policy.

Organization of the Document

This document is intended to assist schools/divisions in developing their risk management policy. It outlines suggested roles and responsibilities for managing risk in OUT-of-class physical activities as part of Grades 9 to 12 PE/HE courses. It describes a suggested sign-off process that may be used to ensure that the student and parent (or only the student if 18 years or older) have chosen physical activities that are as safe as possible and are appropriate to meet the learning outcomes. It also discusses the legal responsibility for safety and protection and liability. Furthermore, it provides a suggested step-by-step process for establishing local policy and regulations. Much of the risk management content of the document is based on information from *Safety Guidelines for Physical Activity in Manitoba Schools* and *YouthSafe Manitoba – School Field Trip Resource**.

The following appendices provide additional information and tools for planning, teaching, and assessment:

- **Appendix A: Sample Local Policy & Regulations** includes a sample policy for managing risk in OUT-of-class physical activities at the local level.
- **Appendix B: Sample Parent Declaration and Consent & Student Declaration Forms** includes sample forms for the pre-sign-off process.
- **Appendix C: Physical Activity Inventory** includes an inventory of possible physical activity choices for the OUT-of-class component of Grades 9 to 12 PE/HE courses.
- **Appendix D: General Safety Guidelines** includes general safety guidelines that schools and divisions may use to help guide students to manage risks in any physical activity they may choose.
- **Appendix E: Physical Activity Safety Checklists** includes specific safety information provided through a collection of activity-specific safety checklists that recommend strategies that may be applied to chosen physical activities.
- **Appendix F: Glossary of Terms** includes definitions of specific terms used in this document.

* **Disclaimer:** Safety information and recommendations contained in the present document are believed to reflect best practice. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

IMPLEMENTING RISK MANAGEMENT MEASURES FOR OUT-OF-CLASS PHYSICAL ACTIVITIES

Roles and Responsibilities

Students, parents, school administrators, teachers, school divisions, and Manitoba Education, Citizenship and Youth (MECY) are all involved in the implementation of the OUT-of-class model and related risk management measures for PE/HE courses in Grades 9 to 12. Therefore, it is important that roles and responsibilities are clearly outlined. The following are presented as they appear in *Implementation of Grades 11 and 12 Physical Education/Health Education: A Policy Document* and relate specifically to risk management. For a complete listing of these roles and responsibilities, refer to the document online at www.edu.gov.mb.ca/k12/docs/policy/imp_pehe/index.html.

Students should

- discuss with parents and provide the school with a completed and signed copy of the Pre-Sign-off Form*. The form requires the signature of a parent if the student is under the age of 18, or the student's signature if he or she is 18 or older. In some circumstances, parents may be required to sign for students who are 18 or older (e.g., students with severe disabilities).
- indicate to the school, prior to commencing the activities and at the time specified by the school, their intention to participate in activities that contribute to their personal fitness plan and are consistent with school/divisional policy and risk management measures for the purpose of obtaining a PE/HE credit.
- assume, along with parents, responsibility for safety. Students should discuss concerns related to the selected physical activity with their parents and, together, they should exercise discretion and be aware of safety issues and the appropriate level of instruction and/or supervision before deciding to participate in the physical activity.

Parents should

- exercise discretion, be aware of safety issues and the recommended level of supervision, and discuss with the school and student any concerns about the nature of the activity.
- assume responsibility for monitoring safety. Before making any physical activity choice(s), parents should be aware of safety issues, such as staffing qualifications, child abuse registry policy, and the community organization's or group's liability insurance coverage.

* Sample Pre-Sign-off Forms include the **Parent Declaration and Consent Forms** and **Student Declaration Forms** found in Appendix B of this document.

- approve the OUT-of-class activity, taking into consideration the general state of health of the student, information on risk, safety, school division policy, the educational and physical benefit to the student, and costs, if applicable.
- complete paperwork and provide Parent/Guardian Pre- and Post-Sign-off Forms for the selected activity and for the documentation provided to the school for evaluation purposes (e.g., physical activity log). Students who are 18 years of age or older are required to provide documentation for evaluation purposes.

School Administrators

- implement the appropriate administrative process for PE/HE courses and related OUT-of-class activities, including the provision of Parent/Guardian Pre- and Post-Sign-off Forms to participating students.
- establish a procedure for implementing risk management measures.
- inform students and parents about the IN-class and/or OUT-of-class delivery model and the requirements for successful completion.

Teachers

- provide guidance to students regarding their selection of and participation in the OUT-of-class activities, as appropriate.
- sign off on the student-selected activity in accordance with the school/division policy.
- require students to demonstrate awareness of the safety information related to the approved activity(ies).

School Divisions

- develop policy for the IN-class and OUT-of-class delivery model that includes risk management.
- develop and provide safety information that aligns with the Department's policy information and guidelines.

Manitoba Education, Citizenship and Youth

- provides policy information and guidelines for the OUT-of-class delivery model.
- provides risk management guidelines to support the development of local policy. The guidelines include sample teacher/parent sign-off forms.
- provides professional learning opportunities to support the implementation of the new PE/HE curriculum in Grades 11 and 12.

The Sign-off Process

Implementation of Grades 11 and 12 Physical Education/Health Education: A Policy Document requires a teacher and parent/guardian pre- and post-sign-off process for the OUT-of-class delivery model. As schools are developing their local policies and procedures, the following must be taken into consideration:

- If a parent/guardian is unwilling to approve the OUT-of-class time component outlined by the school, the school should provide other opportunities for the student to meet the time expectation, such as IN-school supervised activities (e.g., intramurals, fitness clubs). Examples of circumstances that may necessitate this special type of support are exceptional learning needs, safety concerns, and religious and cultural values.
- At a parent's/guardian's request, a school offering a 100% IN-class model must allow the student to opt for a minimum 25% OUT-of-class option as part of a personalized Physical Activity Practicum. Schools will determine eligibility of a higher percentage based on local policy.
- For students who cannot achieve the required credit or credits because of exceptional circumstances (e.g., unforeseen serious physical or medical limitation, cultural values), the school administrator, in discussion with parents/guardians, can decide to substitute a maximum of two credits, as per school division policy and existing departmental policy. This substitution of credits must be reported to the Department.
- Physical activities selected for the OUT-of-class component do not qualify when the activities are related to another course for which the student receives credit (e.g., school-initiated courses related to dance or sports).

The Sign-off Process for OUT-of-Class Activities

Schools/divisions are responsible for ensuring, through a sign-off process, that

- the student's choices of OUT-of-class physical activities for the course have been accepted by the teacher, based on criteria for completion and divisional policy, and approved by the parent (if the student is under 18 years of age)
- the student and parent (or only the student if 18 years or older) have been informed about the recommended safety guidelines and risk management strategies related to the student's chosen physical activities
- the student and parent (or only the student if 18 years or older) are aware of their responsibility for the student's safety during participation in the selected physical activities
- the student has completed the requirements of the Physical Activity Practicum

There are two parts to the sign-off process involving the student, parent, and teacher: pre-sign-off and post-sign-off.

Pre-Sign-off Process

- The purpose of the **student** pre-sign-off is to
 - identify what physical activities the student has chosen for his or her Physical Activity Practicum based on division policy
 - demonstrate awareness of safety guidelines and risk management strategies
- The purpose of the **parent** pre-sign-off is to
 - demonstrate agreement with their child's choice of physical activities
 - demonstrate an assumption of responsibility for monitoring their child's safety during participation in these activities
- The purpose of the teacher pre-sign-off for non-school-based and/or OUT-of-class school-based activities is to
 - show acceptance of the Physical Activity Plan (i.e., that the student has met the criteria for completion of the plan, addressing factors such as personal goals, frequency of participation, intensity level, amount of time, and type of physical activity)
 - acknowledge that the student has demonstrated an understanding of the risk management process and appropriate planning related to physical activity
 - ensure the student is aware of the safety guidelines and risk management information and associated responsibilities for discussion with parents for their approval

The following steps are suggested to help facilitate the **pre-sign-off** process:

- a. The PE/HE teacher provides student orientation regarding the Physical Activity Practicum requirements, Personal Physical Activity Plan, and risk management.
- b. The student selects eligible physical activities in consultation with the PE/HE teacher and parents, and as per division policy.
- c. The student, with teacher guidance, develops a Personal Physical Activity Plan that includes safety guidelines and risk management strategies.
- d. The PE/HE teacher accepts the proposed plan, based on criteria for completion and divisional policy, and signs it.
- e. The student and parents (or only the student if 18 years or older) show acceptance of the Personal Physical Activity Plan and of the responsibility for safety by signing the Declaration and Consent Form.

Post-Sign-off Process

- The purpose of the post-sign-off for the **student** and the **parents** is to show that the student has fulfilled the requirements of the Physical Activity Practicum (i.e., a minimum of 55 hours of moderate to vigorous physical activity that is safe, ethical, and age/developmentally appropriate).

NOTE

In cases where students in foster care are involved, the court has granted guardianship to the agency. The agency director (or designate, which is typically the social worker) signs as the Legal Guardian, which includes the consent required as part of the pre sign off. However, the foster parent can sign the Post Sign off Form to provide evidence that the student has completed the requirements of the Physical Activity Practicum. In cases where a child is in care under a Voluntary Placement Agreement (VPA), the parent remains the child's legal guardian and the parent's signature is required for consent.

Eligible Activities*

The purpose of the student-directed OUT-of-class component of the course is to encourage youth to take greater ownership of their physical activity and become involved in physical activities suited to their own individual interests and abilities. These activities should be safe, ethical, and age/developmentally appropriate. Completion of each of the Physical Activity Practicums for Grades 11 and 12 requires a minimum of 55 hours of physical activity at a moderate to vigorous level of intensity that contributes to cardio-respiratory endurance (heart, lungs, circulatory system) plus one or more of the health-related fitness components (muscular strength, muscular endurance, and flexibility).

As per departmental policy, physical activities selected for the OUT-of-class component of the course do not qualify when the activities are related to another course for which the student receives credit (e.g., school-initiated courses related to dance or sports).

Certain high-risk activities that are inherently dangerous may be prohibited by the school/division as part of the OUT-of-Class Physical Activity Practicum. The Department recommends that the local policy exclude these activities from eligibility for credit under any circumstances. This policy might also require that certain activities (e.g., trampolining), which are known to be associated with a higher rate of injury when unsupervised, be directly supervised by a qualified instructor or coach to be eligible for credit. Other risk factors, conditions, or exceptional circumstances may also need to be considered prior to acceptance.

A Physical Activity Inventory (Appendix C) has been provided to help divisions/schools develop their eligible activities list. Any activities not included in the eligible activity list will need to be approved by the school/division according to the process outlined in its policy.

* For a complete list of the physical activities for which safety checklists have been provided in Appendix E, please refer to the Physical Activity Inventory in Appendix C.

Safety Information

The general safety guidelines and specific physical activity safety checklists contained in Appendix D and Appendix E of this document have been developed to assist teachers in their preparations of learning activities about risk management and physical activity. They also will help guide students and parents involved in the planning of OUT-of-class physical activities for PE/HE. This safety information and recommendations are believed to reflect best practice. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

The general safety guidelines section of the document presents a process for managing risk for any physical activity. This section also describes the Risk Factor Rating (RFR), which is the scale for determining the general level of risk of an activity. This scale, which is outlined in the table below, was developed for this document to categorize each activity by the level of risk one can expect when participating in it. The level of risk, or RFR, is indicated by a rating scale from 1 to 4, where an RFR of 4 represents the highest risk. The rating is based on the prevalence of safety considerations involved in the activity as well as the recommended level of instruction and supervision. This rating appears on all the physical activity safety checklists as well as the activity inventory of suggested activities included in this document.

RFR Risk Factor Rating	Level of safety concerns, instruction, and supervision recommended	Examples
1	There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision are required.	Walking Stretching
2	There are some safety concerns for this physical activity, qualified instruction is recommended, and little or no adult supervision is required.	Racquetball Ice Skating
3	There are several safety concerns for this physical activity; qualified instruction is required, and adult supervision is recommended.	Snowboarding Field Hockey
4	There is a high level of safety concerns for this physical activity, and qualified instruction and adult supervision are required.	Swimming Karate

The general safety guidelines also outline risk management strategies according to each of the following risk factors that may be involved during participation in any physical activity:

- Level of instruction
- Level of supervision
- Facilities
- Environment
- Equipment
- Clothing/footwear
- Personal and other considerations

Each specific physical activity safety checklist indicates the Risk Factor Rating as well as a number of risk management strategies recommended as minimum standards for participation in what are predominantly organized programs. Instructors, coaches, or program leaders of OUT-of-class physical activities may also impose more stringent safety standards. These standards may vary according to the nature of the activity (e.g., recreational versus competitive). Any number of variables may increase or decrease the risks involved, such as the student's personal experience, skill level and physical condition, the level of intensity of the activity, as well as the student's personal behaviour during participation.

SAFETY, LIABILITY, AND INSURANCE

OUT-of-Class Activities

School-Based:

Safety is of particular concern in planning and implementing physical education. For IN-class and OUT-of-class activities that are organized by the school (i.e., school-based activities), the primary responsibility and legal liability* for ensuring safe practices rests with the school division and its employees. Schools must develop safe routines and procedures, and teachers need to be knowledgeable about the best safety practices, regardless of whether the teaching, learning, and assessment take place in the classroom, gymnasium, playground, or alternative environments.

Teachers are responsible for providing students with a wide variety of challenging movement experiences in physically active settings and must anticipate hazards and minimize the inherent risks in physical activity. Expertise in physical activity management is essential. For some specific physical activities/programming, such as aquatics and cardio-pulmonary resuscitation (CPR), it is recommended that certified training be required.

As a general rule, teachers will be held to the standard of care of a careful or prudent parent. The application of this standard of care will vary from case to case and will depend upon the following factors:

- the number of students being supervised at any given time
- the nature of the exercise or activity in progress
- the age and the degree of skill and training the students have received in connection with the activity
- the nature and condition of the equipment in use at the time
- the competency and capacity of the students involved
- a host of other factors that may be widely varied but may also, in a given case, affect the application of the prudent-parent standard to the conduct of the school staff

* **Liability** is the legal responsibility for one's actions or for one's failure to act. A person or other entity that fails to meet this responsibility is vulnerable to be sued (i.e., be a defendant) in a lawsuit by a body that feels somehow wronged by this failure to meet this responsibility (i.e., a plaintiff). The plaintiff must prove the legal liability of the defendant in order to receive a court order for the defendant to pay damages or to otherwise remedy the situation (such as by fulfilling the terms of a contract). To prove liability the plaintiff must present evidence that the defendant had a responsibility failed to fulfill that responsibility, and the plaintiff suffered harm or injury as a result of this failure.

Canadian courts have held that school staff members who are responsible for a subject area that requires expertise will be held to a higher professional standard of care. For example, a physical education teacher may be presumed to know more about the dangers inherent in artistic gymnastics than would a careful parent. Accordingly, he or she will be held to the standard of a physical education specialist with training and experience in artistic gymnastics. Sections 86, 87, and 90 of The Public Schools Act address exemption from liability in areas of physical education, and may provide some degree of exemption from liability and negligence*. However, it is important that school divisions be aware that it is their primary responsibility to ensure safe practices when planning and implementing physical education. As mentioned above, Canadian courts have found physical education teachers to be negligent in several cases involving students who were injured during physical education classes, and, in doing so, have rejected the lower “careful- and prudent-parent” standard of care when assessing negligence and adopted instead the higher “physical training instructor” professional standard of care. This is because many physical education activities require specialized knowledge, training, and experience from the teacher. For example, where students are engaging in archery activities, the teacher and school authorities will be required to act as a careful or prudent parent having the specialized expertise demanded of an archery instructor.

The Supreme Court of Canada has said that to determine whether a physical education teacher has not been negligent or in breach of the necessary and appropriate standard of care, the following criteria must be considered:

1. Is the activity suitable to the mental and physical condition, as well as the age of participating students?
 2. Have the students been progressively taught and coached to perform the activity[ies] properly and to avoid the dangers inherent in the activity[ies]?
 3. Is the equipment adequate and suitably arranged?
 4. Is the activity being supervised properly in light of the inherent danger involved?
- (Myers v. Peel County Board of Education [1981], D.L.R. [3d] 1 [S.C.C.]

It should be noted, however, that this list is not all-inclusive and other considerations may be relevant in determining negligence: Is the activity sanctioned by the school administration and school authority, and have students been informed of the risks and responsibilities (e.g., safety procedures, behaviour expectations, and consequences) of participation? (YouthSafe 7–8)

Non-School-Based

For OUT-of-class activities that are not organized by the school (i.e., non-school-based activities), the primary responsibility and legal liability for ensuring safe practices rests

* **Negligence** is a breach of the legal duty to take care which results in harm or injury, undesired by the person who is negligent, to the person who is harmed or injured.

with the students, parents, and community organizations that organize and provide the coaches/instructors for the activity. It is intended that the OUT-of-class activities will be conducted using risk management measures based on this document. It is advisable for schools/divisions to prohibit and not consider eligible under any circumstances some very high-risk activities that are inherently dangerous, such as motorcycle jumping. It is also advisable for schools/divisions to place restrictions on other very high-risk activities that are known to be associated with a higher rate of injury or more severe injury when unsupervised, or require that these sorts of activities be directly supervised by a qualified instructor or coach to be eligible for credit. The physical activity safety checklists provided in this document can be used to guide students/parents so as to minimize, to the greatest extent possible, the risk of preventable accident or injury and promote safe participation practices for those activities.

Safety and Liability

School-Based

There is always a risk that a student will be injured while (or as a consequence of) participating in a school program or course and the school division, trustees, teachers, or principals will be sued on the basis that their negligence was a cause of the student's injury or death.

As mentioned, a person is negligent when he or she (the defendant) breaches his or her legal duty to take care, resulting in injury to a person (the plaintiff). In determining whether or not there has been a breach of duty, the courts consider the actions of the defendant and measure them against the court's concept of how a reasonable adult would have acted in similar circumstances. To establish liability, the courts require the plaintiff to show:

- (i) he or she was owed a duty of care by the defendant;
- (ii) the defendant should have met a particular standard of care in order to fulfill that duty;
- (iii) the defendant breached his/her duty of care by not meeting the relevant standard of care;
- (iv) the breach of duty caused injury to the plaintiff; and
- (v) the injury was not too remote a consequence of the breach so as to render the defendant not liable for its occurrence. (Fridman)

Therefore, to prove negligence, a student would have to prove, among other things, that the school board, teacher, or trustee failed to follow the standard of care that would have been reasonable in the circumstances. In general, as previously mentioned, the courts have said that the standard of care for teachers is that of a careful or prudent parent. However, the courts have also said that the standard of care for physical education teachers is a higher standard, namely that of a prudent and careful parent having the supra-parental expertise demanded of a physical education teacher. The application of

this standard of care will vary, depending on the facts of each case, and will depend on the age of the students, the training the students may have received in the activity, and many other matters. Moreover, to prove negligence, a student must prove that failure to take such care caused harm to the student – that is, “but for” the breach of the relevant standard of care, the harm would not have occurred. So, there are rigorous hurdles that would have to be met by a student in order to prove negligence.

Non-School-Based

With respect to OUT-of-class PE/HE activities that are not organized by the school (i.e., non-school-based activities), statutory protection from liability is not considered to be required because the departmental policy relating to the program suggests that parents be responsible for investigating whether the instructor of the non-school-based OUT-of-class program is competent to instruct and has the facility and equipment that provide reasonable safeguards against death or injury.

While the school may provide general guidance and safety information for students, the OUT-of-class component of the course will require the parents (if the student is under 18 years of age) to review the recommended safety guidelines for the physical activity chosen by the student, and to discuss them with their child in order to approve their child’s participation in the OUT-of-class activity. This approval helps ensure the parents understand that they and not the school are responsible for assessing the risks involved in the non-school-based activity.

The parent approval form (i.e., Parent Declaration and Consent & Student Declaration Form) also suggests that parents investigate the facilities, the equipment, and the level of instruction and/or supervision to be used by their child in the chosen activity to ensure that they meet the safety standards recommended for that activity. This could include investigating whether there is evidence of general liability coverage for facilities and personnel, as well as requirements for personnel to undergo criminal record and child abuse checks. It also asks parents to encourage their child to abide by the recommended safety guidelines and any more-stringent safety standards imposed by the coach or instructor. For students who are 18 or older, the student declaration contains similar requirements as the parental consent form, but the student completes the form (see Appendix B for sample forms).

Liability Insurance

The Manitoba Association of School Trustees (MAST) provides liability insurance protection of \$30,000,000 per occurrence to all public school divisions in Manitoba for legal liability arising from a claim against a school division resulting from bodily injury to persons or damage to property of others that is alleged to be the responsibility of the division. This protection extends to include the division’s trustees, employees, and volunteers who are acting within the scope of their duties in those capacities. Coverage includes all operations of the school division, including OUT-of-class components of school courses and extracurricular activities. In the case of non-school-based activities,

parents (or students 18 years of age and older) are responsible for investigating whether the community organization or group shows evidence of current general liability insurance for the facility and its personnel.

Group and Personal Accident Insurance

MAST also provides an option to school divisions to purchase universal first-party student accident insurance. Every student within a division that chooses this option is covered without regard to fault, 24 hours per day, every day of the year, for all school activities, including OUT-of-class activities that have been approved as part of the Personal Physical Activity Plan in Grades 9 to 12 PE/HE courses. It is assumed that this coverage would not apply to other activities unless the student's Personal Physical Activity Plan is revised prior to the occurrence of an accident. This would include having any new activities accepted by the PE/HE teacher, obtaining the recommended safety guidelines for these new physical activities, and receiving the consent of the parent (students under 18 years of age) to participate in the new activities (see Forms B2 and B4 in Appendix B). As a precautionary measure and to prevent unnecessary revisions to the student's plan, students should be encouraged to add more activities to their original plan to avoid having to add them later. Families may also obtain first-party student accident insurance coverage (e.g., Reliable Life Insurance Company program), which provides insurance coverage for students without regard to fault for any activity, whether school-related or not, 24 hours per day, every day of the year.

DEVELOPING A LOCAL POLICY

As per the policy document for implementing Grades 11 and 12 PE/HE, schools/divisions are required to develop a risk management policy for OUT-of-class PE/HE. A risk management policy for PE/HE OUT-of-class physical activities describes a school/division's philosophy in promoting safe participation by students during these activities and in assigning responsibility for ensuring this safety. It provides the regulations that must be followed in implementing risk management measures for the OUT-of-class component of Grades 9 to 12 PE/HE. This section includes suggested step-by-step information on how to create a school/division OUT-of-class physical activity risk management policy.

Step 1

Form a school/divisional committee with representatives from all groups that will be affected by this policy, such as the school board, school administrators, local teachers' organization, physical education teachers, parents, students, and community physical activity leaders.

Step 2

Determine the delivery model(s) that schools in the division will be implementing for PE/HE in Grades 9 to 12.

- In Grades 9 and 10, schools can choose to meet the mandated times within the timetable, or use an OUT-of-classroom model for up to 20 hours of the mandated 110 hours.
- In Grades 11 and 12, schools may choose to include the PE/HE credits in the timetable or use an OUT-of-class model up to 75% of the mandated 110 hours for each credit. OUT-of-class activities may be school-based or non-school-based.

Step 3

Discuss the purpose and goals of your policy. Create your own philosophy statement.

Step 4

Develop your policy statements. Consider areas, such as

- process for educating teachers, students, and parents about safety
- process for communication and parental sign-off
- process for managing and evaluating students
- physical activity safety information
- ineligible activities (e.g., high-risk activities)
- process for adding activities to the eligible activities list

Step 5

Be sure someone is responsible for monitoring and evaluating the effectiveness of the policy. Gather data through discussion and surveys to ensure safety is being promoted for OUT-of-class activities.

Refer to Appendix A for sample local policy and regulations.



OUT-OF-CLASS SAFETY HANDBOOK

Appendix A

Sample Local Policy & Regulations

The following sample policy, based on the fictional “Manitoba School Division,” is intended to assist school divisions in developing their own OUT-of-class physical activity risk management policies. The structure and content is to be modified and adapted as is appropriate.

To facilitate their adaptation, versions in Microsoft Word format are provided on the accompanying CD and available on the Department website at <www.edu.gov.mb.ca/k12/cur/physhlth/index.html>.

APPENDIX A: SAMPLE LOCAL POLICY & REGULATIONS

MANITOBA SCHOOL DIVISION

Risk Management for OUT-of-Class Physical Activity Grades 9 to 12 Physical Education/Health Education

Philosophy Statement

The board recognizes the importance of risk management in promoting safe participation in physical activities. It also recognizes that the responsibility for the care and safety of students for the OUT-of-class delivery of Grades 9 to 12 Physical Education/Health Education (PE/HE) is shared by the home, school, and community.

Rationale

As part of the Grades 9 to 12 PE/HE courses, students may participate in OUT-of-class physical activities to fulfill the practical requirements for these courses. Students may choose among a variety of OUT-of-class physical activities organized by “Manitoba School Division” (MSD) schools, which include interscholastic, intramural, and club activities, or they may choose to participate in non-school-based activities (community- or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home). Although there is an inherent risk to all physical activities, the board believes this risk can be significantly reduced when participants receive appropriate instruction and/or supervision and participate in an environment where rules and routines governing safety are taught and enforced. It is primarily the school board and its employees that manage the risk and safety of school-based activities selected for OUT-of-class programming. Alternately, for non-school-based activities, safety and risk are managed independently from the school by students, parents, community members, and/or community organizations.

Policy

1. Schools will provide students and parents/guardians with the safety information associated with each student's chosen physical activities for the OUT-of-class component of Grades 9 to 12 PE/HE as contained in Manitoba Education, Citizenship and Youth's *OUT-of-Class Safety Handbook*.
2. Unless otherwise prohibited by the school board, physical activities chosen for the OUT-of-class component of PE/HE courses must be selected from the list supplied in the *OUT-of-Class Safety Handbook*. Any activities not included and dissimilar from any in this activity list will need to be approved by the PE/HE teacher unless the activity is considered high risk (i.e., Risk Factor Rating of 4 according to the resource). For these higher-risk activities, inclusion for the OUT-of-class component will require school board approval. Recommended safety guidelines for these new activities will need to be developed prior to parental approval.
3. The following activities are prohibited by the school board as part of the OUT-of-class component of PE/HE courses:
 - *(Insert specific activities as determined by local authorities.)*
4. The PE/HE teacher will guide the student in developing a Personal Physical Activity Plan for the OUT-of-class component, and will sign the plan as an indication to the student and parent/guardian that it has been accepted.
5. The parent/guardian and student (or only the student if 18 years and older) will sign off on the plan via the Parent Declaration and Consent & Student Declaration Form (or Student Declaration Form for students 18 years and older), giving the parent/guardian's consent to the student's choice of activities indicated in her or his Personal Physical Activity Plan, acknowledging receipt of the recommended safety guidelines for these activities, and accepting responsibility for monitoring the student's safety in OUT-of-class activities.
6. The student will submit the signed consent/declaration form to the PE/HE teacher.
7. If the student wants to choose other physical activities that are not part of the original Personal Physical Activity Plan for the OUT-of-class component of this course, the student must have these new physical activities accepted by the PE/HE teacher, obtain the recommended safety guidelines for these new physical activities, and receive the parent's consent (students under 18 years) via the Parent Declaration and Consent & Student Declaration Form for new activities (students 18 years or older must complete the Student Declaration Form for new activities).
8. The PE/HE teacher will be assigned time to meet with the student on a regular basis for managing and evaluating progress for the OUT-of-class component of the course.
9. When students participate in these activities, school division personnel will not inspect the facilities or equipment to be used by students for non-school-based physical activities, nor will school personnel be present or in any way involved in supervising students, nor will they be available to ensure students receive appropriate instruction.

10. The parent/guardian (or student 18 years and older) will be responsible for ensuring that the facilities, equipment, and the level of instruction and/or supervision for the non-school-based physical activities, which the student has chosen for the OUT-of-class component of the PE/HE course, meet the appropriate safety standards recommended in the *OUT-of-Class Safety Handbook*. If the parent (or student 18 years and older) does not consent to this responsibility, the student will be responsible for completing the requirements for the OUT-of-class component through participation in school-based activities.
11. For all school-based physical activities, the school division will ensure that facilities, equipment, and the level of instruction and/or supervision meet the safety standards recommended in the documents *Safety Guidelines for Physical Activity in Manitoba Schools*, *YouthSafe Manitoba: School Field Trip Resource*, and *OUT-of-Class Safety Handbook*, as per divisional policy.

Risk Factor Rating Scale

RFR	Level of safety concerns; recommended instruction and supervision	Examples
1	There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision required.	Walking Stretching
2	There are some safety concerns for this physical activity; qualified instruction is recommended; little or no adult supervision is required.	Racquetball Ice skating
3	There are several safety concerns for this physical activity; qualified instruction is required; adult supervision is recommended.	Snowboarding Field Hockey
4	There is a high level of safety concerns for this physical activity; qualified instruction and adult supervision is required.	Swimming Karate



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Appendix B

Sample Parent Declaration and Consent & Student Declaration Forms

The following forms have been designed so they can be customized for individual schools and divisions. To facilitate their adaptation, versions in Microsoft Word format are provided on the accompanying CD and available on the Department website at <www.edu.gov.mb.ca/k12/cur/physhlth/index.html>.

APPENDIX B1: OUT-OF-CLASS PHYSICAL EDUCATION/HEALTH EDUCATION SAMPLE PARENT DECLARATION AND CONSENT & STUDENT DECLARATION FORM

(Students under 18)

(NAME OF SCHOOL)

A student who is under the age of 18 must have this form completed to obtain credit for participation in OUT-of-class physical activities as part of the Physical Education/Health Education (PE/HE) credit for Grades 9 to 12. Please return the completed form to the PE/HE teacher.

Parent¹ Declaration:

- I understand that all the physical activities my child has chosen for the OUT-of-class component of this course have been accepted by the PE/HE teacher as indicated on my child's Personal Physical Activity Plan (attached).
- I understand that there is a risk of injury associated with all types of physical activity. I have reviewed the recommended safety guidelines² for the physical activities chosen by my child and have discussed them with my child.
- I understand that the recommended safety guidelines are believed to reflect best practice and are considered minimum standards for physical activity in an organized or formal setting. They may, however, not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.
- I am aware that school staff will not inspect the facilities or equipment to be used by my child for the non-school-based physical activities³ he/she has chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that these facilities or equipment meet the recommended safety standards for the non-school-based physical activities he/she

¹ The term "parent" refers to both parents and guardians and is used with the recognition that in some cases only one parent may be involved in a child's education.

² For most activities, the recommended safety guidelines may be obtained from the teacher of this course or viewed online at the following website: *(Insert division or school URL where guidelines may be found)*.

³ Non-school-based activities are home-, community-, or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home.

has chosen for this course. This may include investigating for evidence of general liability coverage.

- I am aware that the school staff will not be present or in any way involved in supervising my child while he/she participates in the non-school-based physical activities he/she has chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that while participating in non-school-based physical activities my child receives the appropriate level of instruction and/or supervision for his/her chosen activities. This may include investigating for evidence of general liability coverage and requirements for personnel to undergo criminal record and child abuse registry checks.
- I will encourage my child to abide by the recommended safety guidelines for the physical activities he/she has chosen for the OUT-of-class component of this course, and to abide by any other more stringent safety standards imposed by his/her instructors, coaches, or program leaders while he/she is participating in his/her chosen physical activities for the OUT-of-class component of this course. This is to ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my child's participation in the OUT-of-class component of this course.
- I understand that I will be responsible for paying for any and all fees that may result from my child's participation in physical activities for the OUT-of-class component of this course.
- I understand that if my child wants to choose other physical activities for inclusion in the OUT-of-class component of this course, and these activities are not part of the attached Personal Physical Activity Plan, prior to participation my child must
 - have these new physical activities accepted by the PE/HE teacher
 - obtain the recommended safety guidelines for these new physical activities, and
 - receive my consent to participate in the new physical activities

Parent Consent:

- Having considered my child's mental and physical condition, and the risks and suitability to him/her of the physical activities he/she has chosen for the OUT-of-class component of this course, I consent to my child participating in his/her chosen physical activities.

I have read, understand, and agree with the above statements.

Parent Signature (if student is under 18 years of age)

Date

Student Declaration:

- I am aware of the recommended safety guidelines for the physical activities that I have chosen for the OUT-of-class component of this course.
- While participating, I will abide by the recommended safety guidelines that are appropriate to the nature of the activity (e.g., recreation versus competition). When applicable, I will also abide by any other more stringent safety standards imposed by my instructors, coaches, or program leaders.
- I will ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my participation in my chosen physical activities for the OUT-of-class component of this course.
- I understand that if I want to choose other physical activities that are not part of the attached Personal Physical Activity Plan for inclusion in the OUT-of-class component of this course, prior to participation, I must
 - have these new physical activities accepted by the PE/HE teacher
 - obtain the recommended safety guidelines for these new physical activities, and
 - receive my parent’s consent to participate in these new physical activities

I have read, understand, and agree with the above statements:

_____	_____	_____
Student’s Legal Last Name	First Name	Middle Initial
_____		_____
Student Signature (if student is under 18 years of age)		Date

APPENDIX B2: OUT-OF-CLASS PHYSICAL EDUCATION/HEALTH EDUCATION SAMPLE PARENT DECLARATION AND CONSENT & STUDENT DECLARATION FORM

Revised Activity Choices (Students under 18)

(NAME OF SCHOOL)

A student who is under the age of 18 must have this form completed to obtain credit for participation in OUT-of-class physical activities as part of the Physical Education/Health Education (PE/HE) credit for Grades 9 to 12 when activity choices have been revised. Please return the completed form to the teacher of this course.

Parent¹ Declaration:

- I understand that the new physical activities my child has chosen for the OUT-of-class component of this course have been accepted by the PE/HE teacher as indicated on my child's revised Personal Physical Activity Plan (attached).
- I have reviewed the recommended safety guidelines² for the new physical activities chosen by my child and have discussed them with my child.
- I understand that the recommended safety guidelines are believed to reflect best practice and are considered minimum standards for physical activity in an organized or formal setting. They may, however, not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.
- I am aware that school staff will not inspect the facilities or equipment to be used by my child for the non-school-based physical activities³ he/she has chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that these facilities and equipment meet the recommended safety standards for the non-school-based physical activities

¹ The term "parent" refers to both parents and guardians and is used with the recognition that in some cases only one parent may be involved in a child's education.

² For most activities, the recommended safety guidelines may be obtained from the teacher of this course or viewed online at the following website: *(Insert division or school URL where guidelines may be found)*.

³ Non-school-based activities are home-, community-, or independently based activities that are not organized by the school or school division, such as community sports, classes and clubs, and exercising at home.

he/she has chosen for this course. This may include investigating for evidence of general liability coverage.

- I am aware that the school staff will not be present or in any way involved in supervising my child while he/she participates in the non-school-based physical activities he/she has chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that while participating in non-school-based physical activities my child receives the appropriate level of instruction and/or supervision for his/her chosen activities. This may include investigating for evidence of general liability coverage and requirements for personnel to undergo criminal record and child abuse registry checks.
- I will encourage my child to abide by the recommended safety guidelines that are appropriate for the new physical activities he/she has chosen for the OUT-of-class component of this course, and to abide by any other more stringent safety standards imposed by his/her instructors, coaches, or program leaders while he/she is participating in his/her chosen physical activities for the OUT-of-class component of this course. This is to ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my child's participation in the OUT-of-class component of this course.
- I understand that I will be responsible for paying for any and all fees that may result from my child's participation in the new physical activities he/she has chosen for the OUT-of-class component of this course.
- I understand that if my child wants to choose other physical activities for inclusion in the OUT-of-class component of this course, and these activities are not part of the attached revised Personal Physical Activity Plan, prior to participation my child must
 - have these new physical activities accepted by the PE/HE teacher
 - obtain the recommended safety guidelines for these new physical activities, and
 - receive my consent to participate in the new physical activities

Parent Consent:

Having considered my child's mental and physical condition, and the risks and suitability to him/her of the new physical activities he/she has chosen for the OUT-of-class component of this course, I consent to my child participating in his/her chosen physical activities.

I have read, understand, and agree with the above statements.

Parent Signature (if student is under 18 years of age)

Date

Student Declaration:

- I am aware of the recommended safety guidelines for the physical activities that I have chosen for the OUT-of-class component of this course.
- While participating in these activities, I will abide by the recommended safety guidelines that are appropriate to the nature of the activity (e.g., recreation versus competition). When applicable, I will also abide by any other more stringent safety standards imposed by my instructors, coaches, or program leaders.
- I will ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my participation in my chosen physical activities for the OUT-of-class component of this course.
- I understand that if I want to choose other physical activities that are not part of the attached revised Personal Physical Activity Plan for inclusion in the OUT-of-class component of this course, prior to participation I must
 - have these new physical activities accepted by the PE/HE teacher
 - obtain the recommended safety guidelines for these new physical activities, and
 - receive my parent’s consent to participate in these new physical activities

I have read, understand, and agree with the above statements:

_____	_____	_____
Student’s Legal Last Name	First Name	Middle Initial
_____		_____
Student Signature (if student is under 18 years of age)		Date

APPENDIX B3: OUT-OF-CLASS PHYSICAL EDUCATION/HEALTH EDUCATION SAMPLE STUDENT DECLARATION FORM

(To be completed by students 18 years and older)

(NAME OF SCHOOL)

A student who is 18 years of age or older must complete this form to obtain credit for participation in OUT-of-class physical activities as part of the Physical Education/Health Education (PE/HE) credit for Grades 9 to 12. Please return the completed form to the teacher of this course.

Student Declaration

- I understand that all the physical activities I have chosen for the OUT-of-class component of this course have been accepted by the PE/HE teacher as indicated on my Personal Physical Activity Plan (attached).
- I understand that there is a risk of injury associated with all types of physical activity. I have reviewed the recommended safety guidelines¹ for the physical activities I have chosen.
- I understand that the recommended safety guidelines are believed to reflect best practice and are considered minimum standards for physical activity in an organized or formal setting. They may, however, not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.
- I am aware that school staff will not inspect the facilities or equipment I will be using for the non-school-based physical activities² I have chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that these facilities and equipment meet the recommended safety standards for the non-school-based physical activities I have chosen for this course. This may include investigating for evidence of general liability coverage.
- I am aware that the school staff will not be present or in any way involved in supervising me while I participate in the non-school-based physical activities I have

¹ For most activities, the recommended safety guidelines may be obtained from the teacher of this course or viewed online at the following website: *(Insert division or school URL where guidelines may be found)*.

² Non-school-based activities are home-, community-, or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home.

APPENDIX B4: OUT-OF-CLASS PHYSICAL EDUCATION/HEALTH EDUCATION SAMPLE STUDENT DECLARATION FORM

Revised Activity Choices (Students 18 years and older)

(NAME OF SCHOOL)

A student who is 18 years of age or older must complete this form to obtain credit for participation in OUT-of-class physical activities as part of the Physical Education/Health Education (PE/HE) credit for Grades 9 to 12 when activity choices have been revised. Please return the completed form to the teacher of this course.

Student Declaration

- I understand that the new physical activities I have chosen for the OUT-of-class component of this course have been accepted by the PE/HE teacher as indicated on my revised Personal Physical Activity Plan (attached).
- I have reviewed the recommended safety guidelines¹ for the new physical activities I have chosen.
- I understand that the recommended safety guidelines are believed to reflect best practice and are considered minimum standards for physical activity in an organized or formal setting. They may, however, not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.
- I am aware that school staff will not inspect the facilities or equipment I will be using for the non-school-based physical activities² I have chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that these facilities and equipment meet the recommended safety standards for the non-school-based physical activities I have chosen for this course. This may include investigating for evidence of general liability coverage.

¹ For most activities, the recommended safety guidelines may be obtained from the teacher of this course or viewed online at the following website: *(Insert division or school URL where guidelines may be found)*.

² Non-school-based activities are home-, community-, or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home.

- I am aware that the school staff will not be present or in any way involved in supervising me while I participate in the non-school-based physical activities I have chosen for the OUT-of-class component of this course. I will therefore be responsible for ensuring, to the extent reasonably possible, that while participating in non-school-based physical activities I receive the appropriate level of instruction and/or supervision for my chosen activities. This may include investigating for evidence of general liability coverage and requirements for personnel to undergo criminal record and child abuse registry checks.
- I am aware of the recommended safety guidelines for the physical activities that I have chosen for the OUT-of-class component of this course.
- While participating, I will abide by the recommended safety guidelines that are appropriate to the nature of the activity (e.g., recreation versus competition). When applicable, I will also abide by any other more stringent safety standards imposed by my instructors, coaches, or program leaders.
- I will ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my participation in my chosen physical activities for the OUT-of-class component of this course.
- I understand that I will be responsible for any and all fees that may result from my participation in the new physical activities I have chosen for the OUT-of-class component of this course.
- I understand that if I want to choose other physical activities that are not part of the attached Personal Physical Activity Plan for the OUT-of-class component of this course, I must discuss changing my Personal Physical Activity Plan with my PE/HE teacher.
- I understand that my teacher must accept any additional physical activities chosen by me, and I will be required to complete a new declaration.
- I have considered my mental and physical condition, and the risks and suitability to me of the new physical activities I have chosen for the OUT-of-class component of this course.

I have read, understand, and agree with the above statements:

Student's Legal Last Name	First Name	Middle Initial
Student Signature (if student is 18 years and older)		Date



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Appendix C

Physical Activity Inventory

The following activity inventory has been designed so that it may be customized for individual schools and divisions. To facilitate its adaptation, a version in Microsoft Excel format is available on the accompanying CD and on the Department website at www.edu.gov.mb.ca/k12/cur/physhlth/index.html.

Physical Activity Inventory

This Physical Activity Inventory is intended to assist students in identifying activities that they would like to include in their physical activity practicum. Students may choose physical activities based on the type of activity, the health-related fitness component(s) to which the activity contributes, the level of risk involved in the activity, or a combination of these factors.

A Physical Activity Safety Checklist is available in Appendix E for each of the activities listed unless otherwise indicated. These checklists contain information about managing risk under the following risk factors:

- level of instruction
- level of supervision
- facilities/environment
- equipment
- clothing/footwear
- personal and other considerations

Codes for Physical Activity Inventory

The following codes are used in the Physical Activity Inventory.

Code for Type of Activity	
AL	Active Living
AP	Alternative Pursuits
CO	Combative Activities
FIT	Fitness Activities
IT	Invasion/Territory-Type Sports/Games
NW	Net/Wall-Type Sports/Games
RG	Rhythmic Gymnastic-Type Activities
SF	Striking/Fielding-Type Sports/Games
TG	Target-Type Sports/Games

Code for Risk Factor Rating (RFR)	
RFR	Level of safety concerns; recommended instruction and supervision.
1	There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision is required.
2	There are some safety concerns for this physical activity; quality instruction is recommended, and little or no adult supervision is required.
3	There are several safety concerns for this physical activity; qualified instruction is required, and adult supervision is recommended.
4	There is a high level of safety concerns for this physical activity; qualified instruction and adult supervision are required.

Code for Health-Related Fitness Component	
✓	Indicates that the activity contributes to the specific health-related fitness component.

Continued

Physical Activity Inventory							
Interest	All Activities	Type of Activity	Health-Related Fitness Components				Risk
			Cardio-respiratory Endurance	Muscular Strength	Muscular Endurance	Flexibility	
	Aerobics—Dance	FIT	✓		✓	✓	2
	Aerobics—Step	FIT	✓		✓	✓	2
	Aerobics—Water/Aqua	FIT	✓		✓	✓	4
	Aikido	CO	✓	✓	✓	✓	4
	Archery	TG		✓			4
	Athletics—Jumps	FIT		✓		✓	3
	Athletics—Long-Distance Running	FIT	✓		✓	✓	2
	Athletics—Middle-Distance Running	FIT	✓		✓	✓	2
	Athletics—Sprints, Relays, Hurdles	FIT	✓	✓	✓	✓	2
	Athletics—Throws	FIT		✓		✓	4
	Backpacking	AP	✓	✓	✓		3
	Badminton	NW	✓		✓	✓	2
	Bandy	IT	✓		✓		3
	Baseball	SF		✓	✓	✓	2
	Basketball	IT	✓	✓	✓	✓	2
	Biathlon	AP	✓	✓	✓		4
	Bocce	TG				✓	1
	Bowling—5-Pin, 10-Pin	TG			✓	✓	1
	Boxing	CO	✓	✓	✓		4
	Broomball	IT	✓		✓	✓	3
	Calisthenics	FIT		✓	✓	✓	1
	Canoeing/Kayaking/Rowing	AP	✓	✓	✓		4
	Canoe/Kayak Tripping (Wilderness/Whitewater)	AP	✓	✓	✓		4
	Catch (For safety, see Low-Organized Games)	AL			✓	✓	1
	Cheerleading	RG	✓	✓	✓	✓	4

Continued

Physical Activity Inventory (Continued)							
Interest	All Activities	Type of Activity	Health-Related Fitness Components				Risk
			Cardio-respiratory Endurance	Muscular Strength	Muscular Endurance	Flexibility	
	Circuit Training	FIT	✓	✓	✓	✓	2
	Climbing—Wall, Rock, Bouldering, Ice Tower	AP		✓	✓	✓	4
	Cricket	SF		✓	✓	✓	2
	Croquet (For safety, see Low-Organized Games)	TG			✓		1
	Cross-Country Running	FIT	✓		✓	✓	2
	Curling	TG			✓	✓	2
	Cycling—Indoor/Stationary	FIT	✓	✓	✓		1
	Cycling—Recreational	AL	✓	✓	✓		2
	Cycling—Sport (BMX, Cyclocross, Mountain Bike, Road Racing, Track Racing)	AP	✓	✓	✓		3
	Cycling—Trips	AP	✓	✓	✓		3
	Dance—Ballet	RG	✓	✓	✓	✓	2
	Dancing—Ballroom	RG	✓		✓		2
	Dancing—Folk	RG	✓		✓		2
	Dancing—Hip Hop	RG	✓		✓		2
	Dancing—Hoop	RG	✓		✓		2
	Dancing—Line	RG	✓		✓		2
	Dancing—Square	RG	✓		✓		2
	Dancing—Tap	RG	✓		✓		2
	Diving—Springboard, Platform	RG				✓	4
	Dodging Games (For safety, see Low-Organized Games)	FIT	✓	✓	✓		1–4

Continued

Physical Activity Inventory (Continued)

Interest	All Activities	Type of Activity	Health-Related Fitness Components				Risk
			Cardio-respiratory Endurance	Muscular Strength	Muscular Endurance	Flexibility	
	Fencing	CO	✓		✓	✓	4
	Field Hockey	IT	✓	✓	✓	✓	3
	Fitness Training – Exercise Machines (e.g., treadmills, ergometers, elliptical trainers)	FIT	✓	✓	✓		3
	Fitness Training – Small Equipment (e.g., Stretch Bands, Physio Balls, Jump Ropes, Agility Ladders, Medicine Balls)	FIT	✓	✓	✓	✓	2
	Football—Flag	IT	✓	✓	✓	✓	2
	Football—Tackle	IT		✓	✓	✓	4
	Frisbee (For safety, see Low-Organized Games)	AL			✓		1
	Geocaching	AP	✓	✓	✓		4
	Goal Ball	IT			✓	✓	4
	Golf	TG		✓	✓	✓	2
	Gymnastics—General, Tumbling, Artistic	RG		✓	✓	✓	4
	Hacky Sack (For safety, see Low-Organized Games)	AL			✓	✓	1
	Handball—1-Wall, 4-Wall	NW	✓	✓	✓	✓	1
	Hiking	AP	✓		✓		2
	Hockey—Ice	IT	✓	✓	✓	✓	4
	Hockey—Roller/Inline	IT	✓	✓	✓	✓	4
	Hockey-Type Games—Ball, Floor, Road, Floorball, Gym Ringette, Shinny	IT	✓	✓	✓	✓	3
	Horseback Riding—Western, English Saddle	AP		✓	✓		4

Continued

Physical Activity Inventory (Continued)

Interest	All Activities	Type of Activity	Health-Related Fitness Components				Risk
			Cardio-respiratory Endurance	Muscular Strength	Muscular Endurance	Flexibility	
	House and Yard Work	AL		✓	✓	✓	1
	Jogging	FIT	✓	✓	✓		1
	Judo	CO	✓	✓	✓	✓	4
	Jump Rope (For safety, see Fitness Training)	FIT	✓		✓		1
	Karate	CO	✓	✓	✓	✓	4
	Kickball (Soccer-Baseball)	AL			✓		1
	Kickboxing	CO	✓	✓	✓	✓	4
	Lacrosse—Box, Field	IT	✓	✓	✓	✓	4
	Lacrosse—Soft	IT	✓	✓	✓	✓	3
	Lawn Bowling	TG			✓	✓	1
	Lawn Mowing	AL	✓	✓	✓		3
	Low-Organized Games*	AL	✓	✓	✓	✓	1–4
	Martial Arts	CO	✓	✓	✓	✓	4
	Orienteering	AP	✓		✓		2
	Paddleball	NW	✓		✓		2
	Pilates (For safety, see Fitness Training)	FIT		✓	✓	✓	2
	Qigong	FIT		✓	✓		2
	Racquetball	NW	✓	✓	✓	✓	2
	Rhythmic Gymnastics	RG	✓		✓	✓	2
	Ringette	IT	✓	✓	✓	✓	4
	Rock Climbing (For safety, see Climbing)	AP		✓	✓	✓	4
	Rowing – Sport (For safety, see Canoeing/Kayaking/Rowing)	AP	✓	✓	✓		3

* With Low-Organized Games, the Health-Related Fitness Components and the Risk Factor Rating will vary from one game/activity to another.

Continued

Physical Activity Inventory (Continued)							
Interest	All Activities	Type of Activity	Health-Related Fitness Components				Risk
			Cardio-respiratory Endurance	Muscular Strength	Muscular Endurance	Flexibility	
	Rowing—Ergometer (For safety, see Fitness Training [Exercise Machines])	FIT	✓	✓	✓		3
	Rowing—Sport (For safety, see Canoeing/Kayaking/Rowing)	AP	✓	✓	✓		4
	Rugby—Flag	IT	✓		✓	✓	3
	Rugby—Tackle	IT	✓	✓	✓	✓	4
	Sailing/Yachting	AP		✓	✓		4
	Scuba Diving	AP			✓		4
	Sepak Takraw	NW	✓	✓	✓	✓	2
	Skateboarding	AL	✓		✓		2
	Skating—Figure	RG	✓		✓	✓	2
	Skating—Ice	AL	✓	✓	✓		2
	Skating—Inline/Roller (Indoor, Outdoor)	AL	✓	✓	✓		2
	Skiing—Alpine	AP	✓	✓	✓		4
	Skiing—Cross-Country	AP	✓		✓		2
	Skiing—Water	AP		✓	✓		4
	Snorkelling	AP			✓		4
	Snowboarding	AP	✓	✓	✓		3
	Snowshoeing	AP	✓		✓		2
	Soccer	IT	✓	✓	✓	✓	2
	Softball—Slo-Pitch, Modified, Fast Pitch	SF		✓	✓	✓	2
	Speed Skating	AP	✓	✓	✓	✓	3
	Spinning (For safety, see Cycling—Indoor/Stationary)	FIT	✓	✓	✓		1
	Squash	NW	✓	✓	✓	✓	2

Continued

Physical Activity Inventory (Continued)

Interest	All Activities	Type of Activity	Health-Related Fitness Components				Risk
			Cardio-respiratory Endurance	Muscular Strength	Muscular Endurance	Flexibility	
	Stretch Banding (For safety, see Fitness Training – Small Equipment)	FIT		✓	✓	✓	1
	Stretching (For safety, see Fitness Training)	FIT				✓	1
	Swimming—Open Water	FIT	✓	✓	✓	✓	4
	Swimming—Pool	FIT	✓	✓	✓	✓	4
	Table Tennis	NW	✓		✓		2
	Tae Bo	FIT	✓	✓	✓	✓	2
	Tae Kwon Do	CO	✓	✓	✓	✓	4
	Tai Chi	FIT			✓	✓	1
	Tchoukball	IT	✓	✓	✓	✓	2
	Team Handball	IT	✓	✓	✓	✓	2
	Tennis	NW	✓	✓	✓	✓	2
	Tobogganing, Sledding, Tubing	AP	✓		✓		3
	Triathlon	FIT	✓	✓	✓	✓	4
	Tumbling (For safety, see Gymnastics)	RG		✓	✓	✓	4
	Ultimate	IT	✓	✓	✓	✓	2
	Volleyball	NW		✓	✓	✓	2
	Walking	AL	✓		✓		1
	Water Polo	IT	✓		✓		4
	Weightlifting	FIT		✓	✓	✓	3
	Weight (Strength/Resistance) Training	FIT	✓	✓	✓	✓	3
	Windsurfing/Sailboarding	AP		✓	✓		4
	Wrestling—Freestyle, Greco-Roman	CO	✓	✓	✓	✓	4
	Yoga	FIT		✓	✓	✓	2



OUT-OF-CLASS SAFETY HANDBOOK

Appendix D

General Safety Guidelines

APPENDIX D: OUT-OF-CLASS GENERAL SAFETY GUIDELINES

The following safety guidelines and the associated Physical Activity Safety Checklists (see Appendix E) have been provided to help the PE/HE teacher guide the student in order to reduce the risks associated with the physical activities* the student has chosen for the OUT-of-class component of physical education/health education (PE/HE) courses in Grades 9 to 12. These guidelines are to be presented and shared with students at the beginning of the course as part of their orientation to the OUT-of-class component and are intended to increase their awareness and understanding of risk management while taking part in any physical activity. The school may want to post a version of these General Safety Guidelines and the Physical Activity Safety Checklists on the school's website so that they may be viewed at home by the student and parent.

1. General Considerations

Safety is paramount when participating in any physical activity. The student and parent/guardian (or only the student if 18 years or older) will need to consider the nature and risk level of the physical activity in determining whether it is suited to the student, and, if so, the level of supervision required by the parent/guardian or another adult.

Taking responsibility for the student's safety is very important as part of the OUT-of-class component of this course. Always think **safety first!** The student and parent/guardian (or only the student if 18 years or older) can use the following checklist before the student participates in any physical activity:

- Does the student and parent/guardian (or only the student if 18 years or older) understand the safety rules related to the physical activity?
- Is the activity suitable to the student's age, ability, and physical condition?
- Is the activity suitable, given any medical conditions the student might have?
- Does the student and parent/guardian (or only the student if 18 years or older) understand the correct form or technique of the exercises or skills the student needs to practice?
- Does the student and parent/guardian (or only the student if 18 years or older) understand the risks associated with the physical activity and ways to avoid the dangers?
- Is the equipment to be used by the student suitable and in good condition?
- Is the facility or playing area to be used by the student safe?

* **Physical activity** refers to all forms of large muscle movement, including sports, dance, games, walking, and exercise for fitness and physical well-being. It may also include physical therapy or mobility training for students with special needs.

- Will there be appropriate instruction and/or supervision provided to the student in light of the danger or risk associated with the physical activity?
- Does the community organization or group show evidence of current general liability insurance for the facility and its personnel?
- Does the community organization or group require its personnel to undergo criminal record or child registry checks?
- Has the student discussed his or her choice of activities with the parent/guardian (not required if student is 18 years or older) and his or her PE/HE teacher?
- Are the activities selected by the student/parent included in their Personal Physical Activity Plan?

2. Level of Risk

All activities have an inherent level of risk and each activity has a range of risks dependent upon a number of factors. The type of activity and the level of practice or competition may also contribute to the level of risk involved. The Risk Factor Rating (RFR) which is outlined in the table below, was developed for this document to categorize each activity by the level of risk one can expect when participating in it. The level of risk, or RFR, is indicated by a rating scale from 1 to 4, where an RFR of 4 represents the highest risk. The rating is based on the prevalence of safety concerns involved in the activity as well as the recommended level of instruction and supervision. This rating appears on all the physical activity safety checklists as well as the activity inventory of suggested activities included in this document.

RFR	Level of safety concerns; recommended instruction and supervision	Examples
1	There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision required.	Walking Stretching
2	There are some safety concerns for this physical activity; qualified instruction is recommended; little or no adult supervision is required.	Racquetball Ice Skating
3	There are several safety concerns for this physical activity; qualified instruction is required; adult supervision is recommended.	Snowboarding Field Hockey
4	There is a high level of safety concerns for this physical activity; qualified instruction and adult supervision is required.	Swimming Karate

3. Risk Factors

Just as school staff manages risk and plans for safety when instructing/coaching and organizing physical activities in their in-classroom and extracurricular programs, the student/parent can evaluate and manage risk according to certain risk factors for OUT-of-class activities not based in the classroom or in extracurricular school programs (non-school-based). The Physical Activity Safety Checklists provided take into consideration the following risk factors:

- Level of instruction
- Level of supervision
- Facilities
- Environment
- Equipment
- Clothing/footwear
- Personal and other considerations

3.1 Level of Instruction

With proper instruction, the level of risk involved in any activity should be reduced. The amount and level of instruction required by the student will vary according to individual circumstances such as their personal experience, skill level and physical condition. The following are instructional considerations that should be addressed when learning and practising an activity:

- The instructor/coach/program leader's qualifications/certification or abilities are appropriate for the age/ability level of the students in the group.
- The potential risks and consequences of an activity are understood by students prior to participation in the event.
- Instruction and training is current with recent trends.
- The session is conducted in a safe environment and the instructor/coach/program leader/participant's choice of activity is appropriate for the facility available.
- The activity is suitable for the abilities and level of fitness of the participants.
- Rules regarding safety, behaviour expectations, and responsibilities of participants are established, learned, and followed.
- A proper warm-up and cool-down portion is included in the activity session.
- Skills are learned in a proper progression and participants receive adequate opportunity to master the skills before moving to higher-level tasks or challenges.

NOTE

The amount and level of instruction required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as an instructional DVD, may replace direct instruction if deemed appropriate and safe.

3.2 Level of Supervision

Supervision involves overseeing an activity for the purposes of regulation and/or direction. The level of risk decreases significantly with effective supervision. When a session is conducted by an instructor or coach, they assume responsibility for supervision. In some instances, an additional supervisor is required, such as when the coach/instructor is under the age of 18, when the coach/instructor is of a different gender than the participants, or when specific expertise is required, such as a lifeguard for certain aquatic activities.

For each physical activity, supervision requirements will differ according to the level of risk, the nature of the activity, and the intensity of competition/training. Furthermore, some activities require supervision regardless of age. On the other hand, many activities will require little or no supervision (e.g., many home-based, recreational, or modified activities). Without an adult supervisor present, the student(s) will be responsible for managing risk and safety while participating in the activity. However, they should know how to respond to emergencies and have a fundamental knowledge of first aid. In all instances, basic personal safety rules should be followed (e.g., road safety).

While the level of supervision can be viewed on a continuum, the three types of supervision referred to in the physical activity safety checklists are:

- *Constant visual supervision* signifies the instructor/coach/program leader is physically present, watching the activity (e.g., high jump); only one such “higher-risk” activity can be supervised by one person at a time. This level of supervision may also be required during initial instruction, especially with more difficult skills.
- *On-site supervision* requires the instructor/coach/program leader to be present but not necessarily viewing one specific activity (e.g., relay passing on the track). The activity can be observed and supervised at a distance while supervising another activity. This also applies to situations where more than one activity station or drill is occurring simultaneously.
- *In-the-area supervision* means that the instructor/coach/program leader has to be accessible but participants may at times be out of sight (e.g., distance running on school grounds).

The following guidelines related to supervision should be applied based on the nature of the activity:

- The supervision recommendations for the activity/facility are known.
- Adequate staff is present to supervise according to the number of participants and their capabilities.
- Rules are enforced regarding behaviour expectations and responsibilities of participants.
- The supervisor has an emergency action plan in place to deal with accidents/injuries as well as access to first aid materials or assistance.
- For outdoor pursuits, a “lost student plan” is in place in case someone gets separated from the group. This may be combined with head-count procedures and a buddy system.

3.3 Facilities

Indoor and outdoor facilities used for physical activity are normally designed according to stringent building codes to ensure physical activity is enjoyed in a safe environment. In other situations, participation will occur at home or in facilities that were not necessarily designed specifically for physical activity. In all cases, the following risk management strategies should be applied:

- The activity area has been checked to ensure it is free of hazards (e.g., rocks or broken glass on soccer fields) prior to use.
- Potential hazards have been removed or clear boundaries have been placed around them, or if this is not possible the activity has been moved to another location or postponed.
- Activity areas have adequate unobstructed space surrounding them (e.g., out-of-bounds area around a basketball court).
- Proper lighting and ventilation (indoors) is provided.
- An Emergency Action Plan has been developed for the facility to deal with accidents/injuries.
- A first aid kit, phone, and required emergency equipment are readily available in case of accident/injury.
- Safety rules are posted and enforced.
- Instructions for the use of the facility are posted.
- All emergency exits are clearly marked.

3.4 Environment

While the outdoor environment offers opportunities for a wide range of physical activities, many factors cannot be as controlled as in an indoor facility. In planning for participation in an outdoor activity, the following strategies should be considered:

- Local weather conditions/forecasts are checked prior to the activity, including the temperature and quality of the air (e.g., smog or smoke), the presence of wind, as well as the potential for electrical storms and precipitation.
- Dry clothing that is worn in layers protects against cold, windy, and wet conditions, which are factors contributing to the onset of hypothermia.* When temperatures drop below freezing, the risk of frostbite is added as well (see Environment Canada Chart on the following page).

* **Hypothermia** refers to any condition in which the temperature of a body drops below the level required for normal metabolism and/or bodily function to take place.

Wind Chill Hazards and Risk of Frostbite

Wind Chill	Risk of Frostbite	Health Concern	What to Do
0 to -9	Low	Slight increase in discomfort.	Dress warmly, with the outside temperature in mind.
-10 to -27	Low	Uncomfortable Risk of hypothermia if outside for long periods without adequate protection.	Dress in layers of warm clothing, with an outer layer that is wind-resistant. Wear a hat, mittens and scarf. Keep active.
-28 to -39	Increasing risk: Exposed skin can freeze in 10 to 30 minutes.	Check face and extremities (fingers, toes, ears, and nose) for numbness or whiteness. Risk of hypothermia if outside for long periods without adequate protection.	Dress in layers of warm clothing, with an outer layer that is wind-resistant. Cover exposed skin: wear a hat, mittens, and a scarf, neck tube, or face mask. Keep active.
-40 to -47	High risk: Exposed skin can freeze in 5 to 10 minutes.*	Check face and extremities (fingers, toes, ears, and nose) for numbness or whiteness (frostbite). Risk of hypothermia if outside for long periods without adequate protection.	Dress in layers of warm clothing, with an outer layer that is wind-resistant. Cover all exposed skin: wear a hat, mittens, and a scarf, neck tube, or face mask. Keep active.
Warning Level [†]			
-48 to -54	High risk: Exposed skin can freeze in 2 to 5 minutes.*	Check face and extremities frequently for numbness or whiteness (frostbite). Serious risk of hypothermia if outside for long periods.	Be careful. Dress very warmly in layers of clothing, with an outer layer that is wind-resistant. Cover all exposed skin: wear a hat, mittens, and a scarf, neck tube, or face mask. Be ready to cut short or cancel outdoor activities. Keep active.
-55 and colder	High risk: Exposed skin can freeze in less than 2 minutes.	DANGER! Outdoor conditions are hazardous.	Stay indoors.

* In sustained winds over 50 km/h, frostbite can occur faster than indicated.

† In parts of the country with a milder climate (such as southern Ontario and the Atlantic provinces except Labrador), a wind-chill warning is issued at about -35. Further north, people have grown more accustomed to the cold, and have adapted to the more severe conditions. Because of this, Environment Canada issues warnings at progressively colder wind-chill values as you move north. Most of Canada hears a warning at about -45. Residents of the Arctic, northern Manitoba, and northern Quebec are warned at about -50, and those of the high Arctic at about -55.

Reproduced from the Environment Canada website at <www.msc.ec.gc.ca/education/windchill/windchill_threshold_chart_e.cfm?&sb_templatePrint=true>. Used with permission.

- Protection is used against elevated temperatures, humidity, and the sun, such as adequate water consumption, light clothing, a hat, sunscreen, and sunglasses. The humidex combines temperature and humidity to reflect the perceived temperature. The following guide from Environment Canada indicates the risk associated with various humidex levels. When the humidex rises above 40, activity should be avoided or curtailed.

Range of humidex: Degree of comfort*	
Less than 29°C	No discomfort
30°C to 39°C	Some discomfort
40°C to 45°C	Great discomfort; avoid exertion
Above 45°C	Dangerous
Above 54°C	Heat stroke imminent

- Protection against insects and poisonous plants is provided by adequate clothing, proper footwear, and insect repellent. If allergies are an issue, the student/parent needs to provide the necessary information to the instructor/coach/program leader and carry the necessary medication (e.g., epi pen).
- A designated person with first aid training is present to deal with injuries and emergencies.
- A bad weather plan is in place to cancel, reschedule, or relocate an activity/event.
- In regards to electrical storms, when a thunder and lightning strike occur within five seconds of one another, the storm is very near and at a distance of about 1.6 km for each five-second count. Changes in this interval of time indicate the storm is moving away or approaching the activity area. When an electrical storm is near, everyone needs to find shelter. If this is not possible, they must move to a low-lying area, away from water and metal as well as taller objects such as trees and poles.
- Local emergency services are identified.
- Adequate drinking water is available.
- Washroom facilities are accessible.
- Only designated areas/trails are used.
- Prior to outdoor aquatic activities, water conditions are assessed.
- Prior to entering remote areas, permission is obtained, maps are carried, and fire restrictions and wildlife guidelines are checked.
- Only environmentally friendly techniques, such as low-impact camping, are used.

* Reproduced from the Environment Canada website at <www.qc.ec.gc.ca/Meteo/Documentation/Humidex_e.html>. Used with permission.

3.5 Equipment

The level of risk involved in any activity will be affected by the equipment used by the participants while participating in the activity, and will decrease when appropriate equipment is used. Most physical activities require some form of equipment that may be integral to the activity itself or may offer protection to participants while engaging in the activity. Risk management strategies related to equipment include:

- Equipment is checked before use for defects by the instructor/coach/program leader and the student (who should be shown what to check for).
- Equipment is certified (e.g., CSA) in accordance with rules and regulations of regulating organization.
- Instructions are given regarding the proper use and maintenance of equipment.
- Defective equipment is avoided.
- Equipment that does not fit properly and/or adjusted for size (e.g., downhill ski boots) is avoided.
- Problems/defects are reported to instructor/coach/program leader.
- Equipment that does not comply with safety standards (e.g., CSA) is avoided.
- Equipment should be purchased from/built by competent individuals as per specifications as established by the governing/regulating body for a sport/activity.
- A first aid kit, phone and required emergency equipment are readily available in case of accident/injury.
- Portable music players are avoided as they reduce the student's awareness to any potential dangers in his/her surroundings.

3.6 Clothing/Footwear

The level of risk involved in any activity will be affected by the clothing worn by the participants while participating in the activity and will decrease when appropriate clothing is worn. Inappropriate/ill-fitting clothing/equipment can inhibit movement and/or be the source of potential injury (e.g., skis that are too long). Not wearing appropriate clothing/equipment may also prohibit participation in an activity (e.g., not wearing a throat protector prohibits participation in hockey team practices/games). In determining clothing and footwear to be worn during an activity, the following strategies should be applied:

- Appropriate and properly fitted clothing/footwear is worn as defined by the activity.
- Adequate clothing and protection is used based on environmental conditions.
- In cold weather, clothing is worn in layers.
- Jewelry should be removed or secured when safety is a concern.
- Clothing should permit unrestricted movement.
- Laces need to be tied and open-toed shoes are avoided.

3.7 Personal and Other Considerations

While participating in physical activity, other considerations that may contribute to the risks involved relate to the participant's personal health, physical limitations, and general behaviour during participation. The following strategies should be used:

- The student has completed a regular medical checkup and submitted a medical history prior to starting into the program; any relevant medical conditions or physical limitations are taken into account and shared with the instructor/coach/program leader.
- Students suffering injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition.
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate.

4. Eligible Activities

The purpose of the student-directed OUT-of-class component of the course is to encourage youth to take greater ownership of their physical activity and become involved in physical activities suited to their own individual interests and abilities.

These activities should be safe, ethical, and appropriate. Completion of the Physical Activity Practicum for Grades 11 and 12 requires a minimum of 55 hours of physical activity at a moderate to vigorous level of intensity that contributes to cardio-respiratory endurance (heart, lungs, circulatory system) plus one or more of the health-related fitness components (muscular strength, muscular endurance, and flexibility).

As per departmental policy, physical activities selected for the OUT-of-class component of the course do not qualify when the activities are related to another course for which the student receives credit (e.g., school-initiated courses related to dance or sports).

Certain high-risk activities that are inherently dangerous may be prohibited by the school/division as part of the OUT-of-Class Physical Activity Practicum, and will not be eligible for credit under any circumstances according to local policy. This policy might also require that certain activities (e.g., trampolining), which are known to be associated with a higher rate of injury when unsupervised, be directly supervised by a qualified instructor or coach in order to be eligible for credit. Other risk factors, conditions, or exceptional circumstances may also need to be considered prior to acceptance.

Any activities not included in the eligible activity list will need to be approved by the school/division according to the process outlined in its policy.

5. Personal Accident Insurance

The Manitoba Association of School Trustees (MAST) provides an option to school divisions to purchase universal first-party student accident insurance. Every student within a division that chooses this option is covered without regard to fault, 24 hours per day, 365 days per year, for all school activities, including OUT-of-class activities that have been approved as part of the Personal Physical Activity Plan in Grades 9 to 12 PE/HE courses. It is assumed that this coverage would not apply to other activities unless the student's Personal Physical Activity Plan is revised prior to the occurrence of an accident. This would include having any new activities accepted by the PE/HE teacher, obtaining the recommended safety guidelines for these new physical activities, and receiving the consent of the parent (students under 18 years of age) to participate in the new activities. As a precautionary measure and to prevent unnecessary revisions to the student's plan, students should be encouraged to add more activities to their original plan to avoid having to add them later. Families may also obtain first-party student accident insurance coverage (e.g., Reliable Life Insurance Company program), which provides insurance coverage for students without regard to fault for any activity, whether school-related or not, 24 hours per day, 365 days per year.



OUT-OF-CLASS SAFETY HANDBOOK

Appendix E

Physical Activity Safety Checklists

The template on pages E.5 and E.6 has been designed so that it may be used by individual schools and divisions to draft additional physical activity safety checklists. To facilitate its adaptation, a version in Microsoft Word format is available on the accompanying CD and on the Department website at <www.edu.gov.mb.ca/k12/cur/physhlth/index.html>.

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PHYSICAL ACTIVITY SAFETY CHECKLISTS

The physical activity safety checklists have been provided to inform students and parents of the safety concerns and/or standards to consider when selecting and participating in physical activity. While they are intended to be used specifically for OUT-of-class physical activities as part of Grades 9–12 PE/HE courses, they can also apply to physical activity participation in general. The intent is not to restrict student participation but rather to assist them in the process of identifying inherent or potential risks, recommending strategies/safest practices to manage these risks, and to minimize the possibility of injury during participation.

The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. However, some of these may not apply to all situations (e.g., home-based, recreational, or modified activities). There are many variables that will need to be taken into consideration when determining what level of instruction or supervision is appropriate for the student’s selected physical activities, as well as determining appropriate safety practices relating to the environment and equipment used for the activity. Examples of different variables include level of risk, experience, skill, physical condition, intensity, accessibility, and type of pursuit (competitive/recreational, individual/group). Therefore, the safety checklists have been provided to inform students of the different factors they need to be aware of, while the parent declaration/consent and student declaration forms provide the evidence that students have been informed.

NOTE

A template has been provided on pages E.5 and E.6 to assist in the development of safety checklists for additional activities not included in this inventory. For a complete list of the physical activities for which safety checklists have been provided, please refer to the Physical Activity Inventory in Appendix C. It should also be noted that safety checklists have been provided for camping activities (i.e., residential, summer, and winter). While camping in and of itself is not necessarily a physical activity, it may provide the opportunity for a number of physical activities that may be used for this course. Therefore, many of the safety checklists will refer to these camping safety checklists when overnight camping may be involved.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

(ACTIVITY NAME)

(Description of activity)

Risk Factor Rating

(1-4)

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs..

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors, such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: (i.e., constant visual supervision, on-site supervision, in-the-area supervision, little or no supervision)

PHYSICAL ACTIVITY SAFETY CHECKLISTS

(ACTIVITY NAME)

Facility

Equipment

Clothing/Footwear

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan has been encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AEROBICS (DANCE, STEP)

Aerobics is a form of exercise, typically performed to music, often in a group setting with a leader.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs..

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of aerobic activities with specific reference to certain exercises that might constitute part of the program

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors, such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AEROBIC (DANCE, STEP)

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked/cleaned regularly (steps, mats, dumbbells, etc.)
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (e.g., aerobics wear), permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan has been encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AEROBICS — WATER/AQUA

Water/aqua aerobics is a form of aerobic exercise performed in shallow water such as in a swimming pool.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in water/aqua aerobics with specific reference to certain exercises that might constitute part of the program

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Instructor is in control of class at all times

Distress levels of class members are monitored

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AEROBICS—WATER/AQUA

Facility

- Adequate space is provided in which students may participate in chest-deep water
- The water temperature is at an appropriate level
- Pool deck is free of obstacles
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- An appropriate bathing suit is worn

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AIKIDO

Aikido is a Japanese martial art created as a method of defending oneself without injuring the attacker.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified aikido instructor approved by the Canadian Aikido Federation or an instructor capable of demonstrating the competencies required for certification
All sessions are conducted in a safe environment, with students aware of the potential risks involved in aikido
Safety rules and procedures are learned prior to participation
Skills/movements are learned in proper progression
Program adheres to basic fitness and training principles
Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
Instructor is in control of the dojo (training area) at all times
Student must demonstrate competency of skill/fitness prior to being allowed to enter competition
Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AIKIDO

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan has been encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ARCHERY

Archery is a precision/target sport using a bow to shoot arrows.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Federation of Canadian Archers (FCA) coach or an experienced archer who is capable of demonstrating the competency expected from a certified coach

All sessions are conducted in a safe environment, with all students aware of potential risks involved in archery

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Instruction is received regarding the safe removal of arrows and retrieval procedures

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Supervisor is in control of the firing line at all times; no one crosses the firing line without permission

All students not involved in shooting must be positioned well behind the firing line and away from the archers on the line

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ARCHERY

Facility

- Activity area is free of hazards/debris
- Activity area includes a clearly marked firing line and out-of-bounds areas
- Indoor facility has a proper safety net behind targets
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Indoor facility has a clearly marked emergency exit

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (bows/arrow/targets/abutments) is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of archery equipment
- Appropriate targets are used
- Floor quivers are used
- Bow and arrow length and weight are correct for the student's size and strength
- Arm guards and finger tabs are available
- All bows are secured when not in use
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn for conditions, permitting unrestricted movement; upper-body clothing must not interfere with bow action

Other Considerations

- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- The student has completed a regular medical checkup and a medical history prior to starting the program
- Registration in an accident insurance plan has been encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—JUMPS

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The jumping events include high jump, long jump, pole vault, and triple jump.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of potential risks involved in training for the jumping events

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Students learn the proper mechanics of the jumps

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coaches monitor weekly training load and increases of athletes (i.e., weight training loads and sprint work) through a training log/journal

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—JUMPS

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and **in-the-area supervision** during training sessions (In the case of the pole vault and high jump, **constant visual supervision** is required during vaulting/jumping sessions.)

As some training sessions will be conducted by students on their own, students are encouraged to train in pairs

A person responsible for providing first aid should be present during the entire session

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Equipment

Equipment to be used is suitable and in good condition

First aid kit and phone are readily accessible

Clothing/Footwear

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Spiked shoes must have appropriate spikes for the approach surface

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Suitable clothing and protection is used for weather, sun, and insects

Clothing must meet the requirement of the club or competition

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session

Jumps landing areas and approach run-up areas are inspected prior to jump training

Activity area is free of debris and obstructions

Approach surfaces are level and provide suitable footing

Activity area is free of traffic

Boundaries are clearly marked

Landing pits meet IAAF standards

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—LONG-DISTANCE RUNNING

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The long-distance running races are run on a 400m track and usually refer to 5000m and 10,000m events, but could include 3000m for high school students.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in long-distance running

Safety rules and procedures are learned prior to participation (including road safety)

Skills/movements are learned in proper progression (The length of the event must be appropriate for the age and fitness level of the student.)

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—LONG-DISTANCE RUNNING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

As some training sessions will be conducted by the students on their own, students are encouraged to train in pairs

The person responsible for providing first aid is present and accessible during the entire session

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session

Prior to the run, a safety check of the track is performed

Track is free of hazards/debris and traffic

Track surface is level and provides suitable footing

Boundaries are clearly marked

Equipment

Equipment to be used is suitable and in good condition

Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness of any potential dangers in his/her surroundings

First aid kit and phone are readily accessible

Clothing/Footwear

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Spiked shoes must have appropriate spikes for the running surface

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Suitable clothing and protection is used for weather, sun, and insects

Clothing must meet the requirement of the club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—MIDDLE-DISTANCE RUNNING

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The middle-distance running races are run on a 400m track and include all racing distances from 800m to 3000m.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in middle-distance running

Safety rules and procedures are learned prior to participation (including road safety)

Skills/movements are learned in proper progression

Length of the event must be appropriate for the age and fitness level of the student

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Instructor is aware of the local weather conditions/forecast, temperature, and humidity or wind chill

Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—MIDDLE-DISTANCE RUNNING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

As some training sessions will be conducted by the student on their own, students are encouraged to train in pairs

The individual responsible for providing first aid should be present and accessible during the entire session

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session

Prior to the run, a safety check of the track has been performed

Track is free of hazards/debris and traffic

Track surface is level and provides suitable footing

Boundaries are clearly marked

Equipment

Equipment to be used is suitable and in good condition

Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness to any potential dangers in his/her surroundings

First aid kit and phone are available

Clothing/Footwear

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Spiked shoes must have appropriate spikes for the running surface

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Suitable clothing and protection is used for weather, sun, and insects

Clothing must meet the requirement of the club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—SPRINTS, RELAYS, AND HURDLES

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The sprints events involve all racing distances shorter than 800m and include relays and hurdles.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in sprint training

Safety rules and procedures are learned prior to participation (including road safety)

Skills/movements are learned in proper progression

Students learn the proper mechanics of sprinting

Length of the event must be appropriate for the age and fitness level of the student

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—SPRINTS, RELAYS, AND HURDLES

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **on-site supervision**

For sprints and relays, the recommended level of supervision is **on-site supervision**

As some training sessions will be conducted by students on their own, they are encouraged to train in pairs

The person responsible for providing first aid should be present and accessible during the entire session

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session

Prior to the run, a safety check of the track has been performed

Track is free of hazards/debris and traffic

Track surface is level and provides suitable footing

Boundaries are clearly marked

Adequate space must be available at the end of the activity space for students to decelerate following a run

Clothing/Footwear

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Spiked shoes must have appropriate spikes for the running surface

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Suitable clothing and protection is used for weather, sun, and insects

Clothing must meet the requirement of the club or competition

Equipment

Equipment to be used is suitable and in good condition

Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness to any potential dangers in his/her surroundings

First aid kit and phone are available

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—SPRINTS, RELAYS, AND HURDLES

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—THROWS

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The throwing events include: discus, hammer, javelin, and shot put.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in training for the throwing events

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Students learn the proper mechanics of the throws

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coaches monitor weekly training load of athletes (i.e., weight training loads, distances, and increases) through a training log/journal

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—THROWS

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **on-site supervision**

As some training sessions will be conducted by the student on their own, students are encouraged to train in pairs

The person responsible for providing first aid should be present during the entire session

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session

Prior to throw training, a safety check of the throwing areas (cage and throwing circles) has been performed, these areas are inspected on a regular basis.

Activity area is free of hazards/debris and traffic with boundaries clearly marked

Throwing surface is level and provides suitable footing

Adequate space must be available behind the cages for non-throwers

Clothing/Footwear

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Suitable clothing and protection is used for weather, sun, and insects

Clothing must meet the requirement of the club or competition

Equipment

Equipment to be used is suitable and in good condition

Throwing implements must meet IAAF or Athletics Canada specifications

First aid kit and phone are readily accessible

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BACKPACKING

Backpacking refers to long, self-contained, non-motorized trips, or hikes, in which the backpacker carries all the necessary equipment for one or more nights on the trail.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Leader is experienced and knowledgeable, able to organize instruction, demonstrate skills, and supervise students on a backpacking trip (The more remote the trip, the more experienced the leader must be.)

Leader has recently traveled proposed trail

Student is aware of potential risks of backpacking

Safe hiking techniques, including buddy system, are learned

Skills/techniques that will be necessary for the trip are learned (e.g., low-impact camping)

Student's receive instruction on the use of a compass/GPS and on what they should do if they get lost

Student's receive instruction in proper hygiene, including foot care

Adequate drinking water is available and consumed as needed

Students are at an appropriate physical fitness level (including their freedom from injury or disability) suitable for the trip

Leader develops a detailed plan of trip, including itinerary, route, meals, and required group/personal equipment; plan of trip is made available to students/parents

Emergency action plan and lost student plan is developed and rehearsed

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BACKPACKING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision; constant visual supervision** may be required for specific hazards

Person in the group has training in first aid

Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with an injured person while two go for help.)

Local weather conditions/forecasts and fire restrictions are checked before the start of trip

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Detailed plans for contingency and inclement weather are recorded in writing

A lost student plan is in place in case someone gets separated from the group; a head-count system is developed and used to ensure all students are present and accounted for

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

Environment

Designated trails are used or permission is obtained from appropriate authorities to access the trail

Detailed maps are provided of the area in which the students will be hiking

Location of local emergency services have been identified

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked by qualified person prior to trip departure

Instructions are given regarding the proper maintenance of equipment

Students each carry their own backpack, which is properly fitted and adjusted; contents of the backpack are verified for weight and distribution

A detailed map and working compasses are available

Students each carry a whistle and their own survival kit

First aid kit and phone or alternatively, an emergency communication system are available. (GPS [Global Positioning System] is now affordable. Walkie-talkies are a good way to keep the leader and the tail of the group in contact.)

Portable music players are discouraged/restricted as they cause distractions

Clothing/Footwear

Properly fitted shoes/boots are worn, depending on trail type, with no open-toed shoes

Clothing is worn in layers with extra clothing carried as appropriate

Suitable clothing and protection is used to protect against weather, sun (e.g., hat), insects (e.g., long-sleeved shirts and long pants to guard against wood ticks do buddy checks), animals (e.g., bear repellent if going into bear country), and plants (e.g., poison ivy)

Jewelry is removed/secured when safety is a concern

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BACKPACKING

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan has been encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BADMINTON

The game of badminton is played by two to four players who attempt to hit the shuttlecock ("birdie") with a racquet over the net and onto the opposing side's court.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program Badminton Canada coach or an experienced player/coach who is capable of demonstrating competency as expected from a National Coaching Certification Program coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in badminton

Safety rules and procedures are learned prior to participation

Code of conduct/etiquette for court play is learned

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students are aware of the benefits of protective eyewear

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Setting up (and taking down) of equipment requires on-site supervision

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BADMINTON

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit for indoor facility is clearly marked

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing (t-shirt and shorts are best) is worn, permitting unrestricted movement
- Clothing meets requirements of the club or competition

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked before every session
- Players use protective eye gear as recommended by Badminton Canada or MHSAA (Manitoba High Schools Athletic Association)
- Instructions are given regarding setting up and taking down of equipment as well as the proper maintenance of badminton equipment
- Equipment is stored in a safe location in a tidy manner
- First aid kit and phone are available

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan has been encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BANDY

Bandy is a sport played by two teams of 11 players, skating on an ice surface the size of a soccer field and trying to hit a ball with a stick into the opposing team's goal.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified bandy coach, or an experienced player/coach capable of demonstrating the competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of bandy

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Supervisor ensures all protective equipment is worn

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BANDY

Facility/Environment

Local weather conditions/forecast, including windchill, is checked prior to session
Official ice surface is approximately the size of a soccer pitch
Ice surface is smooth and free of cracks or rough spots
Along the sidelines a 15cm-high border (wall) is placed to prevent the ball from leaving the ice (The border should not be attached to the ice so it can glide in the event of a collision, and should end one to three metres away from the corners.)

Equipment

Equipment to be used is suitable and in good condition
Equipment and ice surface are checked before every session
Sticks are the correct length
Instructions are given regarding the proper maintenance of bandy equipment
First aid kit and phone are available

Clothing/Footwear

Skates, a helmet, a mouth guard, and, in the case of the goalkeeper, a face guard are worn
Teams must wear uniforms that make it easy to distinguish the two teams
Skates, sticks, and any tape on the stick must be of another colour than the ball
Additional protective equipment is used to protect knees, elbows, genitals, and throat; pants and gloves may contain padding
Appropriate clothing is worn for weather conditions

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan has been encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BASEBALL (HARDBALL)

Baseball is a sport played with a bat and ball by two teams of nine players on a field with four bases marking the course the batters must take to score runs.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a National Coaching Certification Program/Baseball Canada-trained/certified coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If participating in an organized baseball program, Baseball Canada requires that all coaches have certification appropriate for their level of competition.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in baseball

Safety rules for baseball are learned

Skills/movements are learned in proper progression, especially higher-risk activities such as sliding

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Instructor controls higher-risk activities (e.g., sliding practice)

Designated person is present with basic knowledge of first aid

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries. Pitchers are limited to a maximum of 60 pitches per game and no more than two games per day

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BASEBALL (HARDBALL)

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Bases are secured
Diamond is groomed and level, and free of holes, rocks, or other obstacles
Backstop is free of holes or broken wires, and is checked prior to each game or practice
Entrance gates to diamond must stay closed at all times
Dugout is screened to protect players and coaches
If the field is deemed to be unsafe, a game/practice must be rescheduled to a new field or new date, and a report must be submitted to appropriate authorities
When training indoors the site is suitable for the activity being practised (e.g., a school gymnasium may be suitable for a pitching practice but not for batting practice)

Equipment

Equipment to be used is suitable and in good condition
Equipment (bats, helmets) are checked by a qualified person before every session
Bats are the appropriate size (length and weight) for each participant
CSA-approved helmets are worn by batters and base runners as well as players in the on-deck circle
Helmets must have ear flaps on both sides
Catchers must wear approved equipment
Instructions are given regarding the proper care and maintenance of baseball equipment
Equipment not being used as part of the game must be kept out of the playing area
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed when safety a concern (or in accordance with league rules)
Appropriate clothing is worn (pants, team shirt, and baseball hat), permitting unrestricted movement
Clothing must meet requirement of the club or competition
Application of sunscreen/insect repellent is advised, depending on circumstances

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan has been encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BASKETBALL

Basketball is a team sport in which two teams of five active players each try to score points against one another by throwing a ball through a 10-foot-high hoop (the basket).

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a National Coaching Certification Program/Canada Basketball trained/certified coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill. If participating in an organized league, the league may require a certain level of coach certification.

All sessions are conducted in a safe environment, with students aware of potential risks involved in basketball

Safety rules and practices in basketball are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction followed by **in-the-area supervision** when sufficient competency is demonstrated

Designated person responsible for first aid care is present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BASKETBALL

Facility

- Activity area is free of hazards/debris and appropriate wall padding is in place
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Balls should be checked for proper inflation and lack of deformity before every session
- Ball size is correct for students
- Instructions are given regarding the proper maintenance of basketball equipment
- Wall pads are in good repair
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Eye wear must be secured and in accordance with the rules of competition
- Team uniforms must be in accordance with rules of competition as outlined by league

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BIATHLON

Biathlon combines cross-country skiing and target shooting and is undertaken along a defined course.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is provided by certified National Coaching Certification Program/Biathlon Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach in preparing programs for biathlon events as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in biathlon training and competition

Instruction in basic safety (including ski and rifle safety) is learned prior to participation

Coaches monitor weekly training load (distance) and increases of athletes

Skills/movements are learned in proper progression

The length of the event must be appropriate for the age and fitness level of the student

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BIATHLON

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during shooting sessions, **on-site supervision** during initial instruction for skiing, and **in-the-area supervision** during training or competition

Trained supervisor is present at shooting stations

As some training sessions will be conducted by the student on their own, students should be encouraged to train in pairs.

Designated person responsible for providing first aid is present during the entire session

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions/forecast, including windchill, are checked prior to outdoor session

A safety check of the ski trail has been performed prior to session

Ski trail is free of debris/obstructions and as free of traffic as possible

Route is clearly marked

Shooting stations are set up in accordance with regulations

Equipment

Equipment to be used is suitable and in good condition

Skis, poles, and rifles are checked prior to each session; damaged equipment must be repaired or replaced

Portable media players (such as an MP3 player) are avoided while training as they reduce the biathlete's awareness to his/her surroundings

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn with laces tied
Jewelry is removed or secured when safety is a concern

Appropriate clothing permitting unrestricted movement is worn

Suitable clothing provides protection from weather and sun

Clothing must meet the requirement of the club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOCCE

Bocce is a precision sport where players throw balls toward a target.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified bocce coach (Special Olympics), or an experienced player/coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in bocce

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOCCE

Facility/Environment

- Local weather conditions, forecast, and temperature are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked
- Outdoor facilities are properly marked and fenced

Equipment

- Equipment to be used is suitable and in good condition
- Equipment should be checked before every session
- Instructions are given regarding the proper maintenance of bocce equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOWLING (5 AND 10 PIN)

Bowling is a precision sport where players throw balls toward a set of targets (pins).

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian 5-pin or 10-pin bowling coach or an experienced bowler/coach who is capable of demonstrating competency of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in bowling

Safety rules and bowling etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Safety rules and bowling etiquette are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOWLING (5 AND 10 PIN)

Facility

- Activity area is free of hazards/debris
- Proper lighting and ventilation are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit is clearly marked
- Bowling area is be free of food and drinks

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked before every session
- Instructions are given regarding the proper maintenance of bowling equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirement of the club or competition
- Clothing not being used is properly stored away from the bowling area

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOXING

Boxing is a combative sport where fighters wearing gloves attempt to hit their opponents with their fists.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/boxing coach, or an experienced athlete/coach capable of demonstrating competencies of a certified coach
All sessions are conducted in a safe environment, with students aware of potential risks involved in boxing

Boxing safety rules (including use of hand wraps) and proper training/competition etiquette are learned

Skills/movements are learned in proper progression

Training sessions include appropriate fitness training

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Drinking water is available and consumed as needed

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Instruction/encouragement in proper techniques is provided to maintain appropriate fighting weight

Instructor ensures that the boxer's medical record is up-to-date

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

Designated person responsible for providing first aid is present during the entire session

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOXING

Facility

- Activity area is free of hazards/debris
- Flooring provides adequate traction
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Personal equipment (gloves, head gear, etc.) is checked by a qualified person before every session
- Equipment is the correct size for participant
- Instructions are given regarding the proper maintenance of boxing equipment
- Training equipment (heavy bags, speed bags, etc.) is checked before use
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BROOMBALL

Broomball is a sport played by two teams of players running on an ice surface and trying to hit a ball with a stick into the opposing team's goal.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program coach or an experienced broomball player/coach who is capable of demonstrating competency of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in broomball

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Designated individual responsible for first aid is available

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BROOMBALL

Facility/Environment

Local weather conditions/forecast, including windchill, are checked prior to outdoor session

Activity area is free of hazards/debris and cracks/uneven surfacing (ruts)

Proper lighting and ventilation, when applicable, are provided

All rink doors must be closed

Safety rules/regulations are posted

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Sticks must be checked for cracks before every session and repaired or replaced accordingly

Instructions are given regarding the proper maintenance of broomball equipment

Regulation (i.e., approved) broomball sticks must be used

First aid kit and phone are available

Clothing/Footwear

Protective gear is worn as prescribed by the Canadian Broomball Federation.

CSA-approved helmet, with mask, must be worn

Mouth guard is worn

Appropriate footwear (broomball shoes) are worn with laces tied

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn according to weather and temperature (indoors or outdoors), permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CALISTHENICS

Calisthenics is a system of simple exercises performed without weights or other equipment and is intended to promote general fitness.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of calisthenics exercises

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CALISTHENICS

Facility

Activity area is free of hazards/debris
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Floor exercises are done on gymnastics mats, which should be cleaned on a regular basis
First aid kit and phone are available

Clothing/Footwear

Appropriate and properly fitted footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of the facility

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—RESIDENTIAL

Residential camping refers to visits to a permanent camp or outdoor centre in which a service provider offers dorms or cabins and toilets, shower, and kitchen facilities. While residential camping is not a physical activity per se, it provides the student with opportunities for alternative pursuits that are specific to a different or natural environment.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced camper, competent to organize, demonstrate, instruct and supervise the trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Students are aware of potential risks involved in camping

Safety rules and techniques, including buddy system, are learned prior to participation

Skills/techniques, including low-impact camping, are learned in proper progression

Program must be planned in detail and shared with students/parents and includes contingency plans for inclement weather

Behavioral expectations, boundaries for activity, and assembly procedures are reviewed prior to the trip

Local weather conditions/forecasts and fire restrictions are checked before the start of trip

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—RESIDENTIAL

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** for higher-risk activities, such as preparing fires and chopping wood, and otherwise **in-the-area supervision**

Designated person responsible for providing first aid is available

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

Process for the accounting of the students must be in place

Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Detailed maps are provided of area where students will be camping

Permission/permit to use site(s) is obtained. Regulations about campfires or guidelines about wildlife are verified.

In Manitoba the camp is accredited by the Manitoba Camping Association, meeting minimum standards

Access to adequate water supply is available and students are encouraged to consume water regularly

Clothing/Footwear

Properly fitted shoes/boots are worn (no open-toed shoes)

Appropriate clothing is worn, providing unrestricted movement while protecting the body.

Clothing is worn in layers; extra clothing is packed as appropriate

Jewelry is removed/secured when safety is a concern

Suitable clothing and protection for the elements is packed for weather, sun, insects, etc.

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked by supervisor/qualified person prior to departure/usage

Instructions are given regarding the proper use/maintenance of equipment

Leader and each student has a whistle or other signaling device if off site

Portable media players (such as an MP3 player) are discouraged/restricted as they reduce awareness to one's surroundings

First aid kit and phone are available. An alternative emergency communication system can also be used (GPS [Global Positioning System] is now affordable.)

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—RESIDENTIAL

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—SUMMER

Camping is an outdoor recreational activity that involves spending one or more nights in a tent, primitive structure, a travel trailer, or recreational vehicle with the purpose of getting away from civilization and enjoying nature. While summer camping is not a physical activity per se, it provides the student with opportunities for alternative pursuits that are specific to a different or natural summer environment.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced camper, competent to organize, demonstrate, instruct and supervise the trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Leader is familiar with area and is in good physical condition

Students are aware of potential risks involved in camping

Safety rules/techniques, including buddy system, are learned prior to trip

Instruction is received in use of compass/GPS and what to do if lost

Skills/techniques, including low impact camping, are learned in proper progression

Activity sessions are appropriate for the abilities of the students; if the trip will be strenuous, students need to be in good physical condition before setting out

Behavioral expectations, boundaries for activity, and assembly procedures are reviewed prior to trip

Program must be planned in detail and shared with students/parents, and must include detailed menus, cooking supplies, as well as group and personal equipment

Local weather conditions/forecasts and fire restrictions are checked before the start of trip

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—SUMMER

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** for higher-risk activities, such as preparing fires and chopping wood, and otherwise **in-the-area supervision**

Designated person responsible for providing first aid is available

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

Process for the accounting of the students must be in place

Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and evacuation

Detailed plans for contingency and inclement weather are recorded in writing

Facility/Environment

Location of local emergency services have been identified

Detailed maps are provided of area where students will be camping

Washroom facilities are accessible

Permission/permit to use site(s) is obtained; regulations about campfires or guidelines about wildlife are verified

Access to adequate and safe water supply is available and water is consumed as needed

Food is properly stored outside of tent in a closed container that can't be easily broken into by animals (Food that is left out in the open can attract dangerous wildlife and can deplete the food supply.)

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—SUMMER

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked by supervisor or qualified person prior to departure/usage

Instructions are given regarding the proper use/maintenance of equipment

Leader and each student has a whistle or other signaling device if off-site

Other equipment required:

- portable propane/liquid gas-type stove (1 per 8 students)
- flashlight
- shovel/trowel
- sun protection and insect repellent
- waterproof matches
- nutritious food (which does not require preparation)

Portable media players (such as an MP3 player) are discouraged/restricted as they reduce awareness to one's surroundings

First aid kit and phone are available (An alternative emergency communication system can also be used [GPS is now affordable].)

Clothing/Footwear

Properly fitted shoes/boots are worn (no open-toed shoes)

Appropriate clothing is worn, providing unrestricted movement while protecting the body

Clothing is worn in layers; extra clothing is packed as appropriate

Jewelry is removed/secured when safety is a concern

Suitable clothing that protection from the elements is packed for weather, sun, insects, etc.

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—WINTER

Camping is an outdoor recreational activity that involves spending one or more nights in a tent, primitive structure, a travel trailer, or recreational vehicle with the purpose of getting away from civilization and enjoying nature. Winter camping is a higher-risk activity than summer camping, due to the increased risks caused by the cold. While winter camping is not a physical activity, per se, it provides the student with opportunities for alternative pursuits that are specific to a different or natural winter environment.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced winter camper, competent to organize, demonstrate, instruct and supervise the trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Leader has recently visited the site to be used for the program

Students are aware of potential risks involved in winter camping

Safety rules/techniques, including buddy system, are learned prior to trip

Instruction is received in the use of compass/GPS and what to do if lost

Winter camping and survival skills, including low-impact camping, are learned prior to the actual camping trip (Warm weather camping skills may have to be taught first.)

Students are encouraged to eat more food each day via snacks

Activity sessions are appropriate for the abilities of the students; if the trip will be strenuous, students need to be in good physical condition before setting out

Behavioural expectations, boundaries for activity, and assembly procedures are reviewed with students

Program must be planned in detail and shared with students/parents, and includes detailed menus, cooking, group and personal equipment as well as contingency plans for inclement weather

Local weather conditions/forecasts and fire restrictions are checked before the start of trip

Leader is familiar with weather conditions/forecast, normal storm patterns, and risks characteristic of the area (e.g., avalanches)

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—WINTER

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

- Designated person responsible for providing first aid is available
- Recommended level of supervision: **constant visual supervision** for higher-risk activities, such as preparing fires and chopping wood, and otherwise **in-the-area supervision**
- Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return
- Process for the accounting of the students must be in place
- Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries and evacuation
- Detailed plans for contingency and inclement weather are recorded in writing
- If traveling into avalanche territory, group is registered with authorities and the services of a guide certified by the Association of Canadian Mountain Guides or a certified Ski Guide have been enlisted

Facility/Environment

- Location of local emergency services have been identified
- Long range forecast and fire restrictions in area have been verified before heading out
- Detailed maps are provided of area where students will be camping
- Washroom facilities are accessible
- Permission/permit to use site(s) is obtained; regulations about campfires, or guidelines about wildlife are verified
- Access to adequate and safe water supply is available and water is consumed as needed
- Food is properly stored outside of tent in a closed container that can't be easily broken into by animals (Food that is left out in the open can attract dangerous wildlife and can deplete the food supply.)

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by qualified person prior to departure/usage
- Instructions are given regarding the proper use/maintenance of equipment
- Leader and each student has a whistle or other signaling device and a personal survival kit
- All students should have an adequate sleeping bag and sleeping pad
- Portable media players (such as an MP3 player) are discouraged/restricted as they reduce awareness of one's surroundings
- First aid kit and phone are available (An alternative emergency communication system can also be used. GPS [Global Positioning System] is now affordable. Walkie-talkies are available for communication within the group.)

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—WINTER

Clothing/Footwear

- Appropriate boots for surface and conditions must be worn
- Appropriate clothing is worn in layers and provides unrestricted movement while protecting the body; adequate extra dry clothing is packed as appropriate for weather
- Jewelry is removed/secured when safety is a concern
- Adequate protection from the elements is packed (e.g., hats, mitts, sunglasses)

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CANOEING/KAYAKING/ROWING

Canoeing, kayaking, and rowing are activities where only muscle is used to propel a boat on water using a paddle.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/CanoeKayak Canada/Rowing Canada instructor or from an experienced paddler/rower capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in canoeing/kayaking/rowing

Safety rules are learned prior to participation; students must know and follow the rules that govern the waters of the province they are paddling in (i.e., speed, "rules of the road," required safety equipment and protecting the marine environment)

Emergency rescue strategies are learned prior to participation

Skills are learned in proper progression, beginning with classroom sessions

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students must know the rules of competition if participating in organized rowing sport

Leader is familiar with waters the group is paddling in, including hazardous rocks and strong currents

Instructor is aware of the local weather conditions/forecast

Weather/water conditions are appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CANOEING/KAYAKING/ROWING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during instruction and **in-the-area supervision** during outings
 Designated person has NLS Lifeguard certification or Current First Aid Qualifications
 Safety rules and procedures are enforced
 Emergency action plan is in place to deal with accidents/injuries and includes knowing what to do in a person-overboard emergency
 Instructor/supervisor has list of students on water

Equipment

Equipment to be used is suitable and in good condition
 Equipment is checked regularly by qualified person
 Paddles/oars are correct size for participant
 Students are all wearing a proper fitted Transport Canada-approved lifejacket/Personal Flotation Device (PFD) with a whistle attached; the law requires one PFD for each person on board
 Boat safety kit is carried for each canoe, including bailing device, waterproof flashlight, signaling device (whistle), 50-foot floating nylon rope
 Extra paddle is carried for each canoe
 First aid kit and phone are available

Facility/Environment

Local weather conditions, forecast, and temperature are checked prior to outdoor session
 A map of the route is provided or the course is clearly marked; students are briefed prior to entering the water
 Emergency rescue boat is available
 Course is free of hazards or has clearly marked hazards

Clothing/Footwear

Appropriate footwear is worn
 Jewelry is removed or secured when safety is a concern
 Appropriate protection from weather is used (e.g., hat, jacket, sunglasses, sunscreen)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
 The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
 Registration in an accident insurance plan is encouraged
 Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
 The activity is suitable to the student's age, ability, mental condition, and physical condition
 The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
 The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CANOE/KAYAK TRIPPING (WILDERNESS/WHITewater)

Canoe/kayak tripping is defined as traveling in groups by canoe/kayak through wilderness or semi-wilderness areas for a period of time which includes at least one overnight camp.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours in order to manage the risks of injury in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor who has Level 2 canoe tripping certification from Paddle Canada (or Manitoba) or has the experience and competencies of a certified leader, capable of teaching/demonstrating canoe/kayak skills and able to organize/ supervise trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Leader has experience traveling particular trip course

Students are aware of the potential risks involved in canoe/kayak tripping

Safety rules are learned prior to participation; students must know and follow the rules that govern the waters of the province they are paddling in (i.e., speed, "rules of the road," required safety equipment and protecting the marine environment)

Instruction is received in the skills necessary for the trip (e.g., packing, waterproofing, interpreting weather conditions, prevention/treatment of hypothermia, using a compass, map reading, cooking over open fire, capsized canoe/kayak, help-huddle positions, basic strokes, and river reading)

Skills are learned in proper progression, beginning with classroom sessions; navigation of rapids should be avoided

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Water purification method is learned; water is consumed as needed

Route selected is appropriate for group's abilities (grade 1 rivers, unless very well trained)

Students have been assessed according to a recognized survival swim test prior to instruction

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CANOE/KAYAK TRIPPING (WILDERNESS/WHITewater)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during instruction and **in-the-area supervision** during trip

Minimum of one supervisor is familiar with the area of the trip

Supervisors have training from Paddle Canada (or Manitoba)

Minimum of one instructor/supervisor/participant has:

1. NLS Lifeguard Certificate, OR
2. Current First Aid Qualifications:
 - a) St. John Emergency First Aid Certificate, OR
 - b) Canadian Red Cross Emergency First Aid, OR
 - c) RLSS Aquatic Emergency Care Certificate, OR
 - d) Canadian Ski Patrol First Aid Certificate

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle at the drop-off point, the equipment being brought, the route plan, the weather anticipated and the anticipated date/time of return

Appropriate gender supervision is provided

Trip is conducted in safe manner with open water crossings avoided, particularly if wind, surface chop and/or currents are unfavorable

Heterogeneous pairings are set for each boat (more capable paddler with a less capable paddler) when canoe skills or fitness abilities vary significantly

Local weather conditions/forecasts, forest fire conditions and fire restrictions are checked before the start of trip

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries, evacuation and knowing what to do in a person-overboard emergency

Detailed plans for contingency and inclement weather are recorded in writing

Trip is planned in detail and is appropriate for the abilities of the group

Environment

Trip route must be appropriate for the age/ability of the students

Trip avoids white water, selecting grade 1 rivers

Equipment

Equipment to be used is suitable and in good condition

Equipment (boats, paddles, lifejackets, etc.) is checked by qualified person before every session

Instructions are given regarding the proper maintenance of canoe equipment

Paddles/oars are correct size for participant

First aid kit and phone are available. An alternative emergency communication system can also be used (GPS [Global Positioning System] is now affordable.)

Students are all wearing a properly fitted Transport Canada Approved lifejacket/Personal Flotation Device (PFD) with a whistle attached; the law requires one PFD for each person on board

continued

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CANOE/KAYAK TRIPPING (WILDERNESS/WHITewater)

Equipment (continued)

Boat safety kit is carried for each canoe, including bailing device, waterproof flashlight, signaling device (whistle), 50-foot floating nylon rope

Extra paddle is carried for each canoe

Emergency canoe repair kit and rope is available

Emergency communication system is available

Other equipment required:

- portable cooking stove (use a propane/liquid gas-type stove [1 per 8 students])
- flashlight
- shovel/trowel
- sun protection and insect repellent
- waterproof matches
- nutritious food (which does not require preparation)
- adequate and safe water supply, including water purification method/tablets

Portable media players (such as an MP3 player) are discouraged/restricted

Clothing/Footwear

Properly fitted shoes/boots are worn for portaging (no open-toed shoes)

Rain gear is carried

Clothing is worn in layers

Dry change of clothing is carried in waterproof bags

Jewelry representing a safety concern must be removed or taped and eyewear should be secured

Hats and sunglasses are worn

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CHEERLEADING (ACROBATIC, SPIRIT, OR DANCE)

Cheerleading used to be an athletic activity designed to act as a support system for other sports, primarily for boosting school and team spirit. Cheer competitions changed all that as increasingly more difficult stunts, with an increasing risk of injury, have been introduced as an important factor in judging acrobatic cheerleading competitions.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified/trained/experienced coach as per the minimum requirements of Manitoba Association of Cheerleading as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in cheerleading

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression, including proper spotting and catching skills

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Sessions include not only skill development but a conditioning component

Drinking water is available and consumed as needed

Students are assessed and assigned a physical conditioning program

Skills not mastered in practice are not to be included in competitions

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CHEERLEADING (ACROBATIC, SPIRIT, OR DANCE)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:
constant visual supervision during the initial skill learning stages and when high-risk moves are practised; otherwise, **in-the-area supervision** is provided

Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

Facility

Activity area is clearly marked and provides a dry, flat surface that is free of hazards (on floor and overhead)

Adequate clear space around activity area is provided

Proper lighting and ventilation, when applicable, are provided

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Appropriate mats and safety equipment is available and in good repair

Equipment is checked by a qualified person before every session

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing for conditions is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan has been encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CIRCUIT TRAINING

Circuit training is a system utilizing a group of six to ten strength exercises that are completed one after another.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of circuit training with specific reference to certain exercises which might constitute part of the program

Safety rules and procedures are learned prior to participation

Skills/movements are learned prior to commencing circuit

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and **in-the-area supervision** during training sessions

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CIRCUIT TRAINING

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked
- Floor surface provides adequate footing
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Equipment is the correct size/weight for the student's development/abilities
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing meets requirements of facility

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CLIMBING (WALL, ROCK, BOULDERING, OR ICE TOWER)

Climbing is a popular recreational activity that started as an alpine necessity and became an athletic sport in its own right. There are numerous types of climbing activities: bouldering, rock climbing, artificial climbing walls, ice climbing, and rappelling and abseiling.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained by the Alpine Club of Canada, or a similar program, or is an experienced climber/teacher capable of teaching, demonstrating and supervising climbing sessions as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Instruction is received by a trained belayer if climbing requires the use of a belaying system

All sessions are conducted in a safe environment, with students being aware of the potential risks of climbing

Safety rules and procedures are learned prior to participation

Climbing skills are learned in proper progression

Climbing sessions are conducted with an appropriate warm-up and cool-down

Difficulty of climb is appropriate for student's development/abilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CLIMBING (WALL, ROCK, BOULDERING, OR ICE TOWER)

<p>Supervision</p> <p>Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</p> <p>Recommended level of supervision: constant visual supervision until belayers or spotters (bouldering) are competent as well as for lowerings; otherwise on-site supervision is provided</p> <p>Instructor controls the climb Safety rules and procedures are enforced Emergency action plan is in place to deal with accidents/injuries</p>	<p>Facility/Environment</p> <p>Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session Activity area is free of hazards/debris Activity area is clearly marked Proper lighting and ventilation, when applicable, are provided Safety rules/regulations are provided or posted Instructions for use of facility are posted Emergency exit of indoor facility is clearly marked</p>
<p>Equipment</p> <p>Equipment to be used is suitable and in good condition Ropes and harnesses are inspected before every use and replaced on a regular schedule Helmets fit properly First aid kit and phone are available</p>	<p>Clothing/Footwear</p> <p>Appropriate and properly fitted footwear is worn Laces are tied and open-toed shoes are avoided Jewelry is removed or secured when safety is a concern Appropriate clothing is worn, permitting unrestricted movement Clothing must meet requirements of club or conditions</p>
<p>Other Considerations</p> <p>The student has completed a regular medical checkup and a medical history prior to starting the program The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program Registration in an accident insurance plan is encouraged Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional The activity is suitable to the student's age, ability, mental condition, and physical condition The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher</p>	

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CRICKET

Cricket is a bat and ball game played on a field by two teams of eleven players.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Cricket Association coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of cricket

Safety rules and procedures are learned prior to participation including safe bowling practice

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

All non-participating players are in a place safe from the batter

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CRICKET

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session

Activity area is level and free of hazards/debris while providing adequate footing

Activity area is clearly marked with adequate out-of-bounds areas, which are also free of hazards/debris

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are taught and posted

Emergency exit of indoor facility is clearly marked

Designated area is identified for non-participating players and in a place safe from the batter

Equipment

Equipment to be used is suitable and in good condition

Equipment (bats, stumps, and pads) are checked by a qualified person before every session

Wicket keepers wear appropriate cricket pads and gloves

Batters wear appropriate helmet and gloves when batting

Suitable ball is used to match the experience and environment the game/practice is held in (e.g., tennis ball or indoor cricket ball when indoors)

Instructions are given regarding the proper maintenance of cricket equipment

First aid kit and phone are readily available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CROSS-COUNTRY RUNNING

Cross-country running is a sport where individuals and teams race to complete a course over open or rough terrain.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of cross-country running

Basic safety is learned prior to participation, with reference to various terrains (including road safety and buddy system of running)

Skills/movements are learned in proper progression

Length and difficulty of course must be appropriate for age and ability level of athlete

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Course is walked before a race when possible

Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CROSS-COUNTRY RUNNING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

As some training sessions will be conducted by the student on their own, students are encouraged to train in pairs

Person responsible for providing first aid should be present and accessible during the entire session
Safety rules and procedures are enforced

Marshals are stationed at accessible points throughout course

Safety check of course is performed prior to run

Pre- and post-run/race check-in system is in place

Runners must be briefed on the course prior to run

Plan in place in case someone gets separated from the group during a run or race

Emergency action plan is in place to deal with accidents/injuries and lost runners

Facility/Environment

Local weather conditions, forecast, and temperature are checked prior to outdoor session

Course/route is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness to any potential dangers in his/her surroundings

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement and providing adequate protection from elements and vegetation

Protection from sun or insects is used as required

Clothing must meet requirements of club or competition

Extra clothing is available which is appropriate for weather for pre- and post-run/race

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CROSS-COUNTRY RUNNING

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CURLING

Curling is a precision sport played on ice by two teams of four players alternately sliding polished granite stones towards a target area.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Curling Association Coach, or an experienced player/coach capable of demonstrating the competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in curling

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Skills/movements are learned in proper progression

Safety rules and proper on-ice procedures/etiquette are learned prior to participation

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CURLING

Facility/Environment

Local weather conditions are checked prior to outdoor session
Activity area is free of hazards/debris
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations and curling etiquette are taught, posted, and enforced
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Equipment (rocks and ice surface) is checked by a qualified person before every session
Sliders are available for students
Instructions are given regarding the proper maintenance of curling equipment
First aid kit and phone are available

Clothing/Footwear

Clothing must be appropriate for cold-temperature activity, dressing in layers to maintain warmth
Curling shoes or slip-on sliders are worn
Jewelry is removed or secured when safety is a concern
Suitable protection against the sun is used if curling outdoors
Appropriate clothing is worn for club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—INDOOR/STATIONARY (SPINNING®, STUDIO CYCLING, OR POWERPACING)

Indoor/stationary cycling is a form of high-intensity exercise that involves using a stationary bicycle and includes completing programs such as “spinning,” “studio cycling,” and “powerpacing.”

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of indoor cycling

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—INDOOR/STATIONARY (SPINNING®, STUDIO CYCLING, OR POWERPACING)

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly by qualified staff and riders
- Bike is correct size for participant
- Instructions are given regarding the proper maintenance of equipment
- Bicycle repair kit is accessible
- First aid kit and phone are available

Clothing/Footwear

- Appropriate shoes (cycling or runners) are worn
- Laces are tied and open-toed shoes are avoided
- Appropriate clothing is worn, permitting unrestricted movement
- Jewelry is removed or secured when safety is a concern

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—RECREATIONAL

Cycling involves riding bicycles, unicycles, tricycles, and other human-powered vehicles (HPVs). For the purposes of this safety checklist, recreational cycling refers to non-competitive cycling for pleasure or as a mode of transportation.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced cyclist capable of demonstrating and teaching basic cycling skills, road safety as well as organizing/leading group rides as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in cycling

Cycling and road safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer rides

Difficulty of ride is appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—RECREATIONAL

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Riders are briefed on the route and potential hazards prior to ride

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and lost students

Supervisor has list of students on the course

Instructor has recently ridden the course

Pre- and post-ride check-in system is in place

Facility/Course/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to ride

Appropriate permits for travel route or permission to use off-road properties have been obtained

When applicable, map with route and hazards clearly marked is used; hazards on route are clearly marked and safe passage around the hazards is possible

Courses are of appropriate length/challenge for rider's ability

Support vehicle is available for riders, if applicable

Buddy system is used when riding, if possible

Equipment

Equipment to be used is suitable and in good condition

Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly

Bike is correct size for participant

Bicycle repair kit, including pump, is accessible

Portable music players and other electronic devices are not permitted on rides as they create distractions

Safety vests for lead and sweep riders are worn when road riding

First aid kit and phone are available

Clothing/Footwear

Correctly fitted CSA/Snell/ANSI/ASTM-approved helmet is worn at all times

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing (proper fit and visibility) is worn for conditions

Suitable protection from the weather is used (e.g., hat, jacket, sunglasses, sunscreen)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting into the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan has been encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—SPORT (BMX, CYCLOCROSS, MOUNTAIN BIKE, ROAD, TRACK)

Cycling involves riding bicycles, unicycles, tricycles, and other human-powered vehicles (HPVs). The types of competitions (disciplines) under the jurisdiction of the Canadian Cycling Association include BMX, cyclocross, mountain bike, road, track, and paralympics.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Cycling Association coach, trained through the Manitoba Cycling Association, or an experienced coach/cyclist capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in cycling

Cycling and road safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer rides

Difficulty of ride is appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—SPORT (BMX, CYCLOCROSS, MOUNTAIN BIKE, ROAD, TRACK)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Riders are briefed on the route and potential hazards prior to ride

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and lost students

Supervisor has list of students on the course

Pre- and post-ride check-in system is in place

Facility/Course/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to ride

Appropriate permits for travel route or permission to use off-road properties have been obtained

When applicable, map with route and hazards clearly marked is used; hazards on route are clearly marked and safe passage around the hazards is possible

Courses are of appropriate length/challenge for rider's ability

Support vehicle is available for riders, if applicable

Buddy system is used when riding if possible

Equipment

Equipment to be used is suitable and in good condition

Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly

Bike is correct size for participant

Bicycle repair kit including pump is accessible

Portable media players (such as an MP3 player) are not permitted on rides as they produce distractions

Safety vests for lead and sweep riders are worn when road riding

First aid kit and phone are available

Clothing/Footwear

Correctly fitted CSA/Snell/ANSI/ASTM-approved helmet is worn at all times

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing (proper fit and visibility) is worn for conditions

Suitable protection from the weather is used (e.g., hat, jacket, sunglasses, sunscreen)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—TRIPS

Cycling involves riding bicycles, unicycles, tricycles, and other human-powered vehicles (HPVs). Cycling trips are very popular whether for group activity through a designated area or as a form of travel from one place to another.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Cycling Association coach (including CAN-BIKE bicycle touring I and/or II) trained through the Manitoba Cycling Association, or an experienced cyclist capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of cycling
Cycling and road safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression (Level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.)

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer rides

Difficulty of ride is appropriate for student's ability

Adequate number of training rides are organized prior to trip to ensure students are physically capable of proposed trip

Leader develops detailed plan for trip including camp sites, meals, washrooms, etc.

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—TRIPS

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision; constant visual supervision** may be required for a specific hazard

Riders are briefed on the route and potential hazards prior to ride

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and lost students

Designated rider with first aid training is present

Buddy system is used when riding

Pre- and post-ride check-in system is in place

Equipment

Equipment to be used is suitable and in good condition

Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly

Leader inspects each bike prior to trip

Bike is correct size for participant

Bicycle repair kit including pump is accessible

Spare parts and tools to make repairs are available

Safety vests for lead and sweep riders are worn when road riding

Support vehicles are available

Portable media players (such as an MP3 player) are not permitted on rides as they produce distractions

First aid kit and phone or other emergency communication device are available

Walkie-talkies are available for leaders

Facility/Course/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to ride

Appropriate permits for travel route or permission to use off-road properties have been obtained

Map with route and hazards clearly marked is used

Route is free of hazards, or the hazards are clearly marked and safe passage around the hazards is possible

Clothing/Footwear

Correctly fitted CSA/Snell/ANSI/ASTM-approved helmet is worn at all times

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing (proper fit and visibility) is worn for conditions

Suitable protection from the weather is used (e.g., hat, jacket, sunglasses, sunscreen)

Cycling gloves are worn

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DANCE—BALLET

Ballet is a form of classical dance demanding highly developed technique, grace, and precision, telling a story via specific gestures and flowing patterns of movement with costumes and music usually written by classical composers.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified ballet teacher or an experienced dancer capable of organizing a dance program, providing instruction and able to demonstrate steps as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in ballet

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to moving on to more complex skills

Difficulty of move is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DANCE—BALLET

Facility

- Activity area is free of hazards/debris
- Dance area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of ballet equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing permitting unrestricted movement is worn
- Clothing must meet requirements of club or dance studio

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DANCE (BALLROOM, FOLK, HIP HOP, HOOP LINE, SQUARE, TAP, JAZZ, MODERN)

Dance programs include various forms such as ballroom, folk, hip hop, hoop, line, square, tap, jazz, and modern dance.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified dance teacher with training from a dance school or university capable of demonstrating competencies of a certified dance teacher, or an experienced dancer who is able to organize a dance program, provide instruction, and demonstrate steps as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in the dance program

Safety rules/regulations and routines are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to progressing to more complex routines

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DANCE (BALLROOM, FOLK, HIP HOP, HOOP LINE, SQUARE, TAP, JAZZ, MODERN)

Facility

- Activity area is free of hazards/debris
- Floor provides adequate traction
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment for the dance program is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of dance equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DIVING (SPRINGBOARD OR PLATFORM)

Diving is a sport where acrobatics are performed while jumping or falling into water from an elevated platform.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Diving Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of diving

Safety rules/regulations, both for swimming and diving, are learned prior to participation

Skills/movements are learned in proper progression

Difficulty of dive is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** while instructor provides **on-site supervision**

Supervisor controls activities on the board

Each instructor/supervisor has a whistle or other signaling device

Diving rules are enforced, such as:

- No running or pushing on deck
- No gum chewing
- No food in pool area

continued

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DIVING (SPRINGBOARD OR PLATFORM)

Supervision (continued)

Diving rules are enforced, such as

- Only one person uses the board at a time
- Move to the edge of the pool after a dive
- Ensure diving area is clear before diving
- No diving with goggles or earplugs
- No diving in shallow end
- No shoes on deck

Emergency action plan is in place to deal with accidents/injuries

Facility

Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit is clearly marked

Clothing/Footwear

Proper bathing suit is worn, as prescribed by club/competition
Device for keeping hair out of eyes is used
Towel and dry clothing are available for out-of-water sessions
Appropriate footwear is worn for shower and pool deck areas
Jewelry is removed

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked by a qualified person before every session
First aid kit, emergency equipment, and phone are readily available

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FENCING (FOIL, ÉPÉE, AND SABRE)

Fencing, a combative sport where two opponents try to tag each other using a sword-like weapon, includes three events each based on the type of weapon used: foil, épée, and sabre.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Fencing Federation coach or experienced fencer capable of demonstrating competencies required of certified coach

All sessions are conducted in a safe environment, with students aware of potential risks involved in fencing

Safety rules associated with fencing are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Opponents are appropriately matched

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FENCING (FOIL, ÉPÉE, AND SABRE)

Facility

- Floor is clean/dry/free of obstacles and debris
- Floor surface is in good repair and provides good footing
- Safety rules are posted
- Proper lighting and ventilation are provided
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Fencing equipment is checked regularly by qualified personnel and students
- Damaged equipment must be repaired or replaced
- Foil/sabre/epée must be in good order
- Protective equipment must fit properly and be worn at all times
- First aid kit and phone are available

Clothing/Footwear

- Running shoes are worn with laces tied
- Jewelry is removed or secured when safety is a concern
- Long athletic pants are worn
- Fencing vest/jacket and mask fit properly

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FIELD HOCKEY

Field hockey is played on a field (or in a gym) by two teams using curved sticks to try and drive a ball into the opponent's net.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Field Hockey Canada coach, or experienced coach capable of demonstrating minimum required competencies for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in field hockey

Safety and game rules are learned prior to participation

Skills are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FIELD HOCKEY

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session
Playing surface is level and free of debris
Indoor facility is free of water/moisture
Playing area is clearly marked/defined
Area surrounding playing surface is free of potential hazards
Playing area is situated a safe distance from traffic

Equipment

Equipment to be used is suitable and in good condition
Sticks must be checked regularly for cracks by coaches and players; damaged equipment must be repaired or replaced
Regulation (or developmentally appropriate) field hockey sticks are used
Canadian Field Hockey-approved ball is used
First aid kit and phone are available

Clothing/Footwear

Approved hockey helmet with cage and full goalie equipment must be worn by the goaltender
Mouth guards and shin guards are worn by all students
Appropriate footwear for playing surface and conditions are worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed/secured when safety is a concern, or as per regulations of the program
Appropriate loose-fitting clothing is worn, providing unrestricted movement while adhering to the rules of field hockey
Suitable protection from the weather is used (e.g., hat, jacket, sunscreen, insect repellent) for outdoor games/practices

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FITNESS TRAINING—EXERCISE MACHINES (E.G., TREADMILLS, ERGOMETERS, ELLIPTICAL TRAINERS)

Exercise machines are designed to simulate the movements used in activities such as running, rowing, and stair climbing, allowing users to exercise indoors while personalizing their workouts according to desired fitness goals, intensity/resistance, and duration.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe, especially in the case of home-purchased exercise machines or equipment.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in fitness training with exercise machines with specific reference to certain exercises that might constitute part of the program

Safety rules and procedures are learned prior to participation

Skills/movements are learned in a proper progression with proper technique

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FITNESS TRAINING—EXERCISE MACHINES (E.G., TREADMILLS, ERGOMETERS, ELLIPTICAL TRAINERS)

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, is provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked regularly by a qualified person
- Equipment is wiped with a disinfectant after each use
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear and clothing is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Clothing meets requirements of the club

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FITNESS TRAINING—SMALL EQUIPMENT (E.G., STRETCH BANDS, PHYSIO BALLS, JUMP ROPES, AGILITY LADDERS, MEDICINE BALLS)

Fitness training is a collective term for a variety of forms of exercise. A fitness program includes sessions normally comprising exercises to improve all elements of fitness (flexibility, muscle strength, and cardiovascular fitness) and is often associated with weight-loss regimes.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in fitness training with specific reference to certain exercises which might constitute part of the program

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FITNESS TRAINING—SMALL EQUIPMENT (E.G., STRETCH BANDS, PHYSIO BALLS, JUMP ROPES, AGILITY LADDERS, MEDICINE BALLS)

Facility

Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked regularly (steps, mats, dumbbells, etc.)
Instructions are given regarding the proper maintenance/storage of equipment
First aid kit and phone are available

Clothing/Footwear

Jewelry is removed or secured when safety is a concern
Appropriate footwear and clothing is worn

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FOOTBALL—FLAG

Flag football is similar to tackle football, but the play is ended by removing a flag worn on the player's waist rather than by tackling the opponent. The game is played by two teams on a rectangular field 60 (or 80) yards long. Teams try to get possession of the ball and advance it across the opponent's goal line in a series of running or passing plays.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Football Canada coach or a coach capable of demonstrating the competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in flag football

Safety rules are learned prior to participation

Rules and etiquette of the game (e.g., no blocking) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FOOTBALL—FLAG

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision; constant visual supervision** is required during initial instructional stages of contact skills

Individual trained in first aid must be present for all sessions

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session

Field is free of hazards/debris and the surface provides adequate footing

Activity area is clearly marked with adequate out-of-bounds areas clear of obstacles

Goal posts are properly padded if they are on the field of play

Safety rules/regulations are posted

Indoor practice facilities have a clearly marked emergency exit

Clothing/Footwear

All players must be wearing mouth guards when blocking is involved

Protective equipment (e.g., knee braces) is certified to meet minimal CSA standards and the regulations of the league

Suitable and properly maintained footwear that satisfies football regulations must be worn

All jewelry must be removed

Clothing for practices and games are suitable for the weather conditions

Clothing must conform to the rules and regulations of the club and the league

Equipment

Equipment to be used is suitable and in good condition

Instructions are given regarding the proper maintenance of football equipment

Equipment (e.g., ball) are appropriate for the age, size, and development of the students

First aid kit and phone are available

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FOOTBALL—TACKLE

Tackle football is a sport played by two teams on a rectangular field 110 yards long (100 yards in U.S. football). Teams try to gain possession of the ball and advance it across the opponent's goal line in a series of running or passing plays. The ball carrier is thrown to the ground (tackled) to end a play.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

- Instruction is received from coaches are trained/certified according to National Coaching Certification Program/Football Canada Coach requirements
- All sessions are conducted in a safe environment, with students aware of potential risks involved in tackle football
- Safety rules and procedures are learned prior to participation
- Skills/movements are learned in proper progression
- During instruction players are matched by size and ability
- Students have received adequate training and can demonstrate competency of skill before participating in full contact situations
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

- Recommended level of supervision: **constant visual supervision** during initial instructional stages of contact skills and **on-site supervision** the rest of the time
- Coach controls contact drills
- Individual trained in first aid must be present for all sessions
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FOOTBALL—TACKLE

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session
Field is free of hazards/debris and the surface provides adequate footing
Activity area is clearly marked with adequate out-of-bounds areas clear of obstacles
Goal posts are properly padded
Proper lighting is provided
Safety rules/regulations are posted
Indoor practice facilities have a clearly marked emergency exit

Equipment

Equipment to be used is suitable and in good condition
Equipment (personal: e.g., helmet; and team: e.g., blocking sled) are checked before every session
Instructions are given regarding the proper maintenance of football equipment
First aid kit, spinal board, and phone are available

Clothing/Footwear

All protective equipment (e.g., helmets) is certified to meet minimal CSA standards
All players must be wearing mouth guards
Personal equipment is fitted correctly and worn correctly by all students
Suitable and properly maintained footwear that satisfies football regulations must be worn
All jewelry must be removed
Clothing for practices and games are suitable for the weather conditions
Clothing must conform to the rules and regulations of the club and the league

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registering for an accident insurance plan is encouraged
Players suffering injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the Physical Education/Health Education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GEOCACHING

Geocaching is an outdoor treasure-hunting game, or internet scavenger hunt in which the participants use a global positioning system (GPS) receiver or other navigational techniques to hide and seek containers (called "geocaches" or "caches") anywhere in the world.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction in the operation of GPS is received from someone experienced in using the system as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Students receive instruction regarding the rules and methods of play, attainable from several geocaching websites or someone with experience

Instruction is received on how to dress to enter the area where the "cache" is located

Instruction is received in "low-impact" hiking or camping, when applicable, as the "caches" are pursued

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision** during initial instruction

Students are encouraged to work in pairs when searching for sites

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GEOCACHING

Facility

Local weather conditions, forecast, humidity, and windchill are checked prior to session
Due to the nature of geocaching the caches may be located anywhere. Geocachers are encouraged to use safe sites that will not be destroyed by seekers.

Equipment

GPS device is checked regularly

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Appropriate clothing is worn, layered for cold weather and permitting unrestricted movement
Suitable clothing and protection is used for the weather, sun, and location (e.g., in forest) of the cache

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registering for an accident insurance plan is encouraged
Students suffering injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the Physical Education/Health Education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GOAL BALL

Goal ball is a competitive game for people with visual impairments. The game is played by two teams of three players each. Players are blindfolded to ensure that all players have no vision. Players track the ball on the court (similar to volleyball) but rely on their sense of hearing and touch to do so (the ball makes a continuous noise when in play). The object is to roll the ball past the defending team, who attempt to block the ball before it enters the goal.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified by the Canadian Blind Sports Association or a trained teacher knowledgeable about the game of goal ball as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in goal ball

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GOAL BALL

Facility

- Activity area is smooth and free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (ball, blindfolds, and goals) are checked before every session
- Goal ball uses a standard goal ball that meets International Blind Sport Association (IBSA) specification. It weighs 1.25kg and is 76cm in diameter. The most important aspect of this ball is that it is audible when in motion. Players depend on the sound of the ball to determine where it is during the game.
- Another essential piece of equipment is the blindfold (Each player [whether totally blind or visually impaired] must be blindfolded during the game to ensure vision is equal.)
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Elbow and knee pads are worn to protect against bruises and floor burns
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts or sweatpants are best), permitting unrestricted movement.
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GOLF

Golf is a precision sport in which individual players or teams strike a ball with a club into a hole with as few strikes as possible.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a coach certified by the Royal Canadian Golf Association, or an experienced golfer capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in golf

Instruction is received on the rules, proper golf etiquette, and safety (including procedures for bad weather) prior to participation

Procedures are established for hitting and retrieving balls in group practice sessions (e.g., practicing chipping)

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction followed by **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GOLF

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session
Adequate space is available for each individual (more than enough for full backswing and full follow through)
Hitting and waiting areas are clearly marked
Mats and whiffle balls are used for indoor practice (e.g., school gym)

Equipment

Equipment to be used is suitable and in good condition
Equipment (e.g., grips) are occasionally checked by a qualified person
Club length is the correct size for the participant
Appropriate golf balls are used for practice situations (e.g., use whiffle balls in a school gym)
Instructions are given regarding the proper maintenance of golf equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing/footwear meets requirements of club or competition
Suitable protection is used against sun, heat, cold, rain, and insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GYMNASTICS (GENERAL, TUMBLING, AND ARTISTIC)

Gymnastics is a sport that involves the performance of sequences of physical movements, requiring physical strength, flexibility, and kinesthetic awareness; the different events involved are general gymnastics, women's artistic gymnastics, men's artistic gymnastics, rhythmic gymnastics, and aerobic gymnastics.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Gymnastics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in gymnastics

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Difficulty of skill is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GYMNASTICS (GENERAL, TUMBLING, AND ARTISTIC)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during inversions, vault work, and initial instruction of difficult moves; **on-site supervision** is required the rest of the time
Spotters are in place as is appropriate
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

Facility

Activity area is free of hazards/debris
Floor provides good footing
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Equipment (beams, bars, etc.) is checked by a qualified person before every session
Instructions are given regarding the proper maintenance of gymnastics equipment
Instruction is given on how to set up/take down portable equipment
Good working sound system is available
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn; gymnastics shoes or bare feet may be acceptable
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GYMNASTICS — RHYTHMIC

Rhythmic Gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation. Competitors manipulate ropes, hoops, balls, clubs, and ribbons.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Gymnastics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in gymnastics

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Difficulty of skill is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GYMNASTICS—RHYTHMIC

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site visual supervision** during initial instruction followed by **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility

Activity area is free of hazards/debris

Floor provides good footing

Activity area is clearly marked with adequate out-of-bounds areas

Proper lighting and ventilation, when applicable, are provided

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Equipment (balls, ribbons, ropes, etc.) are occasionally checked by a qualified person

Instructions are given regarding the proper maintenance of small hand apparatus

Good working sound system is available

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn; gymnastics shoes or bare feet may be acceptable

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HANDBALL (1 WALL OR 4 WALL)

Handball is a court game involving two or four players who strike a rubber ball against a wall with their hand.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/coach or an experienced handball player who is capable of demonstrating the competency expected from a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in handball

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HANDBALL (1 WALL OR 4 WALL)

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (gloves, goggles, and shoes) is checked before every session
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Appropriate type and fit of glove is worn

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HIKING

Hiking is a form of walking, usually on trails in areas of relatively unspoiled wilderness, in order to explore nature and enjoy the surroundings.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Leader is an experienced hiker, familiar with the trails the group will be hiking as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Student is aware of potential risks involved in hiking

Safe hiking techniques, including buddy system, are learned in proper progression prior to outing

Camping skills are learned when applicable

Behavioral expectations, boundaries for activity, and assembly procedures are reviewed with students when applicable

Drinking water is available and consumed as needed

Activity sessions are appropriate for the abilities of the students (If the trip will be strenuous, participants are in good physical condition before setting out.)

Outing is planned in detail with contingency plans for inclement weather

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HIKING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision; constant visual supervision** may be required for a specific hazard

Process for the accounting of the students must be in place

Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)

Each individual has a whistle or other signaling device if off site

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and evacuation

Detailed plans for contingency and inclement weather are recorded in writing

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

Clothing/Footwear

Properly fitted shoes/boots are worn (no open-toed shoes)

Appropriate clothing is worn providing unrestricted movement while protecting the body

Clothing is worn in layers with extra clothing carried as appropriate

Suitable clothing and protection is used against weather, sun (e.g., hat), insects (e.g., long-sleeved shirts and long pants against wood ticks do buddy checks), animals (e.g., bear repellent if going into bear country) and plants (e.g., poison ivy)

Jewelry is removed/secured when safety is a concern

Facility/Environment

Local weather conditions/forecasts and fire restrictions are checked before the outing

Designated trails are used or permission is obtained from appropriate authorities to access the trail

Location of local emergency services have been identified

Detailed maps are provided of area where students are hiking

Washroom facilities are accessible

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked by qualified person prior to departure/usage

Backpack is properly fitted and adjusted; contents are verified for weight and distribution

Instructions are given regarding the proper use/maintenance of equipment

Each individual has a whistle or other signaling device

First aid kit and phone are available (An alternative emergency communication system can also be used. GPS [Global Positioning System] is now affordable. Walkie-talkies are a good way to keep the leader and the tail of the group in contact.)

Portable media players are discouraged/restricted as they cause distractions

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HIKING

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY—ICE

Hockey is a sport played on ice where two teams composed of six players each attempt to score by skating and projecting a hard rubber disk (puck) into the opposing goal.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Hockey Canada coach (ice hockey) or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If playing in an organized program, a specific level of certification may be required by a coach)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in hockey

Rules of hockey and safety rules are learned prior to participation

Skills/movements are learned in proper progression

Number of on ice sessions (per week) should be consistent with recommendations of local hockey program

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instructional stages of contact skills and **on-site supervision** the rest of the time

Person trained in first aid is available

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY—ICE

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Ice area is free of hazards (ruts) and debris
- All doors to ice area are properly closed
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted (e.g., no horseplay in change rooms)
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Sticks are regularly checked for cracks, splinters, and breaks
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- CSA-approved and properly fitted helmet with face mask must be worn
- Mouth guards must be worn
- Appropriate and properly fitted protective equipment is worn at all times
- Skates are properly fitted, sharpened, and satisfy league regulations
- Jewelry is removed
- Eyewear is secured or removed
- All uniforms must be acceptable to team and league guidelines

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY—ROLLER/INLINE

Roller/inline hockey is a form of hockey played on a dry surface where players use skates with wheels and attempt to score by projecting a ball with a stick into the opposing goal.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Hockey Canada coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If playing in an organized program, coaches may require a specific level of certification.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in roller/inline hockey

Rules of the game and safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instructional stages of contact skills and **on-site supervision** the rest of the time

Person trained in first aid is in the area

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY—ROLLER/INLINE

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Playing area is free of hazards (ruts) and debris
All doors to playing area are properly closed
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are posted (e.g., no horseplay in change rooms)
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Sticks are regularly checked for cracks, splinters, and breaks
Instructions are given regarding the proper maintenance/storage of equipment
First aid kit and phone are available

Clothing/Footwear

CSA-approved and properly fitted helmet with face mask must be worn
Mouth guards must be worn
Properly fitted equipment is worn at all times
Properly fitted inline skates are worn and satisfy league regulations
Jewelry is removed
Eyewear is secured or removed
All uniforms must be acceptable to team and league guidelines

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY-TYPE GAMES (BALL HOCKEY, FLOOR HOCKEY, ROAD HOCKEY, FLOORBALL, GYM RINGETTE, AND SHINNY)

There are many versions of the game of hockey, some modified by rules of an organization and some modified by the needs or the group of participants. These games involve a low level of organization and structure.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor who is capable of organizing a game and demonstrating the competencies of an experienced coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in hockey-type games

Safety rules are learned prior to participation

Activity sessions are appropriate for the abilities of the students

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and **on-site supervision** when minimal competency is demonstrated

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY-TYPE GAMES (BALL HOCKEY, FLOOR HOCKEY, ROAD HOCKEY, FLOORBALL, GYM RINGETTE, AND SHINNY)

Facility/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked
Floor surface provides good traction

Equipment

Equipment to be used is suitable and in good condition
Nets are in good repair
Sticks are in good repair, and free from cracks and sharp edges
First aid kit and phone are available

Clothing/Footwear

Goalies must wear masks; protective goalie equipment is encouraged
Mouth guards and eye protection are worn
Players wear gloves
Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Eyewear is removed or secured
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HORSEBACK RIDING (WESTERN AND ENGLISH SADDLE)

The term “equestrian” refers to the skill of riding or driving horses for working purposes (ranching), as well as recreation, or competition.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained through Manitoba Horse Council (Equine Canada Hippique Program), the Certified Horsemanship Association, or another appropriate program or is capable of demonstrating competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of horseback riding

Safety rules and riding etiquette are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to longer rides or more difficult tasks

Difficulty of ride is appropriate for student’s development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

On trail rides, the lead rider must be a capable horseperson who can read the terrain and make decisions

Initial instruction is received in a ring

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HORSEBACK RIDING (WESTERN AND ENGLISH SADDLE)

<p>Supervision</p> <p>Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</p> <p>Recommended level of supervision: on-site supervision during instruction and otherwise providing in-the-area supervision</p> <p>Adequate space is maintained between horses</p> <p>On group trail rides one supervisor takes the lead while a second is the sweep</p> <p>Safety rules and procedures are enforced</p> <p>Emergency action plan is in place to deal with accidents/injuries</p>	<p>Facility/Environment</p> <p>Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session</p> <p>Activity area is free of hazards/debris</p> <p>Activity area is clearly marked</p> <p>Proper lighting and ventilation, when applicable, are provided</p> <p>Safety rules/regulations are posted</p> <p>Instructions for use of facility are posted</p> <p>Emergency exit of indoor facility is clearly marked</p> <p>Trails are selected to match abilities of students and horses</p> <p>Riding along or across roads is avoided</p>
<p>Equipment</p> <p>Equipment to be used is suitable and in good condition</p> <p>Tack is adjusted properly</p> <p>Horse is suitable for size and ability of rider</p> <p>Portable media players (such as an MP3 player) are not permitted</p> <p>First aid kit and phone are available</p>	<p>Clothing/Footwear</p> <p>Appropriate and properly fitted helmet is worn</p> <p>Appropriate clothing (long pants) and footwear (closed toe and 1" heel) are worn</p> <p>Clothing is worn in layers</p> <p>Suitable protection from weather, sun, and insects is used</p>
<p>Other Considerations</p> <p>The student has completed a regular medical checkup and a medical history prior to starting the program</p> <p>The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</p> <p>Registration in an accident insurance plan is encouraged</p> <p>Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional</p> <p>The activity is suitable to the student's age, ability, mental condition, and physical condition</p> <p>The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</p> <p>The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher</p>	

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOUSE AND YARDWORK

House and yardwork contribute to healthy active living and fitness, involving endurance, flexibility and strength activities. These activities include gardening, which is the second most popular form of exercise in Canada, attracting 48% of Canadian adults. It is second only to walking. (CFLRI, 2001 Physical Activity Monitor)

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from someone experienced in house and yardwork, capable of demonstrating and instructing basic skills and safe techniques as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in house and yardwork

Safety rules are learned prior to participation

Proper skills/movements (e.g., lifting) are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision** during initial instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

* For further information on garden safety, visit <www.hc-sc.gc.ca/iyh-vsv/life-vie/garden-jardin_e.html>.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOUSE AND YARDWORK

Facility/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
Activity area is free of hazards/debris as applicable
Proper lighting and ventilation, when applicable, are provided
Appropriate protection is used for weather, sun, and insects

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked before every session
Equipment is the correct size/weight for the student
Instructions are given regarding the proper maintenance of equipment
First aid kit and phone are available
Portable music players are avoided as they create distractions

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing provides protection from the weather and insects when outdoors
Insect repellent and sunscreen are used as necessary

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

JOGGING

Jogging is a form of trotting or running at a slow or leisurely pace.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or Manitoba Fitness Council certified instructor, physical education teacher, or an experienced coach capable of demonstrating competencies of a certified coach in preparing fitness running programs as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of jogging
Basic safety is learned prior to participation with reference to various terrains (including road safety and buddy system of running)

Coach monitors weekly training load (distance) increases of athlete

Skills/movements are learned in proper progression

Length and difficulty of course must be appropriate for age and ability level of runner

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision** for group runs

Students are encouraged to train in pairs

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

JOGGING

Facility/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
Route is relatively free of debris and obstructions
Running surface is relatively level and provides suitable footing
Traffic is avoided as permitted
Routes that put runners at personal risk are avoided

Equipment

Equipment to be used is suitable and in good condition
Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness to any potential dangers in his/her surroundings
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Suitable clothing and protection is used for weather, sun, and insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
All injuries should be referred to appropriate medical personnel for treatment and rehabilitation
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

JUDO

Judo is a Japanese combative sport where two opponents attempt to unbalance each other by applying various throwing and grappling techniques.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified Judo instructor (Sensi) approved by Judo Canada and certified by the National Coaching Certification Program or an instructor capable of demonstrating the competencies required for certification

Instructor/coach follows the Judo Canada Code of Conduct

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in judo

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

JUDO

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Jewelry is removed
- White or blue cotton uniforms (Judogi) are worn for competition
- Appropriate clothing permitting unrestricted movement is worn
- Clothing must meet the requirements of the club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KARATE

Karate is a Japanese combative form of martial arts, which is known primarily as a striking art, featuring punching, kicking, knee/elbow strikes, and open-handed techniques. However, grappling, joint manipulations, locks, restraints/traps, throws, and vital point striking also appear in karate.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified karate instructor (a minimal belt standing and training is required before one can instruct), approved by the National Karate Association of Canada, or similar national organization, in conjunction with the National Coaching Certification Program

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in karate

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KARATE

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Jewelry is removed
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KICKBALL (SOCCER BASEBALL)

Kickball (or soccer baseball) is played like baseball except a soccer ball is used and kicking replaces batting.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, instructing, and demonstrating the skills and rules required to play kickball as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in kickball

Safety rules/regulations are learned prior to participation

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KICKBALL (SOCCER BASEBALL)

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Playing surface is level and free of hazards, holes, or debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Appropriate ball (10 16" inflatable) is used and inflated to the correct pressure
Bases are used as per softball
Ball and bases are in good repair prior to starting game
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KICKBOXING

Kickboxing is a martial art developed in Japan where opponents are allowed to hit each other with fists and feet.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified kickboxing instructor as approved by the Kickboxing Canada

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in kickboxing

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KICKBOXING

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Wearing a helmet is strongly recommended
- Appropriate footwear is worn
- Jewelry is removed
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LACROSSE — BOX / FIELD

Lacrosse is a sport where two teams attempt to score by projecting a ball into the opposing goal using a stick with a webbed pouch. Three forms of lacrosse are played: field lacrosse, which is played on a soccer-size field; box lacrosse, which is played within a hockey rink; and soft lacrosse which is a modified introductory version that can be played inside a gym or outside on a field.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Lacrosse Association Coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in lacrosse

Rules of lacrosse and safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LACROSSE—BOX/FIELD

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:
constant visual supervision during initial instructional stages of contact skills and **on-site supervision** the rest of the time
Individual with first aid training is present during entire practice or game
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Playing surface (box/field) provides suitable footing
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Sticks are regularly checked for cracks, splinters, and breaks
First aid kit and phone are available

Clothing/Footwear

CSA-approved and properly fitted helmet with face mask must be worn
Mouth guards must be worn
Properly fitted equipment (gloves, shoulder pads, etc.) are worn at all times and must conform to lacrosse regulations
Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement.
Clothing must meet requirements of club or competition
Protection from elements and insects is suitable when playing outdoors

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LACROSSE—SOFT

Lacrosse is a sport where two teams attempt to score by projecting a ball into the opposing goal using a stick with a webbed pouch. Three forms of lacrosse are played: field lacrosse, which is played on a soccer-size field; box lacrosse, which is played within a hockey rink; and soft lacrosse which is a modified introductory version that can be played inside a gym or outside on a field.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, teaching, and demonstrating soft lacrosse skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in lacrosse

Rules of lacrosse and safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Individual with first aid training is present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LACROSSE—SOFT

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Playing surface provides suitable footing
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Sticks are regularly checked for cracks, splinters, and breaks
First aid kit and phone are available

Clothing/Footwear

Goalkeeper must wear helmet with face mask
Mouth guards are recommended
Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition
Protection from elements and insects is suitable when playing outdoors

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LAWN BOWLING

Lawn bowling is a precision sport where players try to roll slightly asymmetrical balls (bowls) closer to a smaller white ball ("jack," "kitty," or "sweetie") than their opponent.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a coach with training/certification from Bowls Canada Boulingrin and the National Coaching Certification Program, or is an experienced player/coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in lawn bowling

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LAWN BOWLING

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are posted
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked
Outdoor facilities are properly marked and fenced

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked before every session
Instructions are given regarding the proper maintenance of lawn bowling equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LAWN MOWING

Lawn mowing while using a push mower contributes to healthy active living and fitness, contributing to endurance and strength. Push mowers may be non-motorized or gas/electric powered.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for lawnmowing with a push mower.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an individual experienced in lawn mowing and capable of demonstrating and providing instruction for safe lawn mowing as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in lawn mowing

Safety rules and procedures* are learned prior to participation:

- Read, understand, and follow all of the manufacturer's instructions before using any power tool
- Keep children out of the mowing area and never allow them to operate a lawn mower
- Remove all rocks, sticks, toys, and tools from the lawn before mowing
- Never mow or use electrical equipment in wet conditions
- If the blades of a power lawn mower become clogged, turn off the machine before clearing it (Use a stick or other tool to remove the clogged debris in case the blades complete a rotation after clearing.)
- Always wear proper equipment when using power tools, including leather shoes or work boots, ear protection, gloves, and safety glasses
- Mow across the face of slopes, not up and down
- Before plugging in any power equipment, make sure the power switch is "off"

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Difficulty of task is appropriate based on student's capabilities

* For further information on garden safety and power tools, visit <www.hc-sc.gc.ca/iyh-vsv/life-vie/garden-jardin_e.html>.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LAWN MOWING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session

Activity area is free of hazards/debris and traffic, especially young children

Slope does not exceed 15 degrees

Conditions are dry when using electrical equipment

Equipment

Mower to be used is suitable and in good condition

Mower is checked before every session

Equipment is the appropriate size/weight for the student

Instructions are given regarding the proper use, maintenance, and storage of equipment, including correct technique for starting mower, refueling, and clearing blade area

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn; leather shoes/boots are recommended

Laces are tied and open-toed shoes are avoided

Gloves, ear, and eye protection are recommended

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing provides protection from the weather and insects

Insect repellent and sunscreen are used as necessary

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LOW-ORGANIZED GAMES (LEAD-UP ACTIVITIES)

Low-organized games are simple or lead-up games/activities that require minimal time to get started. Risk may vary according to skills and equipment required as well as the physical interaction between participants and with the environment.

Risk Factor Rating

1-4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an individual capable of organizing, teaching, and demonstrating low-organized game skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in the low-organized game

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: when risk level is 1 (low risk), **little or no supervision** may be required (e.g., playing catch with a ball or frisbee); as the risk rises (e.g., risk of 4 for Dodging Games), **on-site supervision** may be required

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LOW-ORGANIZED GAMES (LEAD-UP ACTIVITIES)

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are provided or posted
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Equipment should be checked before every session
Instructions are given regarding the proper maintenance of equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate and properly fitted footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

MARTIAL ARTS

Martial arts are systems of codified practices and traditions of training for combat. They may be studied for various reasons, including to acquire skills for combat, fitness, self-defense, sport, self-cultivation/meditation, mental discipline, character development, and to build self-confidence, as well as any combination of the above.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received by a trained and certified instructor or from an instructor capable of demonstrating the competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill. (The martial arts form that is selected may require a certain belt level in order to provide instruction. This belt level varies based on the level of competition/recreation.)

All sessions are conducted in a safe environment, with students aware of potential risks involved in the chosen martial arts form

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

MARTIAL ARTS

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility

Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are provided or posted
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked by a qualified person before every session
Instructions are given regarding the proper maintenance of equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn; clean bare feet are usually required
Protective equipment is worn as required
Jewelry is removed
Appropriate clothing is worn, permitting unrestricted movement
Clothing must meet the requirements of the club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ORIENTEERING

Orienteering is a running sport that involves navigation with a map and compass, using markers to guide the participant.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Orienteering Federation coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in orienteering

Basic safety with reference to various terrains (including road safety) is received prior to participation

Skills/movements are learned in proper progression

Coaches monitor weekly training load (distance and increases) of participants

Students are competent with a compass before entering competition

Length and difficulty of course must be appropriate for ability level of the athletes

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and lost runners

Pre- and post-run/race check-in system is in place

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ORIENTEERING

Facility/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
Control stations are clearly marked
Runners must be briefed on the course prior to run
Marshals are stationed at accessible points throughout course

Equipment

Equipment to be used is suitable and in good condition
Most recent edition of area maps are used
Compasses are in good repair
All participants carry a whistle
Portable media players (such as an MP3 player) are not permitted while running
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement; extra clothing is available for pre- and post-run/race
Suitable clothing and protection is used for weather, sun, insects, and vegetation
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

PADDLEBALL

Paddleball is a racquet sport similar to racquetball played in a walled court where two or four players hit a ball against the wall with a solid paddle.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained coach or an experienced paddleball player who is capable of demonstrating the competency expected from a National Coaching Certification Program coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in paddleball

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

PADDLEBALL

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (racquets with wrist straps, goggles) are checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of paddleball equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn at all times
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

QIGONG

Qigong is derived from traditional Chinese medicine. It involves the coordination of different breathing patterns with various physical postures and motions of the body. It is taught primarily for health maintenance, but it is also a therapeutic intervention. Aspects of qigong are often included in Chinese martial arts teachings, and are particularly common in advanced *Neijia*, or internal martial arts, where the participant is focused on the full mobilization and proper coordination and direction of the energies of the body as they are applied to facilitate all physical actions.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained in qigong as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in qigong

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

QIGONG

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility

Activity area is free of hazards/debris

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are provided or posted

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing must meet requirements of club

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student should have completed a Registration/Informed Consent Form prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RACQUETBALL

Racquetball is a racquet sport combining the rules of squash and handball; it is played in a four-walled court where two or four players hit a hollow rubber ball against the wall with a short-handled racquet.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/coach or an experienced racquetball player who is capable of demonstrating the competency expected from a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in racquetball

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RACQUETBALL

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (racquets with wrist straps, goggles) are checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of racquetball equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn at all times
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RINGETTE

Ringette is a sport played on ice where two teams composed of six players each attempt to score by skating and projecting a rubber ring into the opposing goal.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Ringette Canada coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If playing in an organized ringette league, coaches could be required to be certified at a minimum level.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in ringette

Rules of ringette and safety rules/procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Someone with first aid knowledge is present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RINGETTE

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Ice surface is free of hazards (e.g., ruts, cracks) debris
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- All doors to ice area are closed
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- All sticks comply with Ringette Canada guidelines
- Sticks checked regularly for cracks
- Only appropriate rings are used
- First aid kit and phone are available

Clothing/Footwear

- CSA-approved helmet and face mask worn at all times
- Mouth guard is worn
- Properly fitted skates are worn
- Appropriate and properly fitted protective equipment is worn as per Ringette Canada guidelines
- Goalies must wear face masks and protective equipment as per Ringette Canada guidelines
- Appropriate clothing is worn for cold weather conditions (outdoors)
- Jewelry is removed or secured when safety is a concern
- Eyewear is secured or removed

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RUGBY—FLAG

Flag rugby is a non-contact coed version of the full game. The objective of the game is to get the ball across the other team's goal line and touch the ball to the ground by running or passing the ball. A distinct characteristic of rugby is that you may only pass sideways or back.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Rugby Canada Certified Community coach, or an experienced player capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (Most leagues will require that the coaches have completed the Community Rugby [Flag] Coaching program including Safe Rugby training.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in rugby

Rugby safety rules/procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Individual trained in first aid is present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RUGBY—FLAG

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Rugby balls are inflated to correct pressure
Adequate number of flags (2 per player) and belts are provided for all students
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry must be removed
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition
Mouth guards are worn
Suitable protection is used against heat, cold, sun, or insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RUGBY—TACKLE

Rugby is a contact sport played by two teams of 7, 10, or 15 players per team on a field about the size of a soccer pitch. The objective of the game is to get the ball across the other team's goal line and touch the ball to the ground by running or passing the ball. A distinct characteristic of rugby is that you may only pass sideways or back.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Rugby Canada coach, or an experienced player capable of demonstrating competencies of a certified coach (Most leagues will require that the coach[s] have completed the Introduction to Competition Coaching program including Safe Rugby training)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in rugby

Rugby safety rules/procedures are learned prior to participation

Skills/movements are learned in proper progression

All students must demonstrate competency of skill/fitness prior to playing a game (Early game development is via modified versions of the game.)

Players are matched by size and experience for instruction regarding/involving contact

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RUGBY—TACKLE

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instructional stages of contact skills and **on-site supervision** the rest of the time
Coach controls all aspects of the drills involving contact
Individual trained in first aid must be present
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Field is level and free of hazards (e.g., gopher holes) or debris
Activity area is clearly marked with adequate out-of-bounds areas
Instructions for use of facility are posted
Proper lighting is provided
Indoor practice facilities have a clearly marked emergency exit

Equipment

Equipment to be used is suitable and in good condition
Goalpost padding must be in place
Rugby ball is properly inflated
First aid kit, spinal board and phone are available

Clothing/Footwear

Appropriate footwear is worn; boots must be as per International Rugby Board (IRB) specifications
Laces are tied and open-toed shoes are avoided
Jewelry must be removed
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet club or IRB requirements
Mouth guards are mandatory
Suitable protection is used against heat, cold, sun, or insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SAILING/YACHTING

Sailing involves controlling the motion of a sailing vessel. By adjusting the rigging and rudder, a sailor manages the force of the wind on the sails in order to change the direction and speed of a boat.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Yachting Association coach or an experienced sailor who is capable of demonstrating the competency expected from a National Coaching Certification Program coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in the sport of sailing/yachting

Safety rules are learned prior to participation

Emergency rescue strategies are learned and practiced

Sailors must know the rules that govern the waters of the province they are sailing in (i.e., speed, rules of the road, required safety equipment and protecting the marine environment); a government-approved boating safety course is completed by all sailors, providing them with the mandatory Pleasure Craft Operator Card (PCOC) needed to operate a pleasure craft

Skills are learned in proper progression, beginning with classroom sessions

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SAILING/YACHTING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and **in-the-area supervision** until participant has demonstrated safe practice and proper techniques
Supervisor is familiar with the waters in which the group is sailing, including hazardous rocks and strong currents

Designated person has NLS Lifeguard certification or current first aid qualifications

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and includes knowing what to do in a person-overboard emergency

Supervisor has list of students on water

Supervisor has a float plan; someone knows where sailors are going and their expected date/time of return (When back ashore, contact person is informed of return.)

Supervisor is on the water in a motor-powered rescue boat

Facility/Course/Environment

Local weather conditions, forecast, and temperature are checked prior to session

Course is free of hazards or has clearly marked hazards on map and course

Emergency rescue boat is available

Map of route is available with route clearly marked; sailors are briefed prior to setting sail

Clothing/Footwear

Appropriate footwear is worn

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement and protection from the weather as well as providing visibility

Suitable protection from the weather is carried (e.g., hat, jacket, sunglasses, sunscreen)

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked regularly by qualified staff and sailors

A paddle must be carried on board (in case of breakdown or loss of wind)

Navigation tools are available, including a wristwatch and compass, as well as some regular tools including a knife, screwdriver, pliers, duct tape, line

Bailer is carried in the boat

Lifejacket (personal flotation device or PFD) is worn; the law requires one PFD for each person on board; lifejackets are Transport Canada-approved and properly fitted

Fire extinguisher and flares are carried in the boat

Whistle, horn, or some effective means of making noise is available; whistle is secured to lifejacket

Boat is equipped with lights for nighttime or unintentionally getting caught on the water after dark

First aid kit and phone are available

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SAILING/YACHTING

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SCUBA DIVING

Scuba diving is swimming underwater while using self-contained breathing equipment and fins.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced scuba diver certified by one of the following:

- Scuba and Snorkeling: Association of Canadian Underwater Councils
- The National Association of Underwater Instructors
- The Professional Association of Diving Instructors

Instructor is familiar with the water group is diving in

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in scuba diving

Safe diving rules are learned prior to participation, including "buddy diving" and emergency procedures

Skills/movements are learned in proper progression

Sessions begin with an easy warm-up and end with a cool-down

Drinking water is available and consumed as needed

In-class theory sessions are held prior to water sessions

Initial lessons are held in a pool or a sheltered harbour

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SCUBA DIVING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

One of the supervisors or instructors is a qualified lifeguard

Supervisor is familiar with the water in which the group is diving

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Supervisor has list of students in water

Emergency meeting place is designated

Facility/Environment

Local weather conditions/forecast are checked prior to outdoor session

Activity area is free of hazards/debris

Activity area is clearly marked

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Snorkel is in good repair

Certified scuba tanks must be used and all equipment must be checked before each use by a qualified person

Jewelry is removed or secured when safety is a concern

First aid kit and phone are available

Emergency equipment is readily available

Clothing/Footwear

Proper swimwear or wetsuit is worn

Properly fitted mask and fins are worn

Change of clothing for post-swim is available

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SEPAK TAKRAW

Sepak takraw is a Southeast Asian sport that is similar to volleyball, except that it uses a rattan ball and only allows players to use their feet and head to touch the ball. It is also played on a badminton doubles-sized court.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, teaching, and demonstrating sepak takraw skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in sepak takraw

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Individual with first aid training is present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SEPAK TAKRAW

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Rattan balls are inspected prior to each use and replaced if damaged
Nets and poles are checked prior to use and stored safely when not in use
Instructions are given regarding setting up and taking down of equipment
First aid kit and phone available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement.
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATEBOARDING

Skateboarding is an activity involving riding on or performing tricks with a skateboard, which is a small platform with four wheels.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced skateboarder who is capable of demonstrating the competency expected from a certified National Coaching Certification Program coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in skateboarding (permanent impairment or even death may be suffered with a fall off the skateboard and striking the head without a helmet; most brain injuries happen when the head hits the pavement)

Safety rules are learned prior to participation; instruction includes road safety if skateboarding on roads and near traffic

Skateboarding skills/movements are learned in proper progression, including learning how to fall

Drinking water available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and **in-the-area supervision** until participant has demonstrated safe practice and proper etiquette

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATEBOARDING

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Proper lighting is provided if skateboarding at night/indoors
Safety rules/regulations are posted
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Boards are selected that are appropriate for the type of riding to be done and the size of the rider
Equipment is checked before every session
Instructions are given regarding the proper maintenance of skateboarding equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate protective equipment is worn at all times (Helmets and specially designed padding are recommended, but may not fully protect skateboarders from fractures; however, wearing protective equipment can reduce the number and severity of cuts and scrapes. Wrist braces and special skateboarding gloves also can help absorb the impact of a fall.)
Appropriate footwear is worn, such as slip-resistant shoes
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING — FIGURE

Figure skating is an ice skating sporting event where individuals, mixed couples, or groups perform spins, jumps, and other "moves" on the ice, often to music.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified instructor by National Coaching Certification Program and Skate Canada coach, or experienced coach capable of demonstrating minimum required competencies for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in figure skating

Safety rules and skating etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during instruction and when practicing potentially dangerous skills; otherwise **on-site supervision** is provided

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—FIGURE

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Skating surface is level and free of debris/cracks
Activity area is safe distance from traffic
Area around activity area is free of debris/hazards
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Skates are checked and sharpened on a regular basis
First aid kit and phone are available

Clothing/Footwear

Approved (CSA) helmet is worn as appropriate (novice/practicing new skills)
Skates are properly fitted
Jewelry is removed or secured when safety is a concern (as per regulations of program)
Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of fall
Suitable protection from the weather is worn (e.g., hat, jacket, mitts, or gloves) for outdoor sessions

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—ICE

Ice skating is a recreational or competitive activity using special boots with blades to travel on ice.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified coach, or experienced skater/coach capable of demonstrating minimum required competencies for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in ice skating

Safety rules and skating etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **on-site supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—ICE

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Skating surface is level and free of debris/cracks
Activity area is safe distance from traffic
Area around activity area is free of debris/hazards
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Skates are checked and sharpened on a regular basis
First aid kit and phone are available

Clothing/Footwear

CSA-approved helmet is worn
Skates are properly fitted
Jewelry is removed or secured when safety is a concern (as per regulations of program)
Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of fall
Suitable protection from the weather is worn (e.g., hat, jacket, mitts, or gloves) for outdoor sessions

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—INLINE/ROLLER (INDOOR OR OUTDOOR)

Inline skating is a contemporary form of roller skating. It is a recreational or competitive activity that involves traveling on smooth terrain on roller skates that are equipped with wheels placed in a line.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified coach, or experienced skater/coach capable of demonstrating minimum required competencies for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in inline or roller skating

Safety rules and skating etiquette, including road safety for skating outdoors, are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and **in-the-area supervision** when basic skills are being acquired

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—INLINE/ROLLER (INDOOR OR OUTDOOR)

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Skating surface is level and free of hazards, debris, and water/moisture
Area surrounding skating surface is free of potential hazards
Skating area (outdoors) is situated a safe distance from traffic
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Skates must be checked regularly by coaches and players; damaged wheels must be repaired or replaced
Appropriate wrist, elbow, and knee pads are worn
First aid kit and phone are available

Clothing/Footwear

Approved helmet is worn
Properly fitted skates are worn
Jewelry is removed or secured when safety is a concern (as per regulations of program)
Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of fall
Suitable protection from the weather is used (e.g., hat, jacket, sunscreen, and insect repellent)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—ALPINE (DOWNHILL)

Alpine skiing (or downhill skiing) involves sliding down snow-covered hills with skis attached to the feet.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Alpine Canada Coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in alpine skiing

Alpine skiing safety rules and etiquette (including control at all times on the hills) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students are screened and grouped according to abilities

Difficulty of course/hill is appropriate for student's development/capabilities

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—ALPINE (DOWNHILL)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** for instruction and **in-the-area supervision** when skiing
Designated person trained in first aid is present
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Tow ropes and lifts have posted instructions and clearly marked loading and unloading site
Activity area is free of hazards/debris
Ski runs are clearly marked and degree of difficulty is indicated
Alpine skiing safety rules/regulations are posted
Instructions for use of facility are posted

Equipment

Equipment to be used is suitable and in good condition
All equipment is checked prior to each use; damaged equipment is repaired or replaced
Skis and poles are appropriate size
Bindings are in good repair
Boots and bindings are compatible
Portable media players (such as an MP3 player) must not be worn while downhill skiing as they reduce the skier's awareness to his/her surroundings
First aid kit and phone are available

Clothing/Footwear

Approved helmet is worn
Ski boots are properly fitted
Clothing is worn in layers
Toques and mitts/gloves are worn
Eyewear is secured
Properly fitted goggles are recommended
No long scarves are permitted
Jewelry is removed or secured when safety is a concern

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—CROSS COUNTRY

Cross-country skiing, traditionally a form of transportation on snow, is usually practiced on prepared trails or hills and involves three main styles: classic, skating, and telemarking.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained/certified through a National Coaching Certification Program, Canadian Association of Nordic Ski Instructors (CANSI), Cross Country Canada, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in cross-country skiing

Safe skiing practice (including recognition and treatment of frostbite and hypothermia and the buddy ski system) and trail etiquette have been learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coach ensures that all students demonstrate competency of skill/fitness prior to longer ski races/training sessions

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—CROSS COUNTRY

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**; a specific hazard may require constant visual supervision

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and lost students

Pre- and post-ski check-in system is in place

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Activity area is clearly marked and free of hazards/debris

Higher risk areas are clearly marked

Safety rules/regulations are posted

Ski trails are clearly marked and a detailed map displaying the ski trails is available

Trails are a safe distance from vehicular traffic

Equipment

Equipment to be used is suitable and in good condition

Equipment (skis, poles, boots, bindings, etc.) is checked by a qualified person before every session

Equipment is appropriate size for the student

Instructions are given regarding the proper maintenance of cross-country ski equipment

Appropriate wax is used for conditions

Portable media players (such as an MP3 player) are avoided while skiing as they reduce the skier's awareness to his/her surroundings

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn with laces tied

Clothing is worn in layers

Toques and gloves are worn

Appropriate clothing is worn, permitting unrestricted movement and protection for weather and sun

Clothing must meet requirements of club or competition

Jewelry is removed or secured when safety is a concern

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—WATER

Water skiing involves being pulled by a boat with skis attached to the feet.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Water Ski and Wakeboard Canada Coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in water skiing

Safety rules and procedures, including communication signals with supervisor in boat, are learned prior to participation

Emergency rescue strategies are learned and practiced

Skiers are familiar with the rules that govern the waters of the province they are skiing in (i.e., speed, rules of the road, required safety equipment and protecting the marine environment)

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Weather/water conditions are appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—WATER

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:

constant visual supervision

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Activity area is free of hazards/debris and traffic is avoided

Equipment

Equipment to be used is suitable and in good condition

Skis are appropriate size and type

Bindings are properly fitted and in good repair

Appropriate and proper fitted lifejacket/Personal Flotation Device (PFD) is worn

Tow rope is in good condition and properly tethered

All equipment is checked prior to each use; damaged equipment is repaired or replaced

First aid kit and phone are available

Clothing/Footwear

Proper swimwear or wetsuit is worn

Change of clothing for post-ski is available

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNORKELING

Snorkeling involves swimming just below the surface of the water while wearing a diving mask, a J-shaped tube called a snorkel, and (usually) swim fins.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced diver certified by Scuba and Snorkeling: Association of Canadian Underwater Councils, The National Association of Underwater Instructors, The Professional Association of Diving Instructors, or an individual capable of demonstrating the competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in snorkeling

Safe diving rules are learned prior to participation, including 'buddy diving' and emergency procedures

Skills/movements are learned in proper progression

Sessions begin with an easy warm-up and end with a cool-down

Drinking water is available and consumed as needed

In-class theory sessions are held prior to water sessions

Initial lessons are held in a pool or a sheltered harbour

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNORKELING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

- Recommended level of supervision: **on-site supervision**
- One of the supervisors or instructors is a qualified lifeguard
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
- Supervisor has list of students in water
- Emergency meeting place is designated

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Snorkel is in good repair
- Jewelry is removed or secured when safety is a concern
- First aid kit and phone are available
- Emergency equipment is readily available

Clothing/Footwear

- Proper swimwear or wetsuit is worn
- Properly fitted mask and fins are worn
- Change of clothing for post-swim is available

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNOWBOARDING

Snowboarding involves sliding down a snow-covered slope on a snowboard that is attached to the feet by a boot/binding interface. It is similar to skiing, but inspired by surfing and skateboarding.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Snowboarding Federation coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of snowboarding

Snowboarding safety rules and etiquette are learned prior to participation

Skills/movements are learned in proper progression

Students are screened and grouped according to abilities

Difficulty of hill is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNOWBOARDING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** for instruction and beginning snowboarders; **in-the-area supervision** for experienced snowboarders

Safety rules and procedures are enforced

Designated person trained in first aid is present

Emergency action plan is in place to deal with accidents/injuries

Snowboarding area is patrolled by Ski Patrol

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Activity area is free of hazards/debris

Ski runs are clearly marked and degree of difficulty is indicated

Instructions for use of facility are posted

Tow ropes and lifts have posted instructions and loading and unloading site is clearly marked

Equipment

Equipment to be used is suitable and in good condition

All equipment is checked prior to each use; damaged equipment is repaired or replaced
Approved snowboard is used with properly attached bindings

First aid kit and phone are available

Portable media players (such as an MP3 player) must not be used while snowboarding as they reduce the snowboarder's awareness to his/her surroundings

Clothing/Footwear

Approved helmet is worn

Snowboarding boots are properly fitted

Clothing is worn in layers

Toques and mitts/gloves are worn

Eyewear is secured

Properly fitted goggles are recommended

No long scarves are permitted

Jewelry is removed or secured when safety is a concern

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNOWSHOEING

Snowshoeing is a recreational activity that involves walking on snow with web-shaped footwear.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced snowshoer capable of organizing, teaching, and demonstrating snowshoeing skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in snowshoeing

Safe snowshoeing practice (including recognition and treatment of frostbite and hypothermia and the buddy system) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer snowshoe treks or races

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNOWSHOEING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and **in-the-area supervision** during snowshoeing sessions

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Pre- and post-check-in system is in place

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Activity area is clearly marked and free of hazards/debris

Higher-risk areas are clearly marked

Safety rules/regulations are posted

Snowshoeing trails are clearly marked and a detailed map displaying the trails is available

Trails are a safe distance from vehicular traffic

Equipment

Equipment to be used is suitable and in good condition

Equipment (snowshoes and bindings) is checked by a qualified person before every session

Equipment is appropriate size for the student
Instructions are given regarding the proper maintenance of snowshoes

First aid kit and phone are available

Portable media players (such as an MP3 player) are avoided while snowshoeing as they reduce the snowshoer's awareness to his/her surroundings

Clothing/Footwear

Appropriate footwear is worn with laces tied

Clothing is worn in layers

Toques and gloves are worn

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Precautions are taken against cold and sun

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SOCCER

Soccer is played on a field (or in a gym) by two teams trying to drive a ball into the opponent's net predominantly by using their feet.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Soccer Association coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If participating in an organized soccer league there may be a certification requirement for the coach.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in soccer

Safety rules (including appropriate behaviours related to moveable goals and heading of the ball) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Individual responsible for first aid is present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SOCCER

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Playing surface is level and free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Goals are securely in place
Balls are correct size and properly inflated
Corner flags meet Canadian Soccer Association requirements
Students ensure they have a water bottle at all sessions
Soft pylons are used to mark practice areas
First aid kit and phone are available

Clothing/Footwear

Players should consider wearing mouth guard
Protective orthopedic apparatus must be soft and padded, in compliance with Canadian Soccer Association regulations
Footwear meets the requirements of the Canadian Soccer Association
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition
Suitable protection is used against heat, cold, sun, or insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SOFTBALL (SLO-PITCH, MODIFIED, OR FAST PITCH)

Softball is a team sport descended from baseball that is played with a larger and softer ball by two teams of nine players on a field with four bases, which mark the course the batters must take to score runs. The three forms of softball are: fast pitch, modified pitch (orthodox), and slo-pitch.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Softball Canada coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If participating in a league, there may be a coaching certification requirement.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in softball

Softball safety rules (e.g., safe base running) and etiquette (e.g., dropping the bat after hitting the ball) are learned prior to participation

Skills/movements are learned in proper progression, especially higher-risk activities such as sliding

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SOFTBALL (SLO-PITCH, MODIFIED, OR FAST PITCH)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced (e.g., non-participants are in a safe area and an adequate distance from the batter)

Designated person is present with basic first aid training

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

The facility is checked prior to use for hazards

Bases are secured

Diamond is groomed and level, free of holes, rocks, or other obstacles

Backstop is free of holes or broken wires and is checked prior to each game or practice

Entrance gates to diamond must stay closed at all times

Dugout is screened to protect players and coaches

If the field is deemed to be unsafe, a game/practice must be rescheduled to a new field or new date, and a report must be submitted to the appropriate authorities

When training indoors the site is suitable for the activity being practiced (e.g., a school gymnasium may be suitable for a pitching practice but not for batting practice)

Instructions for use of facility are posted

Equipment

Equipment to be used is suitable and in good condition

Equipment (bats, helmets) are checked by a qualified person before every session

Bats are the appropriate size (length and weight) for each participant

Safety bases are used

Helmets (CSA-approved) are used in accordance with Softball Canada directives

Catchers wear approved protective equipment as per Softball Canada directives

Equipment not being used as part of the game must be kept out of the playing area

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn (t-shirt and shorts), permitting unrestricted movement

Clothing must meet requirements of club or competition

Suitable protection from the sun and insects is used

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SOFTBALL (SLO-PITCH, MODIFIED, OR FAST PITCH)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SPEED SKATING

Speed skating is an Olympic sport where competitors are timed while skating a set distance. There are several forms of speed skating: long track, short track, inline, and quad speed skating.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Speed Skating Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in speed skating

Safety rules and skating etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer training sessions and distances

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Instructor controls starting line

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SPEED SKATING

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Skating area is free of hazards/debris and cracks in the ice surface
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting is provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Skates are checked and sharpened on a regular basis
First aid kit and phone are available
Indoor skating sessions (on hockey rinks) have safety pads in place

Clothing/Footwear

Properly fitted skates are worn
Approved helmet is worn
Clothing is worn in layers with appropriate protection from the weather (e.g., hat, jacket, mitts, or gloves)
Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of falling
Jewelry is removed or secured when safety is a concern

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SQUASH

Squash is a racquet sport played in a four-walled court where two or four players hit a small, hollow rubber ball against the wall with a standard-sized racquet.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/coach or an experienced squash player who is capable of demonstrating the competency expected from a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in squash

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SQUASH

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (racquets, goggles) are checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of squash equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn at all times
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (OPEN WATER)

Swimming is the movement through water without artificial assistance, and can be recreational or competitive. Open-water swimming involves both recreational and competitive swimming in outdoor waters not restricted to a swimming pool, such as a lake or the ocean.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced swimmer with the following qualifications:

1. NLS Lifeguard Certificate OR Bronze Cross
2. Current First Aid Qualifications:
 - a) St. John Emergency First Aid Certificate, OR
 - b) Canadian Red Cross Emergency First Aid, OR
 - c) Lifesaving Society Canadian Swim Patrol Program, Star Patrol, OR
 - d) Canadian Ski Patrol First Aid Certificate

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in swimming

Swimming safety rules and emergency procedures are learned as part of the instructional program

Skills/movements are learned in proper progression

All screening and testing is initially done in shallow water

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (OPEN WATER)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Minimum of one instructor/supervisor/participant has:

1. NLS Lifeguard Certificate, OR
2. Current First Aid Qualifications:
 - a) St. John Emergency First Aid Certificate, OR
 - b) Canadian Red Cross Emergency First Aid, OR
 - c) Canadian Ski Patrol First Aid Certificate.

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Process for the accounting of the students must be in place

Buddy system is in place

Each instructor/supervisor has a whistle or other signaling device

Supervisor is in a motorized support boat, if possible, within easy reach of the swimmer

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Swimming area must be free of hazards/debris and unsuspecting currents

Swimming area is clearly marked

Safety rules/regulations are posted

Electrical equipment is properly grounded and away from water

Equipment

Equipment to be used is suitable and in good condition

Standard water safety equipment is available (e.g., ring buoys, reaching poles, spinal boards, etc.)

First aid kit and phone are available

Clothing/Footwear

Suitable swimwear is worn

Device for preventing hair from obstructing vision is worn (e.g., elastic band or swim cap)

Jewelry is removed or secured if safety is a concern

Eyewear is removed or secured

Goggles are recommended for open-water swimming

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (OPEN WATER)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (POOL)

Swimming is the movement through water without artificial assistance, and can be recreational or competitive.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced swimmer with the following qualifications:

1. NLS Lifeguard Certificate OR Bronze Cross
2. Current First Aid Qualifications:
 - a) St. John Emergency First Aid Certificate, OR
 - b) Canadian Red Cross Emergency First Aid, OR
 - c) Lifesaving Society Canadian Swim Patrol Program, Star Patrol, OR
 - d) Canadian Ski Patrol First Aid Certificate

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in swimming

Safety rules and procedures are enforced

Swimming safety rules and emergency procedures are learned as part of instruction program

Skills/movements are learned in proper progression

All screening and testing is initially done in the shallow end of the pool

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (POOL)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Minimum of one instructor/supervisor/participant has:

1. NLS Lifeguard Certificate, OR
2. Current First Aid Qualifications:
 - a) St. John Emergency First Aid Certificate, OR
 - b) Canadian Red Cross Emergency First Aid, OR
 - c) RLSS Aquatic Emergency Care Certificate, OR
 - d) Canadian Ski Patrol First Aid Certificate

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Process for the accounting of the students must be in place

Buddy system is in place

Each instructor/supervisor has a whistle or other signaling device

Safety rules are posted and enforced, including:

- No running or pushing on deck
- No gum chewing
- No food in pool area
- Diving area rules
- No diving in shallow end
- No shoes on deck

Change rooms are regularly monitored

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Swimming area must be free of hazards/debris

Swimming area is clearly marked

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations and instructions for use of facility are posted

Electrical equipment is properly grounded and away from water

Emergency exits are clearly marked and must be identified

Equipment

Equipment to be used is suitable and in good condition

Standard water safety equipment is available (e.g., ring buoys, reaching poles, spinal boards, etc.)

First aid kit and phone must be readily accessible

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (POOL)

Clothing/Footwear

Suitable swimwear is worn

Device for preventing hair from obstructing vision is worn (e.g., elastic band or swim cap)

Jewelry is removed or secured if safety is a concern

Eyewear is removed or secured

Goggles are recommended for continuous swimming

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TABLE TENNIS

Table tennis, also known as ping pong, is a sport in which two or four players hit a lightweight ball back and forth to each other with bats (also sometimes called racquets or paddles). The game takes place on a table divided by a net.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Table Tennis Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in table tennis

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

On-site supervision is required for setting up and putting away tables

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TABLE TENNIS

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Tables and paddles are checked prior to use; damaged equipment is repaired or replaced
- Routine is established for setting up, dismantling, and storing equipment and tables
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAE BO

Tae bo is an aerobic exercise routine developed by taekwondo practitioner Billy Blanks in 1989. It combines music with elements from his taekwondo and boxing training to form an intense workout regimen.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council, a certified Tae Bo instructor or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of tae bo and aerobic activities with specific reference to certain exercises which might constitute part of the program

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAE BO

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment used is regularly checked by a qualified person
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (e.g., aerobics wear) providing unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student should have completed a Registration/Informed Consent Form prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education teacher course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAEKWONDO

Taekwondo is a martial art and combat sport originating in Korea. It emphasizes kicks thrown from a mobile stance, using the leg's greater reach and power to disable the opponent from a distance.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified taekwondo instructor (a minimum belt standing and training is required before one can instruct), approved by Taekwondo Canada or an instructor capable of demonstrating the competencies required for certification

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in taekwondo

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAEKWONDO

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn as required
- Jewelry is removed
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAI CHI

Tai chi (or tai chi chuan) is a “soft” Chinese martial art that often involves slow, relaxed movements, but may also have secondary, faster movements. Training may also consist of partner exercises known as “pushing hands,” and martial applications of the postures of the form.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained in tai chi, possibly by the Taoist Tai Chi Society of Canada

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in tai chi as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAI CHI

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TCHOUKBALL

Tchoukball is an indoor team sport that involves passing a ball between teammates and attempting to throw and bounce the ball off a “frame” resembling an upright trampoline.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, teaching, and demonstrating tchoukball skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in tchoukball

Safety rules and etiquette of the game of tchoukball are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TCHOUKBALL

Facility

- Activity area is free of hazards/debris
- Floor provides adequate traction
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- All equipment is checked before starting a session; damaged equipment is repaired or replaced as required
- Balls are properly inflated
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TEAM HANDBALL

Team handball (also known as handball, field handball, European handball, or Olympic handball) is a team sport where two teams of seven players each (six players and a goalkeeper) pass and bounce a ball trying to throw it in the goal of the opposing team.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is provided by a certified National Coaching Certification Program/Handball Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (League may require certified coaches.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in team handball

Safety rules (including never hang on goals) and game etiquette are learned prior to participation
Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

Individual responsible for first aid is present for the entire session

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TEAM HANDBALL

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Goals are properly anchored; damaged goals are repaired or replaced
- Balls are properly inflated
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Eyewear is removed or secured
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TENNIS

Tennis is a racquet sport played between two or four players. A stringed racquet is used to strike a hollow, felt-covered rubber ball over a net into the opponent's court.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Tennis Canada Coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in tennis

Safety rules and game etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Bad weather plan is in place if using outdoor courts

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TENNIS

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Nets are in good repair
- Appropriate size racquet is used
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TOBOGGANING, SLEDDING, TUBING

Tobogganing, sledding, and tubing are very popular Canadian winter activities that have been enjoyed by generations of Canadians; all you need is a hill and something to “ride” down the hill.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, teaching, and demonstrating skills and activities associated with tobogganing, sledding and/or tubing as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in tobogganing/sledding/tubing

Safety rules and practice (e.g., taking time to avoid collisions and never going down a hill headfirst; facing forward and steering) are learned prior to participation

Skills/movements are learned in proper progression

Difficulty of course/hill is appropriate for student’s development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**; the supervisor is positioned at the top of the hill to ensure slope is safe for descent

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TOBOGGANING, SLEDDING, TUBING

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Sledding path is free of obstacles and the hill doesn't end near a street, parking lot, pond, or other danger
Adequate layer of snow is present
If sledding in the evening, area is well-lit
Activity area is clearly marked
Safety rules/regulations are posted

Equipment

Equipment to be used is suitable and in good condition
Sled can be steered (safer than flat sheets, toboggans, or snow discs)
Equipment is checked for damage before each use; damaged equipment is repaired or replaced
First aid kit and phone are available

Clothing/Footwear

Clothing is worn in layers and is appropriate for weather conditions
Appropriate footwear is worn
Toques and mitts/gloves are worn
Scarves are avoided or well-secured
Jewelry is removed or secured when safety is a concern
Eyewear is secured or removed as is appropriate

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
If the student is participating in an organized program they should have completed a Registration/Informed Consent Form prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TRIATHLON

Triathlon is an athletic event that includes swimming, cycling, and running over various distances.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Triathlon Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach in preparing programs for triathlon events as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in triathlon programs (indoors and outdoors)

Basic safety during training and racing sessions (including road and water safety) is learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coaches monitors weekly training load (distance and increases) of athlete

Length of event must be appropriate for the fitness level of the student

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TRIATHLON

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** is required by a qualified swim instructor/lifeguard during all swimming activities; otherwise **in-the-area supervision**
As some training sessions will be conducted by the student on their own, students are encouraged to train in pairs

Process for the accounting of the students must be in place

Individual responsible for providing first aid is present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Safety check has been performed prior to run
Route is free of debris and obstructions
Running surface is level and provides suitable footing
Traffic is avoided as permitted
Routes that put runners/riders at personal risk are avoided
Route is clearly marked
Swimming area must be free of hazards/debris and unsuspecting currents
Swimming area is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Standard water safety equipment is available (e.g., ring buoys, reaching poles, spinal boards, etc.)
Bikes are checked prior to each ride
Portable media players (such as an MP3 player) are avoided for training as they reduce athlete's awareness of surroundings, and not permitted for competition
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Approved helmet is worn during the cycling portion
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Suitable swimwear is worn, including device for preventing hair from obstructing vision (e.g., elastic band or swim cap) during swim portion
Suitable clothing and protection is used for weather, sun, or insects
Clothing must meet requirements of club or competition

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TRIATHLON

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

All injuries should be referred to appropriate medical personnel for treatment and rehabilitation

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ULTIMATE

Ultimate (also commonly called ultimate frisbee) is a non-contact, competitive team sport played by two teams of seven players using a 175-gram flying disc on a field similar to a football/soccer field, but about half the width. The object of the game is to score points by passing the disc to a player in the opposing end zone.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a National Coaching Certification Program trained/certified coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in ultimate

Safety rules and game etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

Individual responsible for first aid is present for the entire session

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ULTIMATE

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Activity area is free of hazards/debris and level; providing good footing
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Discs are checked for damage prior to each use
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Eyewear is removed or secured
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition
Suitable protection is used against heat, cold, sun, or insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

VOLLEYBALL

Volleyball is a team sport in which two teams of six active players, separated by a high net, each try to score points against one another by grounding a ball on the other team's court.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a National Coaching Certification Program trained/certified Volleyball coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in volleyball

Safety rules (e.g., do not climb standards) and etiquette of the game are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Supervisor monitors the setting up and taking down of the net (i.e., on-site supervision) and checks net prior to start of activity

Safety rules and procedures are enforced

Individual responsible for first aid is present

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

VOLLEYBALL

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Surface provides good footing
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Volleyball standards, antennae, and nets are checked for damage prior to each use
- Students are instructed on how to set up and take down the net
- Balls are inflated to proper pressure and are free of deformities
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Knee pads are worn as required
- Jewelry removed safety is a concern
- Eyewear is removed or secured
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition
- For outdoor sessions suitable protection is used against heat, cold, sun, or insects

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WALKING

Walking is the most popular form of exercise and contributes to cardio-respiratory fitness.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced walker capable of organizing a walking program as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in walking (indoors and outdoors)

Basic safety during training (including road safety) is learned prior to participation

Skills/movements are learned in proper progression

Instructor monitors weekly training load (distance) of students; this can best be done through a training log/journal

Length of walks must be appropriate for the age and fitness level of the student

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision** or **no supervision**

As some training sessions will be conducted by the students on their own, they are encouraged to walk in pairs

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WALKING

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Route is relatively free of debris and obstructions
Walking surface is level and provides suitable footing
Traffic is avoided as permitted
Routes that put walkers at personal risk are avoided

Equipment

Equipment to be used is suitable and in good condition
Portable media players (such as an MP3 player) are discouraged as they may cause distractions from traffic and other hazards
Treadmills used for walking indoors are regularly inspected by qualified personnel
First aid kit and phone are available

Clothing/Footwear

Appropriate walking shoes are worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing provides protection from weather, sun, or insects as required

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
All injuries should be referred to appropriate medical personnel for treatment and rehabilitation
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WATER POLO

Water polo is a team water sport combining swimming and handball. It involves two teams of seven (six field players and one goalkeeper) who try to score by throwing an inflated rubber ball into the opponent's net.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Water Polo Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in water polo

Safety rules regarding the game of water polo and emergency procedures, as well as proper conduct on the deck, are learned prior to participation

Students are assessed for swimming ability of prior to start of program

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Supervisor with lifeguard qualifications is present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WATER POLO

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Deck of pool is free of obstacles
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Goals are checked prior to each use to ensure they are securely anchored
- Balls are properly inflated
- Emergency rescue equipment is readily available
- First aid kit and phone are available

Clothing/Footwear

- Appropriate bathing suit is worn

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WEIGHTLIFTING

Weightlifting is a sport in which competitors attempt to lift heavy weights mounted on barbells.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Weightlifting Federation coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in weightlifting

Proper lifting techniques, safety precautions (e.g., check that plates are secure before lifting) and routines (e.g., putting weights away when finished) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students must demonstrate competency of skill/fitness prior to lifting in competition

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and **in-the-area supervision** during training sessions

Supervisor ensures adequately trained spotters are present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WEIGHTLIFTING

Facility

- Activity area is free of hazards/debris and the floor must offer sufficient traction
- Activity area is clearly marked
- Non-lifters have a designated area
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked
- Facility is locked when not supervised

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked prior to use; damaged equipment is repaired or replaced
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education teacher course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WEIGHT TRAINING (STRENGTH/RESISTANCE)

Weight training, sometimes referred to as weight lifting or strength/resistance training, is a group of exercises usually involving weights, or some other form of resistance, designed to improving an individual's strength.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in weight training

Safe weight/strength training (including spotting techniques) techniques and procedures are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to progression; training sessions are monitored and adjusted to meet needs

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WEIGHT TRAINING (STRENGTH/RESISTANCE)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and **in-the-area supervision** during training sessions

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Weight-training area is locked when not supervised

Facility

Activity area is free of hazards/debris

Adequate space is provided between stations

Floor provides adequate traction

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are posted

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked regularly

Instructions are given regarding the proper maintenance/storage of equipment

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement

Clothing must meet requirement of the club

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WINDSURFING/SAILBOARDING

Windsurfing/sailboarding is a surface water sport using a windsurf board, also commonly called a sailboard, usually two to five metres long and powered by a single sail.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is provided by a certified National Coaching Certification Program/Canadian Yachting Association coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of windsurfing/sailboarding

Safe sailing rules/skills including emergency procedures and self rescue skills (e.g., hand paddle) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Instruction starts with a classroom session ensuring students have the necessary knowledge base before going on the water

Swimming skills are assessed prior to going on the water

Weather/water conditions are appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WINDSURFING/SAILBOARDING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:
constant visual supervision during instruction and **on-site supervision** once basic competencies are demonstrated
Supervisor with lifeguard rating is present
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries
Instructor/supervisor has list of all students and instructors on the water
Rescue boat and vehicle is available for supervisor

Equipment

Equipment to be used is suitable and in good condition
Sailboards are checked for damage prior to each use; damaged boards must be repaired or replaced
One (1) properly fitted lifejacket (Personal Flotation Device or PFD) with a whistle attached is used by each student and instructor
Board is capable of being de-rigged while it is afloat
Boarder is tethered to board
First aid kit and phone are readily accessible

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Water is checked for hazardous rocks and strong currents prior to session
Activity area is free of hazards/debris
Activity area is clearly marked and no areas have visual obstructions
Safety rules/regulations are posted
Instructions for use of facility are posted
Water is above 15 degrees Celsius

Clothing/Footwear

Shoes with a non-slip sole are worn
Suitable swimwear is worn
Water bottle, sunscreen, and hat are used
Jewelry is removed or secured when safety is a concern
Eyewear is removed or secured
Wetsuits are considered given the season (spring or fall) and the expected repeated dippings

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WRESTLING (FREESTYLE OR GRECO-ROMAN)

Wrestling is the act of physical engagement between two unarmed persons, in which each wrestler strives to control or to get an advantage over his opponent.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Wrestling Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in wrestling

Safety techniques and rules are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to competition

Difficulty of drill is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Instructor matches students by size and abilities

Students are checked for infections

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WRESTLING (FREESTYLE OR GRECO-ROMAN)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:

constant visual supervision

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Individual responsible for first aid is present for the duration of the session

Facility

Activity area is free of hazards/debris and must provide good traction

Activity area is clearly marked with adequate out-of-bounds areas

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are posted

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Mats are cleaned and checked for damage prior to use

Mats are securely attached together

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry must be removed

Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement

Ear guards are worn as required

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

YOGA

Yoga is a group of ancient spiritual practices from India, often thought of as disciplines of asceticism and meditation. Outside India, where there is a strong emphasis on individualism, yoga has become primarily associated with the health benefits of the practice of asanas (postures) of Hatha Yoga.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified yoga instructor or a yoga practitioner capable of demonstrating the competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in yoga

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

YOGA

Facility

Activity area is free of hazards/debris
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Mats are cleaned regularly
Instructions are given regarding the proper maintenance/storage of equipment
First aid kit and phone are available

Clothing/Footwear

Classes are conducted in bare feet, unless otherwise instructed
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing must meet requirement of the club

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher



OUT-OF-CLASS SAFETY HANDBOOK

Appendix F

Glossary of Terms

GLOSSARY OF TERMS

The following definitions of key terms in this document are provided to ensure clarity and understanding.

IN

IN refers to IN-class instructional time that is teacher-directed and based on learning outcomes from the curriculum. This class time is timetabled as part of the instructional day and students are required to attend.

OUT

OUT refers to OUT-of-class time that is student-directed and based on learning outcomes from the curriculum that promote participation in physical activity. The OUT-of-class delivery option will require teacher/parent/guardian sign-off. The OUT-of-class time may include physical activities that occur

- in school with teacher supervision (e.g., intramurals, interschool sports, fitness workouts) but not during instructional class time
- outside of the school or off school property, and without direct supervision by a certified teacher or other person employed by or under contract with a school division

Teacher-directed

Teacher-directed refers to the scheduled instructional time organized and taught by a certified teacher.

Student-directed

Student-directed refers to the time when the student takes responsibility for achieving the learning outcomes through a Physical Activity Practicum approved by the parent/guardian and teacher. Time spent engaging in physical activity as part of employment for remuneration does not qualify.

Risk management

Risk management is the process of identifying inherent or potential risks involved with any activity and then identifying strategies to minimize the risk of injury during participation in that activity.

Physical activity

Physical activity means all forms of large-muscle movement, including sports, dance, games, walking, and exercise for fitness and physical well-being. It may also include physical therapy or mobility training for students with special needs.

Physical Activity Practicum

Physical Activity Practicum is programming that students choose with teacher guidance to address health-related fitness components over a period of time with a primary emphasis on cardiovascular-respiratory endurance. Eligible practicum physical activities, particularly for the student-directed OUT-of-class time, must

- contain a minimum of 55 hours of moderate to vigorous physical activity that contributes to cardio-respiratory endurance (heart, lungs, circulatory system) plus one or more of the health-related fitness components (muscular strength, muscular endurance, and flexibility)
- be safe, ethical, and age/developmentally appropriate
- address risk management measures based on *Safety Guidelines for Physical Activity in Manitoba Schools* and *YouthSafe Manitoba: School Field Trip Guide*, and require special parental permission

Moderate activities

Moderate activities are physical activities that cause breathing and heart rate to increase. People engaging in moderate activities can hear themselves breathe but they can still talk. Examples of moderate activities include brisk walking, bicycling (less than 15 km/hour), skateboarding, shooting baskets, and curling.

Vigorous activities

Vigorous activities are physical activities that cause breathing and heart rate to increase to a higher level whereby it would be difficult to talk. Examples include jogging, swimming, jumping jacks, sports that involve running, tobogganing, shoveling snow, and walking through deep snow.

Pre- and Post-sign-off

Pre- and Post-sign-off refers to the sign-off process required for the student-directed option prior to implementing the Physical Activity Practicum and upon its completion. This process involves teachers, students, parents/guardians, and/or supervising adult(s). The purpose of the Pre-Sign-off Form is to ensure the student/parent/guardian has chosen physical activity that is safe and appropriate to meet the learning outcomes. The purpose of the Post-Sign-off Form is to provide the documentation or evidence that the student met the requirements of the Physical Activity Practicum.

School-based activities

School-based activities that may be selected for the OUT-of-class component of PE/HE are organized by the school/division and include sports teams, intramurals, clubs, field trip, and others.

Non-school-based activities

Non-school-based activities are home-, community- or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home.

Liability

Liability is the legal responsibility for one's actions or for one's failure to act. A person or other entity that fails to meet this responsibility is vulnerable to be sued (i.e., be a defendant) in a lawsuit from a body that feels somehow wronged by this failure to act (i.e., a plaintiff). The plaintiff must prove the legal liability of the defendant in order to receive a court order for the defendant to pay damages or to otherwise remedy the situation (such as by fulfilling the terms of a contract). To prove liability the plaintiff must present evidence that the defendant had a responsibility to act, failed to fulfill that responsibility, and caused damages to the plaintiff as a result of this failure.

Negligence

Negligence is a breach of the legal duty to take care which results in harm or injury, undesired by the person who is negligent, to the person who is harmed or injured.



OUT-OF-CLASS SAFETY
HANDBOOK

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