

Curricular -- All Grades

TABLE OF CONTENTS

Table of Contents.....	4-5
Background	6
Intent of the Provincial Safety Guidelines in Physical Education.....	6
Impact and Scope of the Document.....	6-10
Safety and Liability.....	11
Environmental Concerns.....	12-13

ACTIVITY	PAGE
Aerobics [see Fitness Activities]	
Aquatics/Synchronized Swimming.....	14
Archery	15
Ball Hockey.....	16
Basketball	17
Bench, Chair & Utility Box Activities.....	18
Boardsailing	19
Bowling.....	20
Broomball	21
Cricket	22
Cross Country Running and Orienteering	23
Cross Country Skiing/Snow-Shoeing/Snow Skating	24
Curling	25
Cycling	26
Dance/Rhythmic Gymnastics	27
Diving	27
Dodgeball	28
Fencing.....	28
Field Hockey	29
Fitness Activities.....	30
Floor Hockey.....	31
Football - Flag/Touch	32

ACTIVITY	PAGE
Golf.....	33
Gym Ringette [see Floor Hockey]	
Gymnastics.....	34, 38, 40
[General procedures; Parallel bars; Rings; Floor; Balance Beam; Ropes; etc]	
Gymnastics - Mat Work, Climber, Climbing Ropes	35, 36, 37
Gymnastics - Beat Board.....	39
Gymnastics - Trampoline.....	41
Gymnastics - Mini Tramp.....	42
Gymnastics - Pyramid Building.....	43
Horseback Riding.....	44
Ice Hockey.....	45
In-line Skating.....	46
Kinball.....	47
Lacrosse [Box/Field].....	47
Inter-Lacrosse [Soft].....	48
Martial Arts.....	48
Outdoor Education - General Procedures	49
Outdoor Education - Backpacking	50
Outdoor Education - Camping [No Canoeing]	51
Outdoor Education - Canoeing	52
Outdoor Education - Canoe Tripping	53 & 54
Outdoor Education - Flat Water Kayaking	55

Outdoor Education on pages 49 to 59 have been removed. Refer to page 41 to 159 in YouthSafe Manitoba: School Field Trip Resource (Safety First section) to set the standard of care for those activities.

Safety Guidelines for Physical Activity in Manitoba Schools

Curricular -- All Grades

ACTIVITY	PAGE	ACTIVITY	PAGE
Outdoor Education - Lake Swimming	56	Soccer [indoor/outdoor]	71
Outdoor Education - Rock Climbing/Rope and Fixed Face Climbs/Rappel Towers	57	Softball/Lob Ball/3 Pitch	72
Outdoor Education - Sailing	58	Synchronized Swimming [see Aquatics]	
Outdoor Education - Winter Camping	59	Table Tennis	73
Parachute	60	Team Handball	74
Racquet Sports	61	Tetherball.....	75
Badminton, Tennis, Pickleball, Paddle Tennis, Racquetball, Paddleball, Handball, Squash		Tobogganing	76
Rhythmic Gymnastics [see Dance]		Track and Field - Discus	77
Ringette [On Ice].....	62	Track and Field - High Jump	78
Rugby.....	63	Track and Field - Hurdles	79
Scoopball.....	64	Track and Field - Javelin	79
Scooter Boards	65	Track and Field - Pole Vault	79
Scuba Diving	66	Track and Field - Shot Put	80
Self Defense [See Martial Arts]		Track and Field - Sprints, 400 m, 800m, 1500m, 3000m Relays.....	81
Skating [Ice].....	67	Track and Field - Triple Jump, Long Jump.....	82
Skiing [Alpine]/Snowboarding	68	Track and Field - Triathlon.....	83
Skipping	69	Ultimate.....	84
Snorkeling	70	Volleyball	85
		Wall Climbing.....	86
		Waterpolo	87
		Weight Training.....	88
		Wrestling.....	88

Safety Guidelines for Physical Activity in Manitoba Schools

Curricular -- All Grades

PHYSICAL EDUCATION SAFETY GUIDELINES [ALL GRADES]

BACKGROUND:

This is the first Provincial Safety Guidelines Document for Physical Education to be offered in Manitoba. The copyright of the Ontario Safety Guidelines document was purchased from OPHEA [The Ontario Physical and Health Education Association], and these guidelines were adapted for use in Manitoba. Numerous Manitoba partner groups have contributed to the development of this valuable document. They include: The Manitoba Physical Education Teachers Association [MPETA]; The Manitoba Physical Education Supervisor's Association [MPESA]; Sport Manitoba [SM]; The Manitoba High Schools Athletic Association [MHSAA]; The Manitoba Association of School Trustees [MAST]; and the Bureau de l'éducation française [Bef] division, Manitoba Education & Training.

INTENT OF THE PROVINCIAL SAFETY GUIDELINES IN PHYSICAL EDUCATION:

The primary responsibility for the care and safety of students rests with the school board and its employees. An important aspect in fulfilling this role is to recognize that there is an element of risk in all physical activity and to take action accordingly. To this end, the safety guidelines writing team, as well as physical educators and sport leaders across Manitoba, have identified and analyzed reasonably foreseeable risks and have developed procedures that help minimize to the greatest extent possible, the risk of a preventable accident or injury. A guideline alone does not eliminate risk regardless of how well it is written or how effectively it is implemented. Safety awareness, by the teacher, based on up-to-date information, common sense observation, action and foresight, is the key to safe programming. The intent of the Provincial Safety Guidelines is to focus teachers' attention on safe instructional practices for each class activity, in order to minimize the inherent element of risk. By implementing safe instructional practices [such as the use of logical teaching progressions and developmentally age-appropriate activities in program preparations, planning and daily teaching], the educator will guard against foreseeable risks. Hopefully, through this implementation process, this document will assist educators in fulfilling their obligation to provide the safest possible environment in which all students, regardless of physical, mental, emotional abilities/challenges or cultural background, can be physically active.

IMPACT AND SCOPE OF THIS DOCUMENT:

The Curricular Instruction section of these guidelines is intended to support the delivery of the prescribed *Kindergarten to Senior 4 Physical Education/Health Education: Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles*. This document delineates minimum guidelines for physical educators and administrators in addressing the physical activity-related components of the Physical Education/Health Education curriculum. Safety guidelines for Intramural and Interscholastic activity can be found in separate sections.

A) GENERIC ISSUES

It should be recognized that there are many common guidelines of safety which apply to all class activities. Some such commonalities are as follows:

- 1) Prior to students participating in any physical activity, teachers need to be aware of their medical background and physical limitations. This includes knowledge of students with heart disorders, asthma, epilepsy, diabetes, severe allergies, etc. Each school needs to develop a process by which medical information is made available to teachers. This information must be supplied by the student's parent, ward, or guardian (see Appendix A).

Safety Guidelines for Physical Activity in Manitoba Schools

Curricular -- All Grades

- 2) A fully stocked First Aid Kit must be readily accessible to the gymnasium. For a sample listing of first aid items, see Appendix B. When activities are offered away from school property, an appropriate portable first aid kit must be readily accessible. An emergency action plan to deal with accidents in physical education must be developed in all schools. For details on an emergency action plan, see Appendix D.
- 3) Prior to teaching the skills of the activity, the teacher must: outline the possible risks of the activity [warnings of possible dangers], demonstrate how to minimize the risks and set procedures and rules for safe play. Signage should be used where necessary. Different weather conditions for outdoor activities must be considered [eg- students may need to apply sunscreen; wear hats; increase their fluid intake; and/or dress appropriately. See pages 12 and 13.]
- 4) Teachers must inform their students of the locations of the fire alarms, the fire exits and alternate routes from the gymnasium.
- 5) Many different situations may arise involving the transportation of students away from the school for activities. It is important that parents are made aware of the mode of transportation and student expectations. The means and frequency of communication required must be established with the school principal. Consideration must also be given to informing parents when students are involved in activities which take them off the immediate school property [e.g. cross country running]. **Refer to individual Board policy for Field Trip procedures related to the need for parent/guardian permission.**
- 6) If students are involved in any activity or sport [e.g., a low organization game] which is not described in this guideline, refer to the guidelines of an activity that it most resembles.
- 7) Approval from the appropriate school board official must be received if a teacher wishes to include activities different from this document or board guidelines and/or modify guidelines listed herein. As part of this process, the teacher must demonstrate that all appropriate precautions will be taken in the interest of student safety. The school administration must approve the proposal and must also obtain school division approval.
- 8) Preventative action must be taken when unsafe conditions are identified! When an injury occurs due to unsafe conditions, corrective actions must take place to help prevent its reoccurrence.
- 9) Many activities address the issue of body contact, stick on body contact and stick on stick contact. In an effort to promote a common understanding of the term, this document views contact as intentional contact with the purpose of gaining an advantage in the specific activity.
- 10) At the beginning of the school year/semester, teachers must instruct students in appropriate changeroom conduct as well as emphasize the need to change quickly and proceed to the gym. Reinforce this guideline as necessary during the school year.

Safety Guidelines for Physical Activity in Manitoba Schools

Curricular -- All Grades

B) SPECIFIC COMPONENTS

Guidelines for each class activity are outlined according to the following critical components:

**Equipment
Clothing/Footwear
Facilities**

**Special Rules/Instruction
Supervision**

All guidelines found in the generic section, activity pages and appendices are mandatory. An activity must not occur without these guidelines being addressed.

EQUIPMENT:

- a) Defective equipment must be removed and/or taken out of use immediately upon detection. When using any equipment that is not described in the document, care must be taken to ensure it is safe for use [e.g., no sharp edges, cracks, or splinters] and that its size, mass and strength are appropriate for the user.
- b) All balls must be properly inflated.
- c) No “home-made” or “purchased second-hand” equipment is to be used without the expressed permission of the school administration [e.g.- personal hockey sticks, floor hockey shafts, plastic containers]. School divisions must develop a policy on the use of home-made equipment. Equipment can be made at school by Board employees, adult volunteers and by students who are under direct supervision.
- d) If the teacher permits the students to use their own equipment [e.g., badminton racquets, skis, inline skates], the teacher must ensure that the equipment is in good working order and suitable for personal use within the program.

CLOTHING AND FOOTWEAR:

- a) Students must wear appropriate clothing for physical education classes. Shorts or sweat pants, T-shirts and appropriate running shoes should be a minimum uniform requirement. Deviations from this minimum are listed on activity sheets. Some ill-fitting clothing, scarves, jewelry, hard-soled shoes and socks-without-shoes can inhibit movement and possibly cause injury during active movement. Where cultural dress presents a safety concern, modifications to the activity must be made.
- b) Jewelry which presents a safety concern must be removed. Jewellery that cannot be removed and which presents a safety concern [e.g., Medical Alert identification, religious/cultural jewelry], must be taped. Long hair must be secured so as not to block vision. Eye glasses may need to be removed or secured.

Parents and students must be made aware of safety precautions with eye glasses including the need for an eyeglass strap and/or shatterproof glass for some activities [see Appendix A - Letter to Parents/Guardians].

Safety Guidelines for Physical Activity in Manitoba Schools

Curricular -- All Grades

FACILITIES:

- a) To provide a safe environment for class activities the teacher must make a pre-activity check of the facilities and equipment to be used. This could be done visually or recorded on a checklist [see Appendix F]. The minimum requirement is a pre-use visual check. Hazards must be identified and removed if they are a factor in the activity. Potentially dangerous and immovable objects [e.g., goal posts, protruding stage] must be brought to the attention of students and administration. All equipment must be checked regularly to ensure it is in good working order. Equipment listed in the document applies only to safety. Students must be encouraged to report equipment or facility problems to the teachers, who must report [in writing] any equipment or facility problems to the school administration.
- b) Facilities and major equipment must be inspected and a signed written report completed on a regular basis [e.g., annually].
- c) Equipment/furniture which is hazardous to the activity must not be stored around the perimeter of the gymnasium. Mats secured to the wall as well as an appropriate number of benches, are exceptions to this statement.
- d) For all indoor activities, walls and stages must not be used for turning points or finish lines. A line or pylon could be designated in advance of the wall. Foreseeable risks must be identified and precautions taken to minimize risks. For safety precautions when using non-gym areas [e.g., concourses, hallways, classrooms, stages, weight rooms, fitness rooms] for gym classes, please see Appendix E.
- e) Playing fields must be free from hazards [e.g., holes, glass, and rocks]. There must be sufficient turf for proper traction and impact absorption [e.g., non-contact rugby]. Minor hazards must be identified and avoided. Severely uneven surfaces must be brought to the attention of the principal and must be repaired before the activity takes place.

SPECIAL RULES/INSTRUCTIONS

- a) Class activity must be appropriate according to the age and ability levels of students and the facility available. Teachers must stay current with respect to safe exercise techniques. All class sessions must include appropriate warm-ups and cool-downs.
- b) Games and activities must be based on skills that have been taught.
- c) Before involving students in strenuous outdoor activity, teachers must take into consideration the temperature of the day, previous training and the length of time the students will be vigorously active.
- d) Modify activities which involve students with disabilities to address safety issues for all participants.

SUPERVISION:

- a) Supervision is the overseeing of an activity for regulation or direction. All facilities, equipment and activities have inherent risks, but the level of risk decreases significantly with effective supervision.
- b) Students must be aware that the use of equipment and the gymnasium are prohibited without the appropriate type of supervision. Deterrents must be in place, e.g.,
 - locked doors;
 - signs on doors indicating that students are not to use the gym unless supervised;
 - staff scheduled and present in an adjoining physical education office, in order to see students entering the gym without authorization.

Safety Guidelines for Physical Activity in Manitoba Schools

Curricular -- All Grades

- c) Any use of a facility for physical education activity must be supervised. This guideline has designated three categories of supervision: 'Constant visual', 'On site', and 'In the area'. The categories are based on the principles of general and specific supervision which takes into consideration the risk level of the activity, the participants' skill level and the participants' maturity.
- d) In the category of supervision, "**constant visual supervision**" means that the teacher is physically present, watching the activity in question. Only one activity requiring "constant visual supervision" may take place while other activities are going on. "**On site**" supervision entails teacher presence but not necessarily constantly viewing one specific activity. "**In the area**" means that the teacher could be in the gymnasium while another activity is taking place nearby to the gymnasium.

Example: During a track and field session, some students are involved in high jump; some are practicing relay- passing on the track; while a third group is distance running around the school. The types of supervision required in this example would include:

- **Constant visual supervision** - High Jump - The teacher is at the high jump area observing the activity because it is the students' initial exposure to this event.
- **On site supervision** - Relay Passing - Students are practicing on the track and can be seen by the teacher who is with the high jumpers.
- **In the area** - Distance Running - Students are running around the school grounds and at times may be out of sight.

Supervision - Points to Consider

- i) Establish routines, rules of acceptable behavior and appropriate duties of students at the beginning of the year and reinforce them throughout the year. Teachers must sanction students for unsafe play or unacceptable behavior and must exercise that responsibility at all times.
- ii) Students must be made aware of the rules of activities or games. Rules must be strictly enforced and modified to suit the age and physical ability of the participants.
- iii) The teacher must be vigilant to prevent one student from pressuring another into trying skills or activities for which he or she is not ready.
- iv) When a student displays hesitation verbally or non verbally, the teacher should discuss the reason(s) for doubt. If the teacher believes that a potential hesitancy during the skill could put the student at a risk, the student must be directed toward a more basic skill.
- v) An assisting senior student must not be the sole supervisor of an activity. [A policy relative to student-teachers is a divisional responsibility.]
- vi) Substitute Teacher Coverage:
 - The teacher must have students participate in activities that are commensurate with his/her experience or qualifications.
 - Include the Safety Guidelines sheet for the activity with the lesson plan.
 - Inform the substitute teacher of the whereabouts of a contact teacher or administrator in case of an emergency.
 - Specify restrictions/modifications for students with health or behavioural problems.

Curricular -- All Grades

Safety and Liability

Safety is of particular concern in planning and implementing physical education. The primary responsibility and legal liability for ensuring safe practices rests with the school division/district and its employees. Schools must develop safe routines and procedures, and teachers need to be knowledgeable about the best safety practices, regardless of whether the teaching, learning and assessment takes place in the classroom, gymnasium, playground or alternative environments.

Teachers responsible for providing a wide variety of challenging movement experiences in physically active settings must anticipate hazards and minimize the risk inherent in physical activity. Expertise in physical activity management is essential. For some specific physical activities/programming, such as aquatics and Cardio-Pulmonary Resuscitation [CPR], it is recommended that certified training be required.

As a general rule, teachers will be held to the standard of care of a careful parent of a large family, considering such factors as the number of students being supervised; the age; maturity; level of skill and knowledge; the behavioural propensities of the students; the nature of the activity; the type of equipment being used; and the location involved. Staff members responsible for a subject area requiring expertise may be held to a higher professional standard of care. For example, a physical education teacher may be presumed to know more about the dangers inherent in artistic gymnastics than would the average parent. Accordingly, he or she may be held to the standard of physical education specialists with training and experience in artistic gymnastics.

Sections 86, 87, and 89 of The Public Schools Act address exemption from liability in areas of physical education, and may provide some degree of exemption from liability and negligence. However, it is important that school divisions/districts be aware that it is their primary responsibility for ensuring safe practices when planning and implementing physical education. In several litigations resulting from students being injured during physical education classes, Canadian courts have demonstrated a clear departure from “the careful and prudent parent” standard of care when assessing teacher negligence, adopting instead a “professional” standard of care.

Trial courts, therefore, have concluded that the standard of care to be exercised in the context of instruction in a physical education class can frequently exceed the “careful parent of a large family” test, since many physical education activities require specialized knowledge, training and experience of the teacher. For example, where students are engaging in artistic gymnastics activities, the teacher and school authorities will be required to act as a careful and prudent person having the specialized expertise demanded of an artistic gymnastics instructor.

The Supreme Court of Canada has established four criteria to determine the necessary and appropriate standard of care within the context of physical education:

1. Is the activity suitable to the mental and physical condition, as well as the age of participating students?
2. Have the students been progressively taught and coached to perform the activity[ies] properly and to avoid the dangers inherent in the activity[ies]?
3. Is the equipment adequate and suitably arranged?
4. Is the activity being supervised properly in light of the inherent danger involved?

Curricular -- All Grades

Environmental Concerns -- SPRING, SUMMER & FALL Conditions

• Lightning Storm

Watch, Listen, Plan: Watch the sky; listen to the forecasts; have a plan in place [especially if a weather watch is in effect].

Look out when: You can count less than 30 seconds between the lightning flash and the thunder. This means the storm is less than 10 km away and there is an 80% chance that the next strike will occur within that area. Take note if the skies darken; if gusty winds develop; and if weather warnings are broadcast.

Take action: Get inside a building; stay away from windows, pipes and electrical outlets.... get inside a vehicle with a metal roof, but avoid contact with the metal. If you're caught outside, far from safe shelter, stay away from tall objects such as fences, wires, poles and trees. Avoid riding a bike; swimming or boating; participating in outdoor activities; or carrying conductive materials [e.g., fishing rod, umbrella, golf clubs, etc].

Wait and Watch: Wait about 30 minutes after you hear the last thunder clap before resuming outdoor activities. Watch for broken tree limbs, fallen power lines and flooding caused by heavy rainfall.

• Heat and Ultraviolet Index

Watch, Listen, Plan: Listen to the forecasts and be aware of the Ultraviolet Index. [Values less than 4:00 are low; Values from 4:00 - 6.9 are moderate; Values from 7:00 - 8.9 are high.]

Look out when: The temperature rises to over 30 C.

Take action: Wear a hat; apply sunscreen; and keep hydrated. Lower the intensity of the outdoor activity or move indoors.

Watch: Watch for any signs of sunburn, heat stroke and heat exhaustion. Be prepared to provide the necessary first aid.

• Outdoor Field Conditions

Watch, Listen, Plan: The playing area must be free of debris and obstructions; it must provide suitable footing; and it must be well-removed from traffic.

Look out when: There are areas that the students must not use. These areas must be marked off.

Take action: Report to the principal any conditions or hazards that are unsuitable and in need of repair or removal.

Wait and Watch: Wait until repairs are completed or until any hazards are removed before resuming activities.

• Insects

Watch, Listen, Plan: Take note if excessive numbers of insects are present.

Look out when: There are students with insect allergies present.

Take action: Ensure that students with allergies have the necessary medication on hand [e.g., epi pen].

Curricular -- All Grades

Environmental Concerns -- WINTER Conditions

- **Temperature and Wind Chill**

Refer to page 39 in YouthSafe Manitoba: School Field Trip Resource, Trip Leadership section

- **Outdoor Field Conditions**

Watch, Listen, Plan: The playing area must be free of debris and obstructions; it must provide suitable footing; and it must be well-removed from traffic. Watch for holes and severely uneven surfaces. Choose a site that takes sun; wind; snow conditions; and the suitability of the terrain into consideration.

Look out when: There are areas that the students must not use. These areas must be marked off. Watch out for conditions where the area is icy beyond the point of providing suitable and safe footing.

Take action: Report to the principal any conditions or hazards that are unsuitable and in need of modification, repair or removal.

Wait and Watch: Wait until repairs are completed or until any hazards are removed before resuming activities.

Curricular -- All Grades

AQUATICS

Refer to page 109 (Aquatics) in YouthSafe Manitoba: School Field Trip Resource, Safety First section

**Refer to page 101 (Archery) in YouthSafe Manitoba:
School Field Trip Resource, Safety First section**

Senior Years Only

Curricular -- All Grades

BALL HOCKEY

[NON-ICE & ICE]

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Stick blades must be checked regularly to ensure that the blade is securely attached to the stick. Only regulation plastic hockey sticks may be used. Plastic goals or pylons should be used.</p> <p>Suitable soft balls must be used, including: P30, P40, nerf, yarn ball, tennis ball, plastic, or a highly visible soft light-rubber puck.</p> <p>Eye protection should be worn.</p> <p>Goalies must wear face masks [e.g., hockey helmet with cage], and should wear protective gloves.</p> <p>On ice -- CSA approved hockey helmet is compulsory.</p>	<p>The following must be worn:</p> <p>Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against cold and sun.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p>	<p>The following rules must be in place and must be enforced by penalties:</p> <ul style="list-style-type: none"> a) no body contact b) no stick on body contact c) the stick must remain below the waist at all times with the blade preferably below knee-level d) slap shots are not allowed e) implement a crease for protection of the goalie f) no other player [or player's stick] is allowed in the goal crease g) no lifting and slashing the opponent's stick <p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that are taught.</p> <p>The number of sticks should be limited to the number of players on the playing field.</p>	<p>On-site supervision is required.</p>

Curricular -- All Grades

**BASKETBALL
AND RELATED GAMES**

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Where a stage is close to the baseline, gym mats must be placed over the edge of the stage and must extend close to the floor.</p> <p>In situations where the student's follow through and/or run-off the end of the court may result in contact with an end wall -- protective padding or gym mats must be placed beyond the "key" area; must extend a minimum of 1.88 m [6'] up the wall from the top of the baseboard [maximum 10 cm [4"] from the floor], and must be a minimum width of 4.88 m [16'].</p> <p>Early Years -- 4 X 4 mats may be used because the students are shorter at this age level.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Items such as cast, braces, or other materials that may pose a danger are not to be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and if outdoors, must be well removed from traffic, with boundaries clearly identified.</p> <p>Protective padding should be used on rectangular backboard edges.</p> <p>Only trained adults are to use motorized or hand winches to raise and lower the baskets.</p> <p>Only trained adults may operate power drills to raise/lower baskets.</p> <p>The winch for moving backboards up and down must not be located directly under the supporting wall-mounted structure. When raising or lowering baskets, the area directly below the moving basket must be clear of people and equipment.</p>	<p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that have been taught.</p> <p>If the gym does not facilitate safe play, [e.g., doors and radiators under the baskets; a wall too close to the baseline; close proximity of chin-up bars and climbing apparatus], modify the rules appropriately, [e.g., no lay-ups].</p>	<p>On-site supervision is required for the initial instruction, followed by in the area supervision.</p> <p>Early Years -- On site supervision is required at all times.</p>

Early and Middle Years

UTILITY BOX ACTIVITIES

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Stacking chairs must not have cracks or chipped corners and the seat and back must be secured to the supports.</p> <p>Benches must not have cracks, chipped corners or splinters on the top surface.</p> <p>Bench tops must be secured to all supports.</p> <p>Mats should be used in all jumping or landing activities involving equipment.</p>	<p>The following must be worn: Suitable footwear and gym clothing that allows the student unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>Ensure that there is enough space around chairs/benches for safe usage.</p> <p>Allow for landings at safe distances away from walls and other equipment.</p>	<p>All skills must be taught in a logical progression from simple to complex. Observe that the child demonstrates control of basic movement before moving to more complicated skills. [e.g., forward jumping and landing before backward jumping and/or jumping with turns].</p> <p>Jumping and landing skills can effectively be taught from chairs, benches, and low utility boxes before using larger equipment. Teach simple forward jumps and soft landings first before introducing aerial shapes and rotations.</p> <p>Instruct children to jump up from the chair, bench, or utility box and land close so that the chair, bench, or utility box does not move.</p> <p>Instruct children never to jump from the seat over the back of the chair.</p>	<p>Chair and bench activities require on site supervision.</p>

*Refer to page 133 (Windsurfing/Boardsail)
in YouthSafe Manitoba: School Field Trip Resource,
Safety First section*

Senior Years Only

BOARDSAILING

Curricular -- All Grades

BOWLING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p>	<p>Suitable footwear must be worn at all times, as provided or approved by the facility. Street clothes are acceptable.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Note: Ten Pin bowling -- rings could be a hazard.</p>		<p>Skills must be taught in the proper progression.</p> <p>Parents must be aware of any away-from-school activity and the mode of transportation being used.</p> <p>Teach and follow the rules and etiquette as outlined by the facility.</p> <p>Students must be shown the proper hand-placement when picking up the bowling ball.</p> <p>If bowling is being taught in the gym -- the students must be made aware of equipment rules; must stand aside when the pins are being set up; and must not bounce the bowling balls.</p>	<p>In the area supervision is required.</p> <p>Early Years -- On-site supervision is required.</p>

Manitoba Physical Education Safety Guidelines

All Grades

BROOMBALL **(Non-Ice and Ice)**

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation broomball sticks must be used. [Modified indoor sets are also available.]</p> <p>Plastic goals or pylons should be used.</p> <p>Use a Nerf ball, utility ball, or a regulation ball specifically made for broomball.</p> <p>Goalies must wear face masks.</p> <p>If playing on ice -- CSA approved hockey/ broomball helmet [with mask] must be worn.</p>	<p>If broomball is played outdoors on fields, blacktop, or rinks -- players must wear suitable footwear and clothing for the weather conditions.</p> <p>If skates are used, refer to Ice Hockey guidelines.</p> <p>If playing on ice -- runners or broomball shoes should be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/ cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>For Non-Ice Broomball - The blacktop area must be free from obstructions. if a field is used, it must be free from ice patches or pot holes.</p> <p>For Ice Broomball - The ice surface must be free from obstructions.</p> <p>Outdoor note: Students must bring suitable protection against cold and sun.</p>	<p>Players must keep their sticks below the waist at all times.</p> <p>The crease must be extended 2 m (6'6") from the goal line. Only the goalie and the goalie's broom are allowed in the crease.</p> <p>Only non-contact broomball is allowed.</p> <p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that are taught.</p> <p>Parents must be made aware of any away-from-school activity and the transportation arrangements.</p>	<p>On-site supervision is required.</p>

Curricular -- All Grades

CRICKET

THE OFFICIAL GAME OF CRICKET IS NOT RECOMMENDED FOR EARLY & MIDDLE YEARS -- [USE VARIATIONS]

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation cricket bats, and stumps should be used.</p> <p>For regulation cricket, approved cricket pads and gloves must be worn by the batters and the wicketkeeper.</p> <p>Tennis balls are to be used for indoor cricket games.</p> <p>Early & Middle Years -- Use an official Kanga Ball set, or modify as follows:</p> <ul style="list-style-type: none"> • Use tennis balls, cosom plastic balls, or “soft” balls. • Use sturdy plastic bats. • Use Kanga Ball wickets, each having 3 sturdy plastic stumps which fit into a hollow base. 	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement. No cleats are allowed.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>The playing surface must be a mat wicket.</p> <p>For indoor cricket variations, the playing surface and surrounding area must be free of all obstacles [e.g., tables, chairs, pianos].</p>	<p>The official game of cricket is not recommended for the Early and Middle Years. [Use variations.]</p> <p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills taught.</p> <p>“Bouncers” and “bean balls” must not be bowled.</p> <p>A designated area must be established for non-active players at a safe distance behind the batter.</p> <p>Early and Middle Years -- the bowler should underhand lob or roll the ball at the batter’s wicket, and the wicket keeper must stand a safe distance behind a striker.</p>	<p>On-site supervision is required.</p>

All Grades

**CROSS COUNTRY RUNNING
AND ORIENTEERING**

*Refer to page 73 (Cross Country Running) and page 71 (Orienteering)
in YouthSafe Manitoba: School Field Trip Resource, Safety First section*

Curricular -- All Grades

Refer to page 150 (Cross Country Skiing) and page 154 (Snowshoeing) in YouthSafe Manitoba: School Field Trip Resource, Safety First section

**CROSS COUNTRY SKIING
SNOW-SHOEING, SNOW SKATING**

Safety Guidelines for Physical Activity in Manitoba Schools

Curricular -- All Grades

CURLING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>In “jam pail” curling -- ensure that all handles are secure.</p> <p>Early Years -- Parents should be encouraged to have their child wear a helmet.</p>	<p>Clothing must be appropriate for cold temperature activity.</p> <p>Students should wear curling shoes -- or slip-on slider -- or running shoes with the sliding shoe taped.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against cold and sun.</p>	<p>Curling rink.</p> <p>In “jam pail” curling -- ensure that the ice surface is smooth.</p>	<p>Teach etiquette and safety rules before going to the curling rink or any ice surface.</p> <p>Skills must be taught in the proper progression.</p> <p>Parents must be informed when curling takes students off the immediate school property.</p>	<p>Constant visual supervision is required.</p> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p> <p>There must be a designated supervisor [teacher, parent, or responsible adult] available with a vehicle to accompany any injured student to the hospital. This must not be the “in-charge” supervisor.</p>

Curricular -- All Grades

CYCLING

Refer to page 75 (Cycling) in YouthSafe Manitoba: School Field Trip Resource, Safety First section

Manitoba Physical Education Safety Guidelines

All Grades

DANCE/ RHYTHMIC SPORTIVE GYMNASTICS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Sound and music equipment must be in good working order.</p> <p>Early Years -- Rhythmic Clubs must not be used.</p>	<p>Appropriate footwear such as gymnastics slippers or running shoes can be worn. Bare feet are also permitted, but footwear must be close by in case of fire.</p> <p>Jewellery representing a safety concern must be removed.</p>	<p>Use a gym or very large room which is free from obstacles.</p>	<p>Skills must be taught in the proper progression.</p> <p>Instruct students in the safe use of the equipment and provide sufficient practice space.</p> <p>Early Years -- Modify the activity to the age and ability of the students. [e.g., throwing of ropes, ribbons, hoops, etc should be kept to a low height.]</p>	<p>In the area supervision is required for dance.</p> <p>On site supervision is required for Rhythmic Sportive Gymnastics.</p>

DIVING

Springboard or Tower Diving

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Use standard safety equipment as stated in the pool regulations.</p>	<p>Suitable swimwear should be worn.</p> <p>A device to keep hair from obstructing vision must be used where appropriate [e.g., elastic]. Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>Ensure that the diving board and fulcrum are in good working order.</p> <p>Water depths must conform to Canadian Amateur Diving Association [C.A.D.A.] regulations.</p> <p>BACKYARD POOLS MUST NOT BE USED.</p>	<p>Students must adhere to the following regulations:</p> <ul style="list-style-type: none"> a) only one person using the board at one time b) move towards the edge of the pool after a dive c) no running or pushing on the pool deck d) make sure the diving area is clear before diving e) no diving into the shallow end g) no wearing of goggles or ear plugs, and no gum chewing i) shoes are not allowed on the pool deck <p>Emergency procedures must be outlined to the students, and skills must be taught in the proper progression.</p>	<p>On site supervision is required by the teacher and constant visual supervision is required by a qualified lifeguard/instructor.</p> <p>Instructors must have C.A.D.A. Certification Level I if they are teaching any diving skills beyond a front dive.</p> <p>Maximum ratio: 25 pupils per qualified National Lifeguard Service [N.L.S.] lifeguard/instructor.</p>

Curricular -- All Grades

DODGE BALL TYPE GAMES, TAG GAMES

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>A “soft” ball [e.g., nerf ball, soft foam ball] must be used.</p> <p>A partially deflated ball is not appropriate.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Use sun protection when playing outdoors, if necessary.</p> <p>Jewellery representing a safety concern must be removed.</p>	<p>The playing area must be free from obstructions [e.g., desks, chairs, pianos, etc.].</p> <p>All access/exit doors must be closed.</p> <p>If playing outdoors -- ensure that the game is in a confined area away from streets and sidewalks.</p>	<p>Modify the rules to accommodate age, ability, and physical development of the participants.</p> <p>Rules for “contact by the ball” must be in place [e.g., below the shoulders, or below the waist].</p> <p>Skills must be taught in the proper progression.</p>	<p>Constant visual supervision is required</p>

[Not recommended for the Early & Middle Years]

Senior Years Only

FENCING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Equipment [including: mask, vest, gloves, foil with rubber tip, épée and sabre] must be checked regularly by students and staff for defects and must be repaired or replaced as required.</p>	<p>Short-sleeved shirt, fencing jackets, and long athletic pants must be worn.</p> <p>Suitable footwear must be worn.</p> <p>Jewellery representing a safety concern must be removed.</p>	<p>The fencing area must be free from obstacles and debris and must provide good footing. [Use only gym floors to reduce the risk of injuries.]</p>	<p>All equipment must be worn before fencing can begin.</p> <p>Students must be instructed in all the safety rules associated with the sport.</p> <p>Skills must be taught in the proper progression.</p>	<p>Fencing must take place only under the direct supervision of the instructor.</p> <p>Constant visual supervision is required when fencing an opponent.</p>

Curricular -- All Grades

FIELD HOCKEY

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation field hockey [or developmentally appropriate] sticks must be used.</p> <p>Students must be trained to check their sticks regularly for cracks.</p> <p>Use a regular field hockey ball or an indoor “soft” ball.</p> <p>An approved hockey helmet with cage and full goalie equipment must be worn by the goaltender.</p> <p>Mouthguards and shin guards should be worn.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Metal cleats must not be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p>	<p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that are taught.</p> <p>If a regulation ball is used and there is a goalie, equipment as specified must be used.</p> <p>The ball must be played only with the flat side of the stick.</p>	<p>On site supervision is required.</p>

Curricular -- All Grades

FITNESS ACTIVITIES

**Aerobics, Chinning Bar, Peg Board, Circuit Training,
Aerobic Steps, Slides, Tubing, etc.**

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Stationary bicycles, benches, chinning bars, peg boards and other equipment used in fitness activities must be in good repair.</p> <p>Electrical equipment must be in good working order.</p> <p>Steps and/or slides must be in good repair and must be equipped with non-slip treads.</p> <p>Tubing/elastic strips must be the proper tension and length for the level of participant and must be in good repair.</p> <p>Early Years -- Free Weights are not recommended.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery].</p> <p>Eyewear may need to be removed or secured.</p>	<p>The floor area must be free of all obstacles [e.g., tables and chairs, pianos].</p> <p>Allow adequate space between fitness activities/equipment in order to provide for a free flow of motion.</p>	<p>Fitness activities must be modified, based on -- the age and ability level of the students; the facilities; and the equipment available.</p> <p>Where fitness equipment is being used [e.g., stationary bicycle, medicine ball, chinning bar, etc.], students must be instructed in the proper use of the equipment before using it.</p> <p>Use the proper progression for the activities:</p> <ol style="list-style-type: none"> 1. warm-up 2. muscle strength 3. endurance 4. peak work activities 5. cool down activities <p>Where the fitness activities constitute the main part of the lesson -- a proper warm-up and cool-down must be provided.</p> <p>Permit the students to work at personal levels of intensity. [e.g., students who can make responsible decisions related to “low-impact to high-impact” and “low-intensity to high-intensity.”]</p> <p>Correct body alignment for injury prevention must be stressed.</p>	<p>On site supervision is required.</p>

Curricular -- All Grades

**FLOOR HOCKEY and
GYM RINGETTE**

[Also see Ball Hockey]

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>A suitable soft ball must be used for floor hockey - including: P30, P40, nerf, yarn ball, plastic or soft light rubber puck . A regulation rubber or felt ring must be used for gym ringette.</p> <p>Only use: (a) plastic “ringette” and/or (b) commercially produced plastic floor hockey sticks. Sticks must be checked regularly for cracks.</p> <p>The goalie must wear a protective mask [e.g., hockey helmet with cage] and should wear protective gloves.</p>	<p>The following must be worn:</p> <p>Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>The playing surface must be free of all obstacles, [e.g., tables & chairs, pianos].</p> <p>Floor plugs must be in place.</p>	<p>The following rules must be in place and must be enforced by penalties:</p> <ul style="list-style-type: none"> a) no body contact b) no stick on body contact c) the stick must remain below the waist at all times with the blade preferably below knee-level d) slap shots are not allowed e) implement a crease for protection of the goalie f) no other player [or player’s stick] is allowed in the goal crease g) no lifting and slashing the opponent’s stick <p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that are taught.</p> <p>Eye protection should be worn.</p> <p>Early Years -- The stick should be in contact with the floor at all times except on a shot or a pass when the stick may not go beyond waist level.</p>	<p>On site supervision is required.</p>

Curricular -- All Grades

FOOTBALL (FLAG, TOUCH)

TACKLE FOOTBALL is not an appropriate activity for classroom Physical Education.

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Use a ball that is appropriate to the size and ability of the group, [e.g., a smaller football or nerf ball].</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Metal or composite cleats must not be worn in class.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>Goal posts should be padded when the goal posts are in the field of play.</p>	<p>Tackle football is not an appropriate activity for classroom Physical Education.</p> <p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that are taught.</p> <p>No blocking is allowed -- except at the line of scrimmage. Pass blocking is allowed only after the proper technique has been taught.</p> <p>Modify the rules of the game to accommodate differences in ability, age and physical development.</p> <p>Boundary lines must be clearly indicated.</p>	<p>On site supervision is required.</p>

Safety Guidelines for Physical Activity in Manitoba Schools

Curricular -- All Grades

GOLF

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Plastic “whiffle” or rubber golf balls must be used.</p> <p>Real golf balls must not be used on school property except for putting and chipping. [If chipping is indoors - use whiffle balls only].</p> <p>Equipment, especially grips, must be checked regularly and repaired as needed.</p> <p>Early Years -- Ensure that the clubs are the appropriate length.</p>	<p>The following must be worn:</p> <p>Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>Gym; school property; golf domes; putting course; golf course; driving range; chipping [short game] course.</p> <p>Adequate space is required and the space must allow for a full backswing and follow through.</p> <p>Regardless of facility, the hitting area must be well marked and controlled.</p> <p>For indoor [gym] golf -- use mats and plastic balls. Emphasize that safety is the #1 concern [e.g., only a certain number of students can hit balls at one time, depending on the size of the gym].</p>	<p>Students must receive instruction on proper golf etiquette and safety.</p> <p>Skills must be taught in the proper progression.</p> <p>Establish a safe routine for hitting and retrieving golf balls and a designated safe area for use of real balls while chipping.</p> <p>Students must have had an opportunity to develop their skills prior to playing on an actual golf course.</p> <p>All rules of play must be followed.</p>	<p>On site supervision is required for the initial instruction and when chipping with real golf balls.</p> <p>In the area supervision is required following the initial instruction.</p>

Early and Middle Years

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>Mats must be placed on all designated landing areas under and around equipment without overlaps or gaps, and must be regularly checked for wear and tear.</p> <p>General utility mats are to be used for floor work, tumbling, and landing on the feet from a controlled height (i.e., the student's height at shoulder is maximum jumping height):</p> <ul style="list-style-type: none"> • ensolite 3.8 cm (1 1/2") • trocellen 5.1 cm (2") • ethefoam 3.8 cm (1 1/2") • sameige 3.8 cm (1 1/2") • mats of equivalent compaction rating. <p>Landing surfaces to be used for elevated inverted skills: 30.5 cm - 60.9 cm (12" - 24") solid or cross-linked foam pit.</p> <p>These 12" X 24" surfaces must not be used as landing surfaces for vaulting or for controlled landings [e.g., landing on the feet] off any piece of equipment.</p>	<p>The following must be worn: Suitable footwear and gym clothing that allows the student unrestricted movement. [Shirts must be tucked in.]</p> <p>Bare feet or gymnastic slippers are acceptable. [No sock feet are allowed.] Footwear must be easily accessible in case of fire.</p> <p>Tie back long hair and remove barrettes.</p> <p>Jewellery representing a safety concern must be removed. Eyewear may need to be removed or secured.</p>	<p>Ensure that the floor plan allows enough space around each piece of apparatus for safe movement.</p> <p>Allow for landings at safe distances away from walls, other equipment, and people.</p> <p>The perimeter of the gym must be free from excess equipment [e.g., tables and chairs].</p>	<p>Teachers must be aware of the physical limitations of the students [e.g., epilepsy, weak wrists, etc.].</p> <p>Teachers must create an atmosphere of discipline and control.</p> <p>Students must be instructed not to attempt aerial somersaults on or off the apparatus, extended dive rolls for distance, or front and back handsprings.</p> <p>When a student displays hesitation verbally or non verbally, the teacher must discuss the reason[s] for doubt. If the teacher believes that a potential hesitancy during the move could put the student at risk, the student is to be directed toward a more basic skill.</p> <p>Students must not be forced to perform skills beyond their abilities.</p> <p>All skills must be taught in a proper progression from simple to complex. Observe that student demonstrates control of basic movement before moving to more complicated skills [e.g., rotations on mats before performing on apparatus, and perform landings before working on elevated equipment].</p> <p>Apparatus must be introduced one piece at a time, working towards the development of a circuit. Mat work must precede apparatus. The landing mat must be properly placed for landings and precautions must be taken to minimize movement of the mat on impact. It is advisable that any teacher who is unfamiliar with any gymnastics apparatus, seek assistance from appropriate support staff and/or refrain from using the equipment until help is received. Every lesson must be preceded by a warm-up.</p>	<p>All elevated inversions require constant visual supervision.</p> <p>Spotting:</p> <p>Responsibilities vary with the age, strength and experience of the student. Early Years students are involved in non-contact spotting only [e.g., keeping approach and landing areas clear]. Middle Years students are involved in non-contact spotting [as above], as well as giving verbal cues and checking the placement of mats and stability of equipment.</p> <p>Middle Years students can also perform the following contact-spotting roles: help peers maintain a static balance on benches/boxes; assist peers with forward rotations [e.g., roll on mats and other low, wide surfaces]; help peers maintain balance on mounts; handstands on mats; and simple vaults on hip-high box horses.</p> <p>Spotting is initially the role of the teacher and then may progress to trained students.</p>

Early and Middle Years

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>MATS: Mats must be placed on all designated landing areas under and around the equipment without overlaps or gaps.</p> <p>Regularly check all the mats for wear and tear.</p> <p>General utility mats are to be used for floor work, tumbling and landing on the feet from a controlled height (student's height at shoulder is maximum jumping height). Recommended thickness include:</p> <ul style="list-style-type: none"> • ensolite 3.8 cm (1 1/2") • trocellen 5.1 cm (2") • ethefoam 3.8 cm (1 1/2") • sarneige 3.8 cm (1 1/2") • mats of equivalent compaction rating. 	<p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Bare feet or gymnastic slippers are acceptable. [No sock feet are allowed.] Footwear must be easily accessible in case of fire.</p>	<p>Allow for landings at safe distances away from walls and other equipment.</p> <p>Allow for adequate space so that all practicing will be safe.</p>	<p>Students must be instructed not to attempt: aerial somersaults on or off the apparatus, extended dive rolls [e.g., dive rolls for distance, diving over bodies], front handsprings and back handsprings.</p> <p>The apparatus must be introduced one piece at a time, working towards the development of a circuit and mat work must precede apparatus. Students should be instructed on landings first.</p> <p>Be aware of the physical limitations of the students [e.g., strength, flexibility, weak wrists, epilepsy].</p>	<p>Mat-work requires on site supervision.</p> <p>Constant visual supervision is required if the students are doing inversions.</p>

Early and Middle Years

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>CLIMBER: Trestles or wall climber.</p> <p>Equipment set up and adjustment must be done under the direction of the teacher.</p> <p>Check clamps and feet of trestles, wall lever and floor pins of wall climber to ensure that the climber is secure. Check daily for defective parts.</p> <p>General utility mats must be placed on all landing areas <i>[see Gymnastics - General Procedures for mat specifications, page 34]</i>.</p>	<p>Suitable gym clothing must be worn so that the child has bare elbows and knees.</p> <p>No dresses, skirts, or jeans may be worn.</p> <p>Bare feet; running shoes; or gymnastics slippers are acceptable. [No sock feet are allowed.]</p> <p>Remind the students to tie their shoe laces securely.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>Allow for landings at safe distances away from walls and other equipment.</p>	<p>Hanging inversions can only be done under direct instruction of the teacher and a 30.5 cm - 60.9 cm [12" - 24"] landing mat must be in place. Students should be instructed on landings first.</p> <p>Inversions must be supervised, and must be done so that a student hangs no higher than 1 1/2 m [5'] above the floor.</p> <p>Where a horizontal ladder or bars are at chest height, a child may climb on top. When a horizontal ladder or bars are above chest height of student, [e.g., stretch height], hanging and traveling are permitted. Traveling on top is not permitted.</p> <p>Ensure that there is no overcrowding by the students.</p> <p>Adjust the equipment to the appropriate height of the students, and appropriate to the activity being performed.</p> <p>Students must not jump from anything higher than their own shoulder height.</p> <p>Horizontal ladders and bars of trestles must not be approached from the side as trestles could slide sideways.</p> <p>Skills must be taught in the proper progression.</p>	<p>Climber requires constant visual supervision.</p>

Early and Middle Years

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>CLIMBING ROPES: General utility mats must be placed under the ropes <i>[see Gymnastics - Mat work for specifications]</i>.</p> <p>Check regularly for fraying. If the ropes are severely frayed, do not use them as students can get slivers.</p> <p>Inversion activities require a 30.5 cm - 60.9 cm [12" - 24"] landing mat underneath.</p> <p>A stable platform [e.g., utility box] is necessary to initiate a swing.</p> <p>If the ropes are used for swinging -- the mats must cover the floor surface below the path of the rope.</p>	<p>The following must be worn: Suitable footwear and gym clothing that allows the student unrestricted movement.</p> <p>Bare feet are acceptable. [Sock feet are not acceptable.]</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>Allow for landings at safe distances away from walls and other equipment.</p> <p>The area used for the ropes must be clear of all obstructions. [This includes leaving room to swing back and forth.]</p>	<p>Inversions must be done so that a student hangs no higher than approximately 1 1/2 m [5'] above the floor.</p> <p>Introduce rope activities in a developmental sequence. Students should be instructed on landings first.</p> <p>Swinging activities must be conducted in a controlled manner [e.g., specify a designated start and finish point].</p> <p>Always stress control before height. Teachers must designate a maximum climbing height [e.g., 3.9 m].</p>	<p>On Site Supervision is required.</p> <p>Constant visual supervision is required for inversions.</p>

Early and Middle Years PARALLEL BARS, STILL RINGS, BALANCE BEAM, UNEVEN PARALLEL BARS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>PARALLEL BARS: [Middle Years Only]</p> <p>STILL RINGS: [Middle Years Only]</p> <p>BALANCE BEAM: [Early & Middle Years]</p> <p>UNEVEN PARALLEL BARS: [Middle Years Only]</p> <p>Equipment must be inspected and tested on a regular basis and repaired as required.</p> <p>The teacher must check all locking mechanisms before use.</p> <p>General utility mats must be placed to designate the landing area [see page 34, <i>Gymnastics - General Procedures for mat specifications</i>].</p>	<p>The following must be worn: Suitable footwear and gym clothing that allows the student unrestricted movement.</p> <p>Bare feet or gymnastic slippers are acceptable. [No sock feet are allowed.]</p> <p>Remind the students to tie their shoe laces securely.</p> <p>Long hair must be tied back.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>The mats must be situated around/ under the apparatus as a landing area such that there is no overlap or open space.</p> <p>Velcro mats must be attached to prevent slipping on landing.</p> <p>Equipment must be properly secured to the floor/ceiling.</p> <p>Ensure sufficient space between each apparatus to allow free movement on the apparatus and also sufficient space to dismount.</p>	<p>Students must demonstrate an understanding of the term “spotting”. [see General Gymnastics Procedures, page 34].</p> <p>No inversion unless instructed by the teacher and a 30.5 cm - 60.9 cm [12” - 24”] landing mat must be in place. Students should be instructed on landings first.</p> <p>Skills must be taught in the proper progression.</p> <p>Equipment height must be appropriate for students [e.g., beams - shoulder height maximum; hanging activities at stretch height maximum; support activities on top of bars at shoulder height].</p> <p>If the equipment cannot be lowered sufficiently, place additional mats under the equipment to achieve the desired height.</p>	<p>On site supervision is required for the balance beam and for parallel and uneven bars.</p> <p>Inversions require constant visual supervision.</p> <p>Constant visual supervision is required for initial teaching on still rings. After the initial instruction, and provided there is no inversion, on site supervision is required.</p>

Early and Middle Years

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p><u>BEAT BOARD:</u> General utility mats or hard-side/soft-side landing mats [minimum 10 cm thick] hard side up, must be placed to designate the landing area. <i>[See Gymnastics - General Procedures for mat specifications].</i></p> <p>Use a manufactured take-off board with a carpeted top and non-skid feet .</p> <p>Springboards with a flat, long take-off area must not be used.</p>	<p>The following must be worn: Suitable footwear and gym clothing that allows the student unrestricted movement.</p> <p>Bare feet are acceptable. [Sock feet are not acceptable.]</p> <p>Remind the students to tie their running shoes securely.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>Allow for landings at a safe distances away from walls and other equipment.</p>	<p>Introduce beat board activities in a developmental sequence [e.g., take-offs and landings from the beat board to the mat before the beat board to the box horse]. Students should be instructed on landings first.</p> <p>The combination of beat board and box horse should be undertaken only at the Middle Years level.</p>	<p>Vaulting activities require constant visual supervision.</p>

Safety Guidelines for Physical Activity in Manitoba Schools

Curricular -- All Grades

GYMNASTICS

Parallel Bars, High Bar, Still Rings, Uneven Parallel Bars, Floor, Balance Beam, Pommel Horse, Vaulting Horse, Ropes

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>All equipment must be inspected on a regular basis and repaired as necessary. The teacher must do a safety check for proper set up prior to student use. Ensure all locking mechanisms are checked prior to use.</p> <p>General utility mats are to be used for floor work and tumbling: [e.g., ensolite 3.8 cm [1 1/2"]; trocellen 5.1 cm [2"]; ethefoam 3.8 cm [1 1/2"]; sarneige 3.8 cm [1 1/2"]; mats of equivalent compaction rating.</p> <p>The landing surfaces to be used for elevated inverted skills: 30.5 cm - 60.9 cm [12" - 24"] solid or cross-linked foam pit. These surfaces must not be used as landing surfaces for vaulting or for controlled landings off any piece of equipment [e.g., landing on the feet].</p> <p>The landing surfaces to be used for feet first landings [e.g., vaulting, dismounts from a height]: Hard side/soft side landing mat, minimum 10 cm -- with hard side up and no gap between the box horse and the landing surface. No spring boards.</p> <p>Early Years -- The beat board must not be used with the box horse.</p>	<p>Bare feet or gymnastic slippers are acceptable. [No sock feet are allowed.] Footwear must be easily accessible in case of fire.</p> <p>Socks or gymnastics slippers may be worn except on the balance beam and when vaulting.</p> <p>Snugly fitting clothes that allow unrestricted movement must be worn.</p> <p>Long hair must be tied back.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>Mats must be situated around/under the apparatus as a landing area such that there are no overlaps or open spaces.</p> <p>Precautions must be taken to minimize the movement of mats on impact.</p> <p>Velcro mats must be attached.</p> <p>Ensure that there is sufficient space between each apparatus to allow free movement and also sufficient space to dismount.</p>	<p>Students must be instructed on safety rules related to gymnastics and all associated apparatus prior to using any of the equipment.</p> <p>Skills must be taught in the proper progression. [e.g., students should be instructed on landings first.]</p> <p>The teacher must be aware of the physical limitations and initial skill levels of the students.</p> <p>Students must not be encouraged to perform skills beyond their physical and psychological capabilities.</p> <p>Early Years --</p> <ul style="list-style-type: none"> • The box horse must be set up at a suitable height for the students [e.g., below shoulder height], and appropriate to the activity. • Appropriate box horse activities include: static balances, landings, and basic vaulting progressions. [Aerial somersaults, neck springs, headsprings, or handsprings are not allowed off the box horse.] • The 30.5 cm x 60.9 cm [12" x 24"] landing mat must not be used for landings off the box horse. 	<p>On site supervision is required.</p> <p>Constant visual supervision is required when the students are attempting difficult moves for the first time on an apparatus.</p>

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>The trampoline must be inspected on a regular basis and must be repaired as necessary.</p> <p>The trampoline must be properly set up and checked by the instructor prior to use. Floor mats must surround the trampoline, which must not be set up near a wall.</p> <p>The frame padding must be secure and must cover the frame and the springs/shock cords.</p> <p>A safety zone must be marked on the trampoline bed. [The zone must be a minimum of 30 cm from the sides and 60 cm from the ends.]</p> <p>Keep the area under the trampoline clear of all equipment [e.g., trampoline wheels].</p>	<p>Closely fitting gym clothing allowing unrestricted movement should be worn.</p> <p>Gymnastic slippers or sock feet. [Bare feet are allowed on a solid bed only.]</p> <p>Tie back long hair.</p> <p>Secure or remove eye glasses.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>Ensure that the floor plan allows enough space around the apparatus for safe use, [i.e., a minimum of 1m along the sides and 2 m at the ends (unless there are end decks).]</p> <p>The minimum acceptable ceiling height is 7 m [24'].</p>	<p>Students must be instructed on the safety rules related to the trampoline.</p> <p>Only one student at a time is permitted on the trampoline.</p> <p>Students landing outside the safety zone on the bed of the trampoline must stop bouncing and return to the centre of the trampoline.</p> <p>Students must understand the term "spotting".</p> <p>Skills must be taught in the proper progression. Students must master the "STOP BOUNCE" before attempting any skills. Always stress "CONTROL" BEFORE HEIGHT.</p> <p>Students must be discouraged from attempting moves other than those taught by the teacher. Knee drops must be avoided.</p> <p>A student must not be asked to do a task which he/she feels unprepared to attempt.</p> <p>Early Years --</p> <ul style="list-style-type: none"> • No inversions are allowed [e.g., dive rolls or somersaults]. • An angled bed should never be introduced after the student has become proficient with flat bed activities. 	<p>Constant visual supervision is required during initial instruction. On site supervision is required following initial instruction.</p> <p>Trained student/ teacher spotters must be located around the trampoline when it is being used. Minimum 1 per end, 2 per side. Early Years -- Spotters must be tall enough so that the trampoline frame is at chest level. This may require the assistance of older students.</p> <p>The trampoline can be set up and taken down by trained students, but under the constant visual supervision of the teacher.</p> <p>Trampoline can only be taught by a Level II <i>to a Level I</i> N.C.C.P. Trampoline/Gymnastics certified instructor <i>and the teacher will not teach "inversions" (somersaults) to classes.</i></p>

Curricular -- All Grades

GYMNASTICS

MINI-TRAMP

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Frame and springs/shock cords must be covered by secure protective padding.</p> <p>General utility mats must be used for landings. Also acceptable are hard-side/soft-side landing mats [minimum 10 cm thick] with the hard side up. DO NOT USE THICK LANDING MATS.</p> <p>Ensure that there is no gap between the mini tramp and the landing surface.</p>	<p>Bare feet or gymnastic slippers are acceptable. [No sock feet are allowed.] Footwear must be easily accessible in case of fire.</p> <p>Students must wear suitable gym clothing so that movement is not restricted.</p> <p>Tie back long hair.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Early Years -- Remind the students to tie their shoelaces securely.</p>	<p>Ensure that the floor plan allows enough space around the apparatus for safety of movement. [Remove all excess furniture and equipment [e.g., tables and chairs] from the practice area.</p> <p>Allow for landings at safe distances away from the walls and other equipment.</p>	<p>No inversions are permitted [e.g., dive rolls, somersaults].</p> <p>Skills must be taught in the proper progression.</p> <p>Early Years --</p> <ul style="list-style-type: none"> • Introduce the angled bed when the student becomes proficient with the flat bed activities. • The mini tramp must not be used as a take-off to mount or vault other equipment. 	<p>Constant visual supervision is required during the initial instruction. On site supervision is required following the initial instruction.</p> <p>Early Years --</p> <ul style="list-style-type: none"> • Spotters must be in place around mini tramp for flat bed activities. • Constant visual supervision is required.

Curricular -- All Grades

GYMNASTICS
PYRAMID BUILDING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>General utility mats must be used --</p> <ul style="list-style-type: none"> • ensolite 3.8 cm [1 1/2"] • trocellen 5.1 cm [2"] • ethefoam 3.8 cm [1 1/2"] • sarneige 3.8 cm [1 1/2"] • mats of equivalent compaction rating. <p>The mats must be placed under the pyramid and must extend one body length in all directions.</p>	<p>Soft shoes, socks or bare feet are acceptable for standing pyramids.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>Ensure that lying and kneeling pyramids are formed away from all walls.</p> <p>Do not build pyramids near entrances, exits, or stages.</p>	<p>Set the maximum number of participants and the maximum height allowed [depending on the size, age and skill of the participants].</p> <p>Instruction must include how to assemble and how to disassemble a pyramid.</p> <p>The weight and size of participants determines their placement in the pyramid, [e.g., the bigger students would be part of the base].</p> <p>Pyramid building must be the only activity in the space.</p> <p>Early Years -- Standing pyramids are not recommended.</p>	<p>Constant visual supervision is required during the instruction and the first attempt; on site supervision thereafter.</p> <p>Constant visual supervision is required for standing pyramids.</p> <p>On site supervision is required for kneeling and lying pyramids.</p>

Curricular -- All Grades

HORSE BACK RIDING
(ENGLISH OR WESTERN)

*Refer to page 103 (Horseback Riding)
in YouthSafe Manitoba: School Field Trip Resource, Safety First section*

All Grades

ICE HOCKEY

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>CSA approved hockey helmet with cage; as well as gloves, elbow pads, and throat protector must be worn.</p> <p>If you are using a regulation hockey puck, full hockey equipment is required for all players, most importantly -- goaltenders.</p> <p>Check sticks for cracks and splinters.</p>	<p>Properly fitting skates must be worn</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>The ice surface must be free from debris and deep ruts.</p> <p>All ice rink doors must be closed.</p>	<p>The following rules must be in place and must be enforced by penalties:</p> <ul style="list-style-type: none"> a) no body contact b) no stick on body contact c) the stick must remain below the waist at all times with the blade preferably below knee-level d) slap shots are not allowed e) implement a crease for protection of the goalie f) no other player [or player's stick] is allowed in the goal crease g) no lifting and slashing the opponent's stick <p>Do not use a goaltender unless all players are fully equipped.</p> <p>All rules must be clearly outlined and enforced.</p> <p>Skills must be taught in the proper progression and the games must be based on the skills that are taught.</p> <p>The teacher must modify the game to suit the equipment available and the ability of the students.</p>	<p>Constant visual supervision is required.</p> <p>Prepare an emergency action plan for this activity. [Check Appendix D.]</p> <p>There must be a designated supervisor [teacher, parent, or responsible adult] available with a vehicle to accompany any injured student to the hospital. This must not be the "in-charge" supervisor.</p>

Curricular -- All Grades

IN-LINE SKATING

*Refer to page 82 (Small Wheel Activities)
in YouthSafe Manitoba: School Field Trip Resource, Safety First section*

Curricular -- All Grades

KINBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Use a large inflated ball, [e.g., Earthball, Omnikin ball].</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. Eyewear may need to be removed or secured.</p>	<p>The playing area must be free from obstructions, [e.g., desks, chairs, pianos].</p> <p>All access/exit doors must be closed.</p>	<p>The activities/rules must be modified based on skill level; age and the facilities/equipment available.</p>	<p>On site supervision is required.</p>

All Grades

**LACROSSE
(BOX/FIELD)**

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Lacrosse sticks must be checked for broken heads or shafts. Ball: regulation lacrosse/whiffle/P-30.</p> <p>Helmets [with cage] as well as gloves -- are mandatory. Goalie must wear FULL equipment.</p>	<p>The following must be worn: Suitable footwear [no metal cleats are allowed], and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p>	<p>Body contact is not allowed.</p> <p>Stick-on-stick and stick-on-body contact is not allowed.</p> <p>Establish a crease area around the goal. No other player or player's stick is allowed in the crease.</p> <p>Skills must be taught in the proper progression. Games must be based on the skills taught.</p>	<p>On site supervision is required.</p>

All Grades

**INTER - LACROSSE
(SOFT)**

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>A soft, hollow, air-filled ball must be used for both indoor and outdoor play.</p> <p>A face mask must be worn by the goaltender.</p> <p>Use Inter-Lacrosse sticks with a durable plastic head and lightweight aluminum handle.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped. Eyewear may need to be removed or secured.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and, if outdoors, must be well removed from traffic, with boundaries clearly identified.</p>	<p>Rules must be modified to exclude stick-on-stick and stick-on-body contact; and to prevent accidental contact within 1 m of the gym wall or the playground fence.</p> <p>Only non-contact lacrosse is to be played.</p> <p>Skills must be taught in the proper progression and games must be based on the skills taught.</p> <p>Always stress student responsibility regarding individual space.</p>	<p>On site supervision is required.</p>

[Not recommended for Early & Middle Years]

Senior Years Only

MARTIAL ARTS/SELF DEFENSE

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>For throws or falls, 5.1 cm [2"] CLEAN wrestling mats, or mats of equivalent compaction rating are required. <i>[See page 34, "Gymnastics, general utility mats" for specifications.]</i></p>	<p>This activity is performed in bare feet.</p> <p>Loose, comfortable clothing should be worn.</p> <p>Jewellery representing a safety concern must be removed. Eyewear may need to be removed or secured.</p>	<p>A clear, smooth, level, and dry floor surface is required.</p> <p>The surrounding area must be free of all obstacles (e.g., tables, chairs, pianos, etc.)</p>	<p>Stress the importance of anticipation; avoidance of risky situations; self defense tactics; and appropriate aggression.</p> <p>Skills must be taught in the proper progression.</p> <p>Warm-up activities must emphasize conditioning and flexibility.</p>	<p>On site supervision is required.</p> <p>Qualified instructors must deliver the program.</p>

Curricular -- All Grades

PARACHUTE

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Ensure that the parachute is in good condition.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped. Eyewear may need to be removed or secured.</p>	<p>The activity area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>Safety procedures must be established.</p>	<p>Do not play games where any body part is put through the hole in the chute.</p> <p>Proper skill progression must be taught before the games are introduced.</p>	<p>On site supervision is required.</p> <p>Early Years -- Teachers must maintain constant visual supervision.</p>

Outdoor Education on pages 49 to 59 have been removed. Refer to pages 41 to 159 in YouthSafe Manitoba: School Field Trip Resource, Safety First section

Curricular -- All Grades

RACQUET SPORTS

**BADMINTON, TENNIS, PICKLEBALL, PADDLE TENNIS,
SQUASH & RACQUETBALL**

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Racquetball and paddleball racquets must be equipped with a thong that is worn around the wrist; must have no sharp edges or torn frames; and must be inspected regularly for breakage and to ensure that there is a proper grip.</p> <p>When playing on an enclosed, regulation court -- protective eye gear must be worn.</p> <p>Use balls that are appropriate to the skill level of the players, [e.g., foam tennis balls or vinyl balls].</p> <p>Eye Protection [e.g., safety goggles] should be worn in confined spaces.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>Court boundary lines must be clearly defined.</p> <p>A safety procedure must be established for side by side courts.</p> <p>The playing area must be free from debris and obstructions and must provide safe footing.</p>	<p>When teaching skills and playing, there must be enough room for each player to make an uninterrupted swing.</p> <p>The code of etiquette for court play must be taught and enforced, [e.g., "let" calls, and not entering a court which is in use].</p> <p>No more than 4 players are allowed in a playing area for handball, racquetball and paddleball. No more than 6-8 players are allowed on a playing court for badminton.</p> <p>For squash, only singles may be played unless a proper doubles court is available.</p> <p>Skills must be taught in the proper progression and games must be based on the skills taught.</p> <p>Early and Middle Years -- Activities/skills must be modified for the age and ability level of the participants.</p>	<p>During initial instruction, on site supervision is required.</p> <p>After initial instruction, in the area supervision is required.</p> <p>Setting up the equipment requires on site supervision.</p>

Manitoba Physical Education Safety Guidelines

Middle & Senior Years Only

RINGETTE (ON ICE)

[Not recommended for the Early Years]

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Use a regulation rubber ring.</p> <p>Only regulation “ringette” sticks are to be used.</p> <p>Sticks must be checked regularly for cracks.</p> <p>CSA approved hockey helmet with cage must be worn by all players.</p> <p>Gloves must be worn.</p>	<p>Properly fitted skates must be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery].</p> <p>Eyewear may need to be removed or secured.</p>	<p>The ice surface must be free from debris and deep ruts.</p>	<p>The following rules must be in place and must be enforced by penalties:</p> <ul style="list-style-type: none"> a) no body contact b) no stick on body contact c) the stick must remain below the waist at all times with the blade preferably below knee-level d) slap shots are not allowed e) implement a crease for protection of the goalie f) no other player [or player’s stick] is allowed in the goal crease g) no lifting and slashing the opponent’s stick h) the goalie must remain in the crease area <p>Skills must be taught in the proper progression.</p> <p>Modify the games to suit the ability of the students.</p> <p>The ring must be passed over each blue line.</p>	<p>On site supervision is required.</p>

All Grades

RUGBY

FULL CONTACT Rugby is not an appropriate activity for classroom physical education.

Written permission from a school board official is required.

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation or developmentally appropriate rugby balls or footballs are to be used.</p> <p>Mouthguards must be worn for contact rugby.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Metal or composite cleats must not be worn in class.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>Goal posts should be padded if they are in the field of play.</p> <p>Use collapsible flags or soft pylons to mark all the boundaries and lines.</p>	<p>Modify the rules to accommodate ability/age/physical development, [e.g., non-contact Rugby].</p> <p>Full Contact play is permitted only if:</p> <ul style="list-style-type: none"> • participation is completely optional • students are free to withdraw from activities for which they feel unprepared • students have been physically prepared for contact rugby • students wear mouthguards <p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills taught.</p>	<p>On site supervision is required.</p>

Curricular -- All Grades

SCOOPBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Scoops and scoop balls must be in good playing condition. [e.g., no cracks and/or chips].</p> <p>If a goalie is used, the goalie must wear a protective mask.</p> <p>Use nets made of plastic or PVC material.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>The playing area must be free of obstructions, including tables/chairs, other equipment, etc.</p>	<p>Proper skill progression must be taught before the games are introduced.</p> <p>Games must be based on the skills taught.</p> <p>No intentional contact is allowed, [e.g., body-to-body or scoop-to-body].</p> <p>Stress the student's responsibility regarding the need for individual space.</p> <p>If a goalie is used in a game situation, a crease must be implemented <i>[see Ball Hockey]</i>.</p>	<p>On site supervision is required.</p>

Curricular -- All Grades

SCOOTER BOARDS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p> Scooter boards must be in good repair, [e.g., no cracks, broken off edges, or loose wheels.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Tie back long hair if the student is lying down on the scooter.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>The activity area must be free of obstructions, including excess equipment around the perimeter, [e.g., tables, chairs, mats, boxes, etc.]</p> <p>Establish boundaries or use protective mats to eliminate protrusions, [e.g., handles on stage doors].</p>	<p>Do not allow standing on the scooter boards.</p> <p>Stress with the students that scooter boards are not to be used like skateboards.</p> <p>In relay type activities, allow room for a slow-down or run-off area.</p> <p>Skills must be taught in a logical progression.</p> <p>Games must be based on skills that are taught.</p> <p>Scooter to scooter intentional contact must be discouraged.</p> <p>In scooter soccer and scooter hockey, intentional scooter to scooter contact and high swings with the legs and sticks must be discouraged.</p> <p>Running and diving onto scooterboards is not permitted.</p> <p>Do not allow a student on a scooter to be pulled with a long rope</p>	<p>On site supervision is required.</p>

*Refer to page 137 (SCUBA Diving) in YouthSafe
Manitoba: School Field Trip Resource,
Safety First section*

Senior Years Only

SCUBA DIVING

Curricular -- All Grades

SKATING (ICE)

*Refer to page 146 (Skating)
in YouthSafe Manitoba: School Field Trip Resource, Safety First section*

Curricular -- All Grades

*Refer to page 156 (Alpine and Snowboarding)
in YouthSafe Manitoba: School Field Trip Resource, Safety First section*

**SKIING (ALPINE)/
SNOWBOARDING**

Safety Guidelines for Physical Activity in Manitoba Schools

Curricular -- All Grades

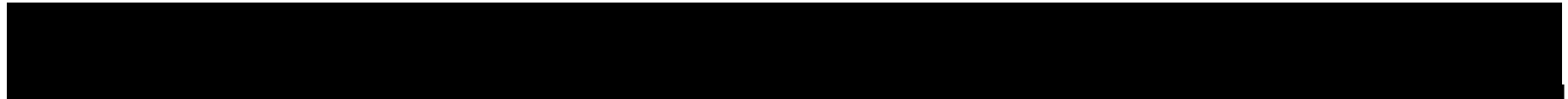
SKIPPING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Use ropes of appropriate length for the size and ability of the students.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement. Shoes must be worn at all times. [No bare feet are allowed.]</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The area must be free of obstructions to enable safe movement and provide adequate personal space.</p>	<p>Skills must be taught in the proper progression.</p> <p>Ropes must not be tied around the neck or swung wildly.</p>	<p>In the area supervision is required.</p>

Senior Years Only

SNORKELING

*Refer to page 135 (Snorkeling)
in YouthSafe Manitoba: School Field Trip Resource, Safety First section*



--	--	--	--	--

Curricular -- All Grades

SOCCER
(INDOOR AND OUTDOOR)

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible</p> <p>Outdoor soccer balls must not be used indoors for games or for shooting on the goalie, but may be used for indoor drills.</p> <p>Portable goals must be fastened down to ensure that they will not fall over.</p> <p>Early Years -- Nerf balls or indoor soccer balls are to be used for indoor soccer games.</p>	<p>The following must be worn: suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>No metal or molded cleats are permitted. No bare feet.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p> <p>Senior Years -</p> <ul style="list-style-type: none"> • Shin pads should be worn for additional protection during formal games. 	<p>The outdoor playing area must be free from debris and obstructions; must provide suitable footing; and must be well removed from traffic areas. Boundaries must be clearly identified.</p> <p>For indoor soccer - keep the gym free of hazards, [e.g., tables, chairs, etc].</p> <p>Use collapsible, soft pylons or use field paint to mark all the boundaries and lines.</p> <p>For indoor and outdoor soccer -- ensure that the goals are secured so that they cannot fall over.</p>	<p>Skills must be taught in the proper progression. Games must be based on the skills taught.</p> <p>Slide tackling must not be used in class.</p> <p>Instruct the students never to climb on moveable outdoor goals and teach the safe handling and potential dangers associated with such goals.</p> <p>Early & Middle Years -</p> <ul style="list-style-type: none"> • For indoor and outdoor soccer, a goal crease needs to be established and no other player except the goalie is allowed in the crease. • Limit the time spent on “heading” technique instruction. [e.g., where the ball is struck with the head] • If “heading” techniques are being taught, take into consideration: the type of ball; the number of repetitions; and the distance involved. 	<p>On site supervision is required.</p>

Curricular -- All Grades

**SOFTBALL/ LOB BALL/
3 PITCH/BASEBALL**

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Bats must not be cracked and must have an adequate grip; fielders should wear baseball gloves; and there should be a “safety” base at first base.</p> <p>Early and Middle Years --</p> <ul style="list-style-type: none"> • Pitching is restricted to slow pitch or restricted-flight balls. Use indoor balls [e.g., 11” Softies/ Incrediballs] • Use batting “T’s” and lightweight [26 oz.] bats 	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement. [No metal cleats are allowed.]</p> <p>Jewellery representing a safety concern must be removed.</p> <p>If a regulation soft ball is used, the catcher must wear shinguards, a mask with a throat protector, and a chest protector. The umpire must wear a mask and it is recommended that the umpire also wear a chest protector. Batters and base runners must wear helmets. These must have no cracks and must have inside padding.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>If more than one activity is going on, always ensure that there is a safe distance between the activities.</p> <p>Backstops must be checked for broken wire prior to each game.</p>	<p>Student umpires without protective equipment must not be positioned behind homeplate; they must stand behind the pitcher or the screen, or outside the base lines.</p> <p>Skills must be taught in the proper progression. Games must be based on the skills taught.</p> <p>All plays at homeplate must be force plays. Use a commitment line on the 3rd base line.</p> <p>Players must be taught to drop or lay down the bat after hitting. They must not release it during the follow through of the swing.</p> <p>To avoid the danger of a slipped bat, non-fielding players must stand well back of the batter’s box or behind a screen or fence. [Always keep fingers away from the screen.]</p> <p>Early and Middle Years --</p> <ul style="list-style-type: none"> • No sliding is allowed. • The back catcher must be a safe distance behind home plate and must wear a mask. • The catcher is not intended to catch the pitch but rather to retrieve the ball. Only a back catcher [not a catcher] must be used for in-class softball. • Teach batters to use a proper grip. [Not cross-handed.] 	<p>On site supervision is required.</p>

Curricular -- All Grades

TABLE TENNIS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation-size table tennis paddles and balls are required.</p> <p>Tables and paddles must be in good condition.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p>	<p>There must be room for mobility around the tables.</p> <p>A smooth, level and dry floor surface is required.</p> <p>The playing area must be free of all obstacles.</p>	<p>There must be a careful routine for setting-up and dismantling the tables with direct teacher supervision.</p> <p>Skills must be taught in the proper progression.</p> <p>Games must be based on the skills that are taught.</p>	<p>In the area supervision is required during play.</p> <p>On site supervision is required during the set up and dismantling of tables.</p>

Curricular -- All Grades

TEAM HANDBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Regulation team handball nets must be safely stored when not in use. Use indoor nets that are padded or made of plastic.</p> <p>Ball hockey nets or “wall mats” can also be used as goals.</p> <p>Use a nerf ball, soft utility ball, soft volleyball or a team hand ball.</p> <p>Early Years --</p> <ul style="list-style-type: none"> • Use a “nerf” soccer ball, soft utility ball, or soft volleyball. [6” size is the best choice.] • Use ball hockey nets, pylons, or wall mats for goals. [The wall can also be taped.] 	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The playing area must be free from debris and obstructions and must provide safe footing.</p>	<p>No body contact is allowed.</p> <p>The crease area must be clearly defined when using a goalie.</p> <p>Only the goal tender is allowed in the crease area.</p> <p>Skills must be taught in the proper progression. Games must be based on the skills taught.</p> <p>Activities and rules must be modified based on the age and ability of students and the facilities/ equipment which are available.</p>	<p>On site supervision is required.</p>

Early and Middle Years

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>The tetherball must be in good repair, with properly working connections at the ball and at the pole.</p> <p>Rope must be in good repair -- without excessive fraying.</p> <p>Check the pole periodically. A pole that is leaning severely, or that is loose at the base must be repaired.</p>	<p>The following must be worn: Suitable footwear and gym clothing that allows the student unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>Tetherball poles must be situated away from traffic areas and areas where other games are played [e.g., volleyball, four square, basketball].</p>	<p>Children require instruction in skills and rules before the game is played.</p> <p>Tetherball games must not be played in slippery, wet conditions.</p>	<p>In the area supervision is required.</p> <p>Tetherball must be set up by an adult [or a student under adult supervision].</p>

Curricular -- All Grades

TOBOGGANING

*Refer to page 144 (Tobogganing/Sledding)
in YouthSafe Manitoba: School Field Trip Resource, Safety First section*

Manitoba Physical Education Safety Guidelines

Senior Years Only

TRACK AND FIELD

DISCUS

[Not recommended for the Early & Middle Years]

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Wood, metal and rubber discs must be of a size appropriate for the age, sex and physical maturity of the student.</p> <p>The discus must not be cracked, chipped or otherwise damaged and must be checked regularly.</p> <p>Supply a towel/rag to dry the discus.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The throwing area must be free of obstacles and completely closed to traffic. [No other activity must be located in the area where discus is taking place.]</p> <p>The landing area must be well marked and void of people during the activity.</p> <p>The discus circle/area must be behind a safety fence or cage and must provide safe footing.</p>	<p>Skills must be taught in the proper progression [e.g., from standing to turning technique].</p> <p>Students not throwing must be behind the thrower in a marked off area -- a minimum of 5 m away.</p> <p>Instruct the students in the safe throwing and retrieving procedures.</p> <p>Where there is more than one thrower, they must stand a safe distance apart on the throwing line.</p> <p>Throwers-only are allowed to have a discus.</p> <p>Instruction must be given in safety prior to teaching and practice.</p>	<p>Constant visual supervision is required.</p>

Middle & Senior Years Only

**TRACK AND FIELD
HIGH JUMP**

[Not recommended for the Early Years]

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>The landing area must be appropriate for the age, size and skill level of the students. The minimum mat size required is a single 2 m x 3 m x 50 cm mat for students doing back layout technique.</p> <p>General utility mats must be placed around and under the landing pits, covering the high jump standard bases on the landing side with no gaps.</p> <p>Two jumping pits used side by side must be of the same thickness. [Check pits regularly for any damage.]</p> <p>Bamboo poles must be tape-wrapped before use. Check bamboo and/or fiberglass poles for cracks regularly.</p> <p>A weighted rope or elastic may be used rather than a crossbar.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>No bare feet or socks without shoes are allowed.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The indoor and outdoor approach-area must be clear, smooth, dry and traffic-free.</p> <p>For indoor jumping, ensure that the floor provides a suitable surface to prevent slipping.</p>	<p>Bar monitors must stay in front of and to the side of the standards at all times.</p> <p>Skills must be taught in the proper progression. Stress technique rather than competition.</p> <p>Stress a short, controlled approach [e.g., between 3 and 9 steps].</p> <p>Check that landing mats and velcro mats are firmly secured and do not slide when landed upon by a jumper.</p> <p>It is advisable that any teacher who is unfamiliar with high jump technique seek assistance from appropriate support staff and/or refrain from using the equipment until help is received.</p>	<p>Constant visual supervision is required.</p> <p>Senior Years -- Following the initial skill instruction and after all safety concerns have been emphasized -- on site supervision is appropriate.</p>

Curricular -- All Grades

**TRACK AND FIELD
HURDLES**

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Use low hurdles, or loose crossbars for classroom instruction. [Check hurdle crossbars for splinters before use.]</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed.</p>	<p>The activity requires an appropriate area which provides a clear flat surface.</p>	<p>Instruct the students on how to set up the equipment properly.</p> <p>Modify heights and distances to accommodate different ability levels.</p> <p>Skills must be taught in the proper progression.</p>	<p>On site supervision is required.</p>

**TRACK AND FIELD
JAVELIN**

***JAVELIN is not a recommended activity for classroom instruction.
Written permission from a School Board Official is required.***

**TRACK AND FIELD
POLE VAULT**

POLE VAULT is not an appropriate activity for classroom instruction.

Curricular -- All Grades

TRACK AND FIELD
SHOT PUT

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Only shots designed for indoor use can be used in the indoor program.</p> <p>Shot must be of appropriate size and weight for the age and strength of the students.</p> <p>Supply a towel/rag to dry the shot.</p>	<p>The following must be worn: Suitable footwear providing good support, and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The putting circle must provide safe footing.</p> <p>The landing area must be well marked and void of people during the activity.</p>	<p>There must be only one specified putting direction, completely free of traffic.</p> <p>Establish safe routines for putting and retrieving shots.</p> <p>Skills must be taught in the proper progression.</p> <p>All shots must be safely transported to and from the throwing area.</p> <p>Teach “standing” shot put technique [no spin] or the O’Brien technique [backwards slide plus 180 degree rotation].</p> <p>Students waiting their turn must be in a marked off area -- a minimum of 4 m behind the toe line.</p>	<p>Constant visual supervision is required.</p> <p>Senior Years -- Following the initial instruction and after all safety concerns have been emphasized, on site supervision is appropriate.</p>

Curricular -- All Grades

TRACK EVENTS

SPRINTS, 400M, 800M, 1500M, 3000M, RELAYS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Plastic or aluminum relay batons should be used.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Bare feet are not allowed.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Early & Middle Years --</p> <ul style="list-style-type: none"> • Spikes of any kind must not be worn. • Turf shoes must not be worn. <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The activity area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>All tracks must be inspected annually and maintained as necessary.</p> <p>“Blacktop” strips and open fields may be used if these areas are suitable, smooth, clean, level and provide safe footing.</p>	<p>Skills must be taught in the proper progression.</p> <p>For distance running: The length of route must be appropriate for the age and ability level of the participants. Also take into account:</p> <ul style="list-style-type: none"> • the temperature of the day, • previous training and length of preparation. <p>Indoor running and use of hallways: No running will take place where there are glass doors or showcases. Position a safety barrier in front of doors. Put pylons at stop points and designate a slow down zone of 10 m or more. All classroom doors that open out have to be secured open, flush with hall wall.</p> <p>Early Years -- Parent permission forms must be completed if the students are leaving the school grounds.</p>	<p>In the area supervision is required.</p> <p>When running distances, students may be temporarily out of sight. They should run in pairs or groups.</p> <p>Early Years --</p> <ul style="list-style-type: none"> • In the area supervision is required for middle distances [400 m, 800 m, & 1500 m]. • On site supervision is required for sprints and relays.

Curricular -- All Grades

TRACK AND FIELD

TRIPLE JUMP, LONG JUMP

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>A sand pit and runway with a level surface are required.</p> <p>A rake is required, as well as a shovel or spade.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>No spikes of any kind may be worn.</p> <p>No bare feet are allowed.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>Pits must be situated away from high traffic areas and other activity sites, [e.g.- ball diamonds].</p> <p>The pit must be a minimum width of 1.8 m and must be long enough to accommodate the longest jumper. There must be a minimum of 0.50 m between the take-off board and the front edge of the pit.</p> <p>The landing area must be soft and deep with no foreign objects.</p> <p>The pit must be filled with sand to a minimum depth of 30 cm.</p> <p>Dig the pit at least once a season and after any heavy rainfall.</p> <p>The take-off area must be firm and flat and swept if it's "blacktop".</p>	<p>Refrain from jumping if there are slippery conditions.</p> <p>Skills must be taught in the proper progression.</p> <p>Train students to be rakers.</p> <p>As part of training, include rules such as:</p> <ol style="list-style-type: none"> a) Remove the rake before the next competitor begins their approach and hold the rake prongs downward. b) Begin raking after the competitor is out of the pit. c) Rake the sand into the middle as opposed to out to the sides. 	<p>Constant visual supervision is required during the initial lessons.</p> <p>On site supervision is required after the skills have been taught.</p>

Refer to similar activities in
**YouthSafeManitoba: School
 Field Trip Resource**

Middle & Senior Years Only

TRACK AND FIELD

TRIATHLON (running, cycling, swimming)
 SEE ALSO LAKE SWIMMING

Not recommended for the Early Years

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Bicycles must be inspected and checked on a regular basis before they are used by the students.</p> <p>Bicycle size must be appropriate for the rider.</p> <p>Correctly fitting bicycle helmets approved by CSA, Snell, ANSI, ASTM, British or Australian standard are required.</p>	<p>Suitable footwear and clothing must be worn.</p> <p>Suitable swimwear for swimming should be worn.</p> <p>Proper running shoes [in good condition] must be worn for distance training.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>School or Community pools must be used.</p> <p><i>BACKYARD POOLS MUST NOT BE USED.</i></p> <p>Choose routes carefully in terms of the length, road surface, and frequency of traffic.</p> <p>A map of the routes to be used must be available in the school and must also be supplied to the students.</p>	<p>Training must be done with a partner in all 3 events.</p> <p>Students must be aware of established emergency procedures in case of an accident.</p> <p>A record of the students who are running and cycling, as well as the route they will be travelling, must be left in the school with the appropriate staff.</p> <p>Skills must be taught in the proper progression.</p> <p>Modify the length of the routes and swims to accommodate training and differences in age, ability, and physical development.</p> <p>The instructor must consider weather conditions [wind, cold, heat, rain] when training the students for the activities.</p>	<p>In the area supervision is required for cycling and running.</p> <p>On site supervision is required by qualified swim instructors/ lifeguards during the swimming portion.</p> <p>Suggested ratio: a maximum of 25 students per qualified N.L.S. lifeguard/instructor [pools and lake].</p> <p>A person with current first aid certification must be accessible.</p>

Curricular -- All Grades

ULTIMATE

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>The disc must be commensurate with the ability level of the students and the wind condition of the day - e.g., soft [cloth] disc, heavy discs.</p> <p>Discs must be inspected for cracks or spurs.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>No metal cleats may be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>The playing area must be free of debris and obstructions; must provide suitable footing; and must be well removed from traffic, with boundaries clearly identified.</p> <p>Goal posts should be padded if they are in the field of play.</p> <p>For indoor activity: keep the gym free of hazards [e.g., tables, chairs, pianos].</p>	<p>Skills must be taught in the proper progression.</p> <p>The game activities must be based on the skills that are taught and on the wind conditions.</p> <p>Wind conditions must also be taken into account when planning skill-teaching.</p> <p>No body contact is allowed.</p>	<p>On site supervision is required for the initial instruction, followed by in the area supervision.</p>

Curricular -- All Grades

VOLLEYBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Poles must be safely stored when not in use.</p> <p>Nets must not have any exposed wires along the top or frayed wires along the poles.</p> <p>It is suggested that wires attaching the poles to the floor should NOT be used.</p> <p>Only use leather or synthetic-leather volleyball-type balls.</p> <p>Select a ball commensurate with the skill level of the students.</p>	<p>The following must be worn: Suitable footwear and gym clothing providing the student with unrestricted movement.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>When the volleyball poles are removed, the floor plugs must be replaced.</p> <p>The playing surface and surrounding areas must be free of all obstacles.</p> <p>The playing surface must provide good traction. Outdoor volleyball courts must provide safe footing.</p> <p>Beach volleyball courts must have a sufficient amount of sand so that there are no bare patches or hard dirt areas.</p>	<p>Skills must be taught in the proper progression.</p> <p>Activities/rules must be modified to the age and ability level of the participants.</p> <p>Do not allow the students to climb up the pole to attach the net.</p>	<p>On site supervision is required during the initial lessons during setting up and taking down of the equipment.</p> <p>In the area supervision is required after the skills have been taught.</p> <p>Early Years -- Constant visual supervision is required if the students are setting up and putting away the volleyball poles.</p>

Curricular -- All Grades

WALL CLIMBING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Ropes and associated climbing equipment designed specifically for wall climbing must be used.</p> <p>Use a mechanical belay system [e.g., stitch plate, munter hitch, gri gri, ATC, tuber type of belay device].</p>	<p>No loose clothing may be worn.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery].</p> <p>Eyewear may need to be removed or secured.</p>	<p>The area for climbing must be appropriate for the ability level of the students.</p>	<p>Written parent permission is required for participation in this activity.</p> <p>No lead climbing or protection placement by students is allowed.</p> <p>An emergency action plan must be designed and communicated to all those involved in the program.</p> <p>Safety procedures must be clearly outlined to the students.</p> <p>A lesson must be an integral part of the program for all students.</p> <p>Skills must be taught in the proper progression.</p> <p>The instructor/leader must be familiar with the climbing facility.</p> <p>Completed medical forms must be accessible at all times.</p> <p>All equipment must be inspected by the instructor prior to the climb.</p> <p>Students must be allowed to select the challenge of their choice.</p>	<p>The instructor/supervisor must have the appropriate Manitoba rock-climbing certification, or the equivalent.</p> <p>Constant visual supervision is required. The Supervisor/Student ratio must be a maximum of 1:8. The teacher must accompany the students to the site and must remain on site for the instruction if a person other than the teacher is doing the instructing.</p> <p>Prepare an emergency action plan for this activity. [See Appendix D.]</p> <p>There must be a designated supervisor [teacher, parent, or responsible adult] available with a vehicle to accompany any injured student to the hospital. This must not be the “in-charge” supervisor.</p>

Manitoba Physical Education Safety Guidelines

Senior Years Only

WATERPOLO

[Not recommended for the Early & Middle Years]

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Standard safety equipment is required, as stated in the pool regulations [e.g., ring buoys, reaching poles, spinal boards, etc.].</p>	<p>Suitable swimwear should be worn.</p> <p>A device for keeping hair from obstructing vision [e.g., elastic] is required.</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery]. Eyewear may need to be removed or secured.</p> <p>Outdoor note: Students must bring suitable protection against sun, heat and insects.</p>	<p>Use only a school or community swimming pool.</p> <p><i>BACKYARD POOLS MUST NOT BE USED.</i></p>	<p>Inform the swim instructor of any students having medical problems that may affect student safety in the water.</p> <p>Students must meet a minimum swimming guideline [e.g., swimming 100 m using any stroke and treading water for 3 minutes].</p> <p>Fingernails must be closely trimmed.</p> <p>Modify the rules to accommodate the age and ability of the participants.</p> <p>Skills must be taught in the proper progression. Games must be based on the skills taught.</p> <p>Students must adhere to the following regulations:</p> <ol style="list-style-type: none"> a) no running or pushing on the deck b) no gum chewing c) no food in the pool area d) stay clear of the diving area e) do not dive into the shallow end f) no shoes allowed on the deck <p>Showers must be taken before entering the pool.</p> <p>Where students go off school board property to a pool, parents must be informed.</p> <p>Emergency procedures must be outlined to the students prior to entering the water.</p> <p>Students with infected cuts or sores must not be in the pool.</p>	<p>Ratio: a maximum of 25 pupils per qualified National Lifeguard Service (N.L.S.) lifeguard/instructor.</p> <p>On site supervision is required by the teacher.</p> <p>Each instructor can supervise only one class or group.</p> <p>Students must ask permission to leave the pool area.</p> <p>A person with current first aid certification must be accessible.</p>

[Not recommended for the Early & Middle Years]

Senior Years Only

WEIGHT TRAINING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>All equipment must be checked before use and repaired as necessary.</p>	<p>Suitable clothing and footwear must be worn</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery].</p>	<p>The weight room must be locked when it is unsupervised.</p> <p>The floor surface below the free weight activities must provide sufficient traction so that weights do not slide and roll.</p>	<p>All students must be instructed in the proper lifting techniques and safety procedures. All programs must be individualized.</p> <p>Free weight plates must be secured in place before using.</p> <p>A buddy system must be used when lifting free weights over the body.</p> <p>Skills must be taught in the proper progression.</p>	<p>On site supervision is required for the initial use of free weights and weight machines.</p> <p>In the area supervision is required after instructions have been given on the safe use of the equipment.</p>

[Not recommended for the Early Years]

Middle & Senior Years Only

WRESTLING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>A first aid kit and phone must be accessible.</p> <p>Use wrestling mats or general utility mats with no gaps between them:</p> <ul style="list-style-type: none"> • ensolite 3.8 cm (1 1/2") • trocellen 5.1 cm (2") • ethefoam 3.8 cm (1 1/2") • sameige 3.8 cm (1 1/2") • mats of equivalent compaction rating. 	<p>Suitable clothing must be worn. [Socks, bare feet or wrestling shoes are acceptable.]</p> <p>Jewellery representing a safety concern must be removed. If not removable, it must be taped -- [e.g., medical alert identification, religious/cultural jewellery].</p> <p>Glasses must not be worn.</p>	<p>Mat surfaces must be checked regularly for irregularities and must be clean.</p> <p>The area surrounding the mats must be free of obstructions/hazards.</p> <p>Allow suitable clearance from the edge of the wrestling area to the surrounding walls.</p> <p>Surrounding walls must be padded if the clearance from the mat surface is less than 2 m [6' 6"].</p>	<p>Students must wrestle with partners of similar weight, strength and ability.</p> <p>Warm up activities must emphasize conditioning and flexibility.</p> <p>Skills must be taught in the proper progression.</p> <p>Rules and illegal moves must be outlined.</p> <p>Students must referee only under the direct supervision of the instructor.</p> <p>Establish a maximum time limit of 3 minutes per round and two rounds per match, with a 30 second break in between rounds.</p> <p>Fingernails must be closely trimmed.</p> <p>All infections, burns and open cuts must be covered.</p>	<p>On site supervision is required.</p>