



# 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.