

## RM 4–PA: Risk-Management Plan

Name \_\_\_\_\_ Physical Activity \_\_\_\_\_  
 Date(s) \_\_\_\_\_ Location \_\_\_\_\_

### Directions/Description

Taking responsibility for safety is a very important part of the OUT-of-class component of the Grade 12 Active Healthy Lifestyles course. The safety concerns and risk factors that need to be considered during participation in physical activities include those identified below. Refer to this list of considerations when you complete the Risk-Management Plan on the following pages, using an activity with a high risk factor rating (RFR) from your personal physical activity plan.

Safety and Risk-Management Considerations	
<p><b>Level of Instruction</b></p> <ul style="list-style-type: none"> <li>▪ How much instruction will be required?</li> <li>▪ Do the instructors have the necessary qualifications?</li> <li>▪ Will a skills assessment be done to determine the participant's level of ability?</li> </ul> <p><b>Level of Supervision</b></p> <ul style="list-style-type: none"> <li>▪ What level of supervision will be required?</li> <li>▪ Are emergency procedures in place?</li> <li>▪ What equipment or supplies (e.g., phone, first aid kit) will be required?</li> <li>▪ Do the supervisors have adequate training to respond to an emergency?</li> </ul> <p><b>Facilities/Environment</b></p> <ul style="list-style-type: none"> <li>▪ Have the potential hazards been identified?</li> <li>▪ Has the area been inspected?</li> <li>▪ Does the facility have user rules?</li> <li>▪ Are any modifications or restrictions required?</li> <li>▪ Will precautions be needed based upon the environment?</li> </ul>	<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>▪ Has the equipment been inspected and properly maintained?</li> <li>▪ Have modifications been made to the equipment?</li> <li>▪ What protective equipment should be worn?</li> <li>▪ Does the equipment use require special instruction or adjustment?</li> </ul> <p><b>Clothing/Footwear</b></p> <ul style="list-style-type: none"> <li>▪ Does the activity require special clothing or footwear?</li> <li>▪ Will additional clothing be required to address environmental conditions?</li> </ul> <p><b>Personal and Other Considerations*</b></p> <ul style="list-style-type: none"> <li>▪ Is the activity appropriate for the physical condition of the participant?</li> <li>▪ Will instruction be required?</li> <li>▪ Does the participant have adequate insurance coverage?</li> <li>▪ Will there be a need for special rules and responsibilities?</li> <li>▪ Who is the emergency contact person?</li> <li>▪ Is transportation required?</li> </ul>
<p>* Special health care needs, skill level, experience, accessibility, and so on.</p>	

### REFERENCE



General safety guidelines and Physical Activity Safety Checklists to assist in planning for student participation in a variety of physical activities and in managing risk factors for each activity are provided in the following resource. Each activity has been assigned a risk factor rating (RFR) on a scale of 1 to 4, with an RFR of 4 representing the highest risk.

Manitoba Education, Citizenship and Youth. *OUT-of-Class Safety Handbook: A Resource for Grades 9 to 12 Physical Education/Health Education*. Winnipeg, MB: Manitoba Education, Citizenship and Youth, 2008. See Appendices C, D, and E. The document is available online at [www.edu.gov.mb.ca/k12/cur/physhlth/curriculum.html](http://www.edu.gov.mb.ca/k12/cur/physhlth/curriculum.html).

The list of Physical Activity Safety Checklists for specific activities is available online at [www.edu.gov.mb.ca/k12/cur/physhlth/out\\_of\\_class/checklists/index.html](http://www.edu.gov.mb.ca/k12/cur/physhlth/out_of_class/checklists/index.html).

For website updates, please visit Websites to Support the Grades 11 and 12 Curriculum at [www.edu.gov.mb.ca/k12/cur/physhlth/](http://www.edu.gov.mb.ca/k12/cur/physhlth/).

*Continued*

**RM 4–PA: Risk-Management Plan *(Continued)***

<b>Risk-Management Considerations for People</b>	
<b>Considerations</b>	<b>How will the consideration be addressed?</b>
<b>Participant(s)</b>	
<b>Instructor(s)</b>	
<b>Supervisor(s)</b>	

<b>Risk-Management Considerations for Facilities/Environment (Outdoor/Indoor Facilities, Play Area)</b>	
<b>Considerations</b>	<b>How will the consideration be addressed?</b>
<b>Facilities/Environment</b>	

*Continued*

**RM 4–PA: Risk-Management Plan *(Continued)***

<b>Risk-Management Considerations for Equipment and Clothing/Footwear</b>	
<b>Considerations</b>	<b>How will the consideration be addressed?</b>
<b>Activity-Related Equipment</b> (e.g., skis, ski poles for downhill skiing)	
<b>Protective Equipment</b> (e.g., helmet, wrist guards, knee guards, elbow guards for inline skating)	
<b>Clothing/Footwear and Environmental Protection</b> (e.g., rain jacket, hiking boots, sunscreen)	

*Continued*

**RM 4–PA: Risk-Management Plan *(Continued)***

**Additional Student Comments**

---

Student Signature

---

Date

**Teacher Comments**

---

Teacher Signature

---

Date