

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.

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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