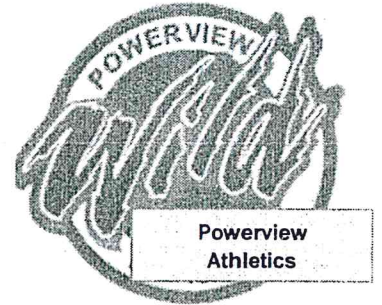


EXAMPLE

# Powerview School



## Parent /Student Declaration:

- I understand that all physical activities my child has chosen for the out-of-class Phys-Ed course have been accepted by the PE/HE teacher
- I understand there is risk of injury involved with all types of physical activity. I have reviewed and discussed the safety involved with the activities my child has chosen
- I am aware that school staff will not inspect the facilities and equipment involved with the non-school based physical activities my child has chosen
- I understand it will be my responsibility to monitor and acknowledge through signing off on his/her weekly activity log

Smith                      John

Student's last name

Student's first name

John Smith

Sept. 4/17

Student's signature

Date

Smith                      Patrick

Parent's last name

Parent's first name

Patrick Smith

Sept. 10/17

Parent's signature

Date

# Example

## RM 4-PA: Personal Physical Activity Plan

Name John Smith Date Sept. 10/17 Class PE 30

Physical Activity		Frequency of Activity	Estimated Time (in Minutes)	Risk Factor Rating (RFR)	Safety Checklists Included
<i>Examples:</i>	Indoor Soccer	3 practices + 1 game per week		2	✓
	Inline Skating	5 days—to and from school		2	✓
	Volleyball	2 practices + 2 games	180 m (3h)	2	✓
	Walking	3 days week	120 m (2h)	1	✓
	Soccer	2 practices + 2 games	220 m (2h 20 m)	2	✓
	Hockey	2 practices + 1 game	210 m (2h 30 m)	4	✓
	Fitness Training	2 days week	120 m (2h)	3	✓
	Badminton	2 practices week	180 m (3h)	2	✓
	Fitness Training	2 day week	180 m (2h)	3	✓
	Jogging	3 days week	90 m (1h 30 m)	1	✓
Student Comments:					
Teacher Comments:					

Fall

Winter

Spring

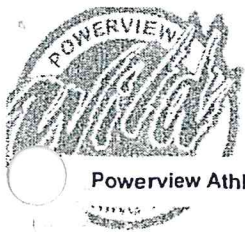
Summer

  
Teacher Signature

Sept. 12/17  
Date

The teacher's signature is an acknowledgement of the following:

- The student has met the criteria for formulating his or her personal physical activity plan.
- The student has demonstrated an understanding of how to manage risk and take appropriate steps to participate safely in physical activity.
- The student is aware of the safety guidelines information and associated responsibilities for discussion with and approval by his or her parent/guardian.



# Example

## Powerview School Physical Activity Log

<u>Day</u>	<u>Physical Activity</u>	<u>Physical Activity Time</u>	<u>Health Related Physical Component</u>
Monday Sept 12	Soccer Practice	60 m (1hr)	cardiovascular Endurance (CUE)
Tuesday 13	Volleyball Practice	90m (1.5hr)	muscular (ME) Endurance
Wednesday 14	Soccer Practice	60 m (1hr)	CUE
Thursday 15	Volleyball Practice	90 m (1.5hr)	ME
Friday 16	Walking	60 m (1hr)	
Saturday 17	Walking	30m (.5hr)	
Sunday 18	Walking	60m (1hr)	
		7.5 h	

I Patrick Smith do hereby certify and acknowledge that my son/daughter has participated in these physical activities and has accurately recorded participation.

Example

## 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



Example

# 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

## 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

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