

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WALKING

Walking is the most popular form of exercise and contributes to cardio-respiratory fitness.

Risk Factor Rating

1

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 experienced walker capable of organizing a walking program 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 walking (indoors and outdoors)

Basic safety during training (including road safety) is learned prior to participation

Skills/movements are learned in proper progression

Instructor monitors weekly training load (distance) of students; this can best be done through a training log/journal

Length of walks must be appropriate for the age and fitness level of the student

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** or **no supervision**

As some training sessions will be conducted by the students on their own, they are encouraged to walk in pairs

Emergency action plan is in place to deal with accidents/injuries

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Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Route is relatively free of debris and obstructions
Walking surface is level and provides suitable footing
Traffic is avoided as permitted
Routes that put walkers at personal risk are avoided

Equipment

Equipment to be used is suitable and in good condition
Portable media players (such as an MP3 player) are discouraged as they may cause distractions from traffic and other hazards
Treadmills used for walking indoors are regularly inspected by qualified personnel
First aid kit and phone are available

Clothing/Footwear

Appropriate walking shoes are worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing provides protection from weather, sun, or insects as required

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
All injuries should be referred to appropriate medical personnel for treatment and rehabilitation
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