

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.

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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