

Amendments, Additions and Deletions to *Safety Guidelines for Physical Activity in Manitoba Schools*

Update of August 2005

Curricular Section

Outdoor Education

Remove

Pages 49 to 59 and refer to *YouthSafe* Manitoba Outdoor Education resource to set the standard of care for those activities.

Gymnastics/Trampoline – page 41

Supervision – bottom of column –

Amend:

Trampoline can only be taught by a Level II [to a Level I] N.C.C.P.

Trampoline /Gymnastic certified instructor [and the teacher will not teach “Inversions” (Somersaults) to classes]

Interscholastic Section

Wrestling – page 165

Special Rules/Instruction – bottom of column-

Delete:

Line “Only “down” wrestling is permitted”.

Amend:

Middle Years –

- When wrestling an opponent, there must be a maximum time limit of two minutes per round and [one to two rounds] per match [with a 30 second break in between each round].

Add:

Senior Years –

- When wrestling an opponent, there must be a maximum time limit of three minutes per round and two rounds per match with a 30 second break in between each round.

Update as of January 2006

Safety Guidelines Change

Amend:

Senior Years – Wrestling

- pg 165 wrestling - change from “Two 3 minute rounds” to “Three 2 Minute rounds” as in accordance with changes at the national level. The revision should read as:
When wrestling an opponent, there must be a maximum time limit of two minutes per round and three rounds per match with a 30 second break in between each round (i.e. three -2 minute rounds)

Changes to the *Safety Guidelines for Physical Activity in Manitoba Schools* to align with the *YouthSafe Manitoba: School Field Trip Resource**

*** This resource is not available online. However, each school/division has a CD that contains a copy of the *YouthSafe Manitoba: School Field Trip Resource*.**

Remove the following pages the *Safety Guidelines for Physical Activity in Manitoba Schools* and replace with the pages as indicated from the *YouthSafe Manitoba: School Field Trip Resource*. Note that on the online version of the *Safety Guidelines for Physical Activity in Manitoba Schools*, the old information has been deleted and the page reference for the *YouthSafe Manitoba: School Field Trip Resource* has been added.

Remove from Safety Guidelines

pg 13 temp-wind-chill
pg 14 aquatics
pg 15 archery
pg 19 boardsailing
pg 23 cross country running
pg 23 orienteering
pg 24 cross country skiing
pg 24 snow shoeing
pg 26 cycling
pg 44 horseback riding
pg 46 inline skating
pg 48-59 outdoor education
pg 66 SCUBA
pg 67 skating
pg 68 skiing/snowboarding
pg 70 snorkeling
pg 76 tobogganing
pg 83 remove triathlon note to refer to similar activities in *YouthSafe Manitoba: School Field Trip Resource*

refer to

Curriculum Replace with YouthSafe Manitoba School

pg 39 - Trip Leadership section
pg 109 aquatics - Safety First section
pg 101 archery - Safety First section
pg 133 boardsailing - Safety First section
pg 73 cross country running - Safety First section
pg 71 orienteering - Safety First section
pg 150 cross country skiing - Safety First section
pg 154 snow shoeing - Safety First section
pg 75 cycling - Safety First section
pg 103 horseback riding - Safety First section
pg 82 small wheel activities - Safety First section
pg 41 – 159 Safety First Section
pg 137 SCUBA - Safety First Section
pg 146 skating - Safety first section
pg 156 alpine - Safety First section
pg 135 snorkeling - Safety First section
pg 144 tobogganing/sledding - Safety First section

Remove from Safety Guidelines-Intramural

pg 92-93 weather

Replace with YouthSafe Manitoba

pg 39 Trip Leadership

Remove from Safety Guidelines-Interscholastic

Pg 123-124 weather
Pg 126 archery
Pg 136 cross country running
Pg 137 cross country skiing

Replace with YouthSafe Manitoba

pg 39 - Trip Leadership
pg 101 archery - Safety First section
pg 73 cross country running - Safety First section
pg 150 cross country skiing -Safety First section

Remove from Safety Guidelines-Appendix

Pg EA plan
Pg 196 waiver form remove
Error: pg 168 & 199 in appendix are the same

Replace with YouthSafe Manitoba

pg 36-40 Emergency-Safety First section
pg 7-10 Form file Safety First section