

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