



OUT-OF-CLASS SAFETY HANDBOOK

Appendix E

Physical Activity Safety Checklists

The template on pages E.5 and E.6 has been designed so that it may be used by individual schools and divisions to draft additional physical activity safety checklists. To facilitate its adaptation, a version in Microsoft Word format is available on the accompanying CD and on the Department website at <www.edu.gov.mb.ca/k12/cur/physhlth/index.html>.

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PHYSICAL ACTIVITY SAFETY CHECKLISTS

The physical activity safety checklists have been provided to inform students and parents of the safety concerns and/or standards to consider when selecting and participating in physical activity. While they are intended to be used specifically for OUT-of-class physical activities as part of Grades 9–12 PE/HE courses, they can also apply to physical activity participation in general. The intent is not to restrict student participation but rather to assist them in the process of identifying inherent or potential risks, recommending strategies/safest practices to manage these risks, and to minimize the possibility of injury during participation.

The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. However, some of these may not apply to all situations (e.g., home-based, recreational, or modified activities). There are many variables that will need to be taken into consideration when determining what level of instruction or supervision is appropriate for the student’s selected physical activities, as well as determining appropriate safety practices relating to the environment and equipment used for the activity. Examples of different variables include level of risk, experience, skill, physical condition, intensity, accessibility, and type of pursuit (competitive/recreational, individual/group). Therefore, the safety checklists have been provided to inform students of the different factors they need to be aware of, while the parent declaration/consent and student declaration forms provide the evidence that students have been informed.

NOTE

A template has been provided on pages E.5 and E.6 to assist in the development of safety checklists for additional activities not included in this inventory. For a complete list of the physical activities for which safety checklists have been provided, please refer to the Physical Activity Inventory in Appendix C. It should also be noted that safety checklists have been provided for camping activities (i.e., residential, summer, and winter). While camping in and of itself is not necessarily a physical activity, it may provide the opportunity for a number of physical activities that may be used for this course. Therefore, many of the safety checklists will refer to these camping safety checklists when overnight camping may be involved.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

(ACTIVITY NAME)

(Description of activity)

Risk Factor Rating

(1-4)

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs..

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors, such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: (i.e., constant visual supervision, on-site supervision, in-the-area supervision, little or no supervision)

PHYSICAL ACTIVITY SAFETY CHECKLISTS

(ACTIVITY NAME)

Facility

Equipment

Clothing/Footwear

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan has been encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AEROBICS (DANCE, STEP)

Aerobics is a form of exercise, typically performed to music, often in a group setting with a leader.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs..

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of aerobic activities with specific reference to certain exercises that might constitute part of the program

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors, such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AEROBIC (DANCE, STEP)

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked/cleaned regularly (steps, mats, dumbbells, etc.)
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (e.g., aerobics wear), permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan has been encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AEROBICS — WATER / AQUA

Water/aqua aerobics is a form of aerobic exercise performed in shallow water such as in a swimming pool.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in water/aqua aerobics with specific reference to certain exercises that might constitute part of the program

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Instructor is in control of class at all times

Distress levels of class members are monitored

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AEROBICS—WATER/AQUA

Facility

- Adequate space is provided in which students may participate in chest-deep water
- The water temperature is at an appropriate level
- Pool deck is free of obstacles
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- An appropriate bathing suit is worn

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AIKIDO

Aikido is a Japanese martial art created as a method of defending oneself without injuring the attacker.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified aikido instructor approved by the Canadian Aikido Federation or an instructor capable of demonstrating the competencies required for certification
All sessions are conducted in a safe environment, with students aware of the potential risks involved in aikido
Safety rules and procedures are learned prior to participation
Skills/movements are learned in proper progression
Program adheres to basic fitness and training principles
Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
Instructor is in control of the dojo (training area) at all times
Student must demonstrate competency of skill/fitness prior to being allowed to enter competition
Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

AIKIDO

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan has been encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ARCHERY

Archery is a precision/target sport using a bow to shoot arrows.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Federation of Canadian Archers (FCA) coach or an experienced archer who is capable of demonstrating the competency expected from a certified coach

All sessions are conducted in a safe environment, with all students aware of potential risks involved in archery

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Instruction is received regarding the safe removal of arrows and retrieval procedures

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Supervisor is in control of the firing line at all times; no one crosses the firing line without permission

All students not involved in shooting must be positioned well behind the firing line and away from the archers on the line

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ARCHERY

Facility

- Activity area is free of hazards/debris
- Activity area includes a clearly marked firing line and out-of-bounds areas
- Indoor facility has a proper safety net behind targets
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Indoor facility has a clearly marked emergency exit

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (bows/arrow/targets/abutments) is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of archery equipment
- Appropriate targets are used
- Floor quivers are used
- Bow and arrow length and weight are correct for the student's size and strength
- Arm guards and finger tabs are available
- All bows are secured when not in use
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn for conditions, permitting unrestricted movement; upper-body clothing must not interfere with bow action

Other Considerations

- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- The student has completed a regular medical checkup and a medical history prior to starting the program
- Registration in an accident insurance plan has been encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—JUMPS

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The jumping events include high jump, long jump, pole vault, and triple jump.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of potential risks involved in training for the jumping events

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Students learn the proper mechanics of the jumps

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coaches monitor weekly training load and increases of athletes (i.e., weight training loads and sprint work) through a training log/journal

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—JUMPS

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and **in-the-area supervision** during training sessions (In the case of the pole vault and high jump, **constant visual supervision** is required during vaulting/jumping sessions.)

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

A person responsible for providing first aid should be present during the entire session

Safety rules and procedures are enforced

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

Equipment

Equipment to be used is suitable and in good condition

First aid kit and phone are readily accessible

Clothing/Footwear

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Spiked shoes must have appropriate spikes for the approach surface

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Suitable clothing and protection is used for weather, sun, and insects

Clothing must meet the requirement of the club or competition

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session

Jumps landing areas and approach run-up areas are inspected prior to jump training

Activity area is free of debris and obstructions

Approach surfaces are level and provide suitable footing

Activity area is free of traffic

Boundaries are clearly marked

Landing pits meet IAAF standards

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—LONG-DISTANCE RUNNING

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The long-distance running races are run on a 400m track and usually refer to 5000m and 10,000m events, but could include 3000m for high school students.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in long-distance running

Safety rules and procedures are learned prior to participation (including road safety)

Skills/movements are learned in proper progression (The length of the event must be appropriate for the age and fitness level of the student.)

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—LONG-DISTANCE RUNNING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

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

The person responsible for providing first aid is present and accessible during the entire session

Safety rules and procedures are enforced

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

Facility/Environment

Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session

Prior to the run, a safety check of the track is performed

Track is free of hazards/debris and traffic

Track surface is level and provides suitable footing

Boundaries are clearly marked

Equipment

Equipment to be used is suitable and in good condition

Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness of any potential dangers in his/her surroundings

First aid kit and phone are readily accessible

Clothing/Footwear

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Spiked shoes must have appropriate spikes for the running surface

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Suitable clothing and protection is used for weather, sun, and insects

Clothing must meet the requirement of the club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—MIDDLE-DISTANCE RUNNING

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The middle-distance running races are run on a 400m track and include all racing distances from 800m to 3000m.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in middle-distance running

Safety rules and procedures are learned prior to participation (including road safety)

Skills/movements are learned in proper progression

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

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Instructor is aware of the local weather conditions/forecast, temperature, and humidity or wind chill

Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—MIDDLE-DISTANCE RUNNING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

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

The individual responsible for providing first aid should be present and accessible during the entire session

Safety rules and procedures are enforced

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

Facility/Environment

Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session

Prior to the run, a safety check of the track has been performed

Track is free of hazards/debris and traffic

Track surface is level and provides suitable footing

Boundaries are clearly marked

Equipment

Equipment to be used is suitable and in good condition

Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness to any potential dangers in his/her surroundings

First aid kit and phone are available

Clothing/Footwear

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Spiked shoes must have appropriate spikes for the running surface

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Suitable clothing and protection is used for weather, sun, and insects

Clothing must meet the requirement of the club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—SPRINTS, RELAYS, AND HURDLES

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The sprints events involve all racing distances shorter than 800m and include relays and hurdles.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in sprint training

Safety rules and procedures are learned prior to participation (including road safety)

Skills/movements are learned in proper progression

Students learn the proper mechanics of sprinting

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

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—SPRINTS, RELAYS, AND HURDLES

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **on-site supervision**

For sprints and relays, the recommended level of supervision is **on-site supervision**

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

The person responsible for providing first aid should be present and accessible during the entire session

Safety rules and procedures are enforced

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

Facility/Environment

Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session

Prior to the run, a safety check of the track has been performed

Track is free of hazards/debris and traffic

Track surface is level and provides suitable footing

Boundaries are clearly marked

Adequate space must be available at the end of the activity space for students to decelerate following a run

Clothing/Footwear

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Spiked shoes must have appropriate spikes for the running surface

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Suitable clothing and protection is used for weather, sun, and insects

Clothing must meet the requirement of the club or competition

Equipment

Equipment to be used is suitable and in good condition

Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness to any potential dangers in his/her surroundings

First aid kit and phone are available

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—SPRINTS, RELAYS, AND HURDLES

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—THROWS

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The throwing events include: discus, hammer, javelin, and shot put.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in training for the throwing events

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Students learn the proper mechanics of the throws

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coaches monitor weekly training load of athletes (i.e., weight training loads, distances, and increases) through a training log/journal

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—THROWS

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **on-site supervision**

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

The person responsible for providing first aid should be present during the entire session

Safety rules and procedures are enforced

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

Facility/Environment

Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session

Prior to throw training, a safety check of the throwing areas (cage and throwing circles) has been performed, these areas are inspected on a regular basis.

Activity area is free of hazards/debris and traffic with boundaries clearly marked

Throwing surface is level and provides suitable footing

Adequate space must be available behind the cages for non-throwers

Clothing/Footwear

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Suitable clothing and protection is used for weather, sun, and insects

Clothing must meet the requirement of the club or competition

Equipment

Equipment to be used is suitable and in good condition

Throwing implements must meet IAAF or Athletics Canada specifications

First aid kit and phone are readily accessible

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BACKPACKING

Backpacking refers to long, self-contained, non-motorized trips, or hikes, in which the backpacker carries all the necessary equipment for one or more nights on the trail.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Leader is experienced and knowledgeable, able to organize instruction, demonstrate skills, and supervise students on a backpacking trip (The more remote the trip, the more experienced the leader must be.)

Leader has recently traveled proposed trail

Student is aware of potential risks of backpacking

Safe hiking techniques, including buddy system, are learned

Skills/techniques that will be necessary for the trip are learned (e.g., low-impact camping)

Student's receive instruction on the use of a compass/GPS and on what they should do if they get lost

Student's receive instruction in proper hygiene, including foot care

Adequate drinking water is available and consumed as needed

Students are at an appropriate physical fitness level (including their freedom from injury or disability) suitable for the trip

Leader develops a detailed plan of trip, including itinerary, route, meals, and required group/personal equipment; plan of trip is made available to students/parents

Emergency action plan and lost student plan is developed and rehearsed

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BACKPACKING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision; constant visual supervision** may be required for specific hazards

Person in the group has training in first aid

Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with an injured person while two go for help.)

Local weather conditions/forecasts and fire restrictions are checked before the start of trip

Safety rules and procedures are enforced

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

Detailed plans for contingency and inclement weather are recorded in writing

A lost student plan is in place in case someone gets separated from the group; a head-count system is developed and used to ensure all students are present and accounted for

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

Environment

Designated trails are used or permission is obtained from appropriate authorities to access the trail

Detailed maps are provided of the area in which the students will be hiking

Location of local emergency services have been identified

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked by qualified person prior to trip departure

Instructions are given regarding the proper maintenance of equipment

Students each carry their own backpack, which is properly fitted and adjusted; contents of the backpack are verified for weight and distribution

A detailed map and working compasses are available

Students each carry a whistle and their own survival kit

First aid kit and phone or alternatively, an emergency communication system are available. (GPS [Global Positioning System] is now affordable. Walkie-talkies are a good way to keep the leader and the tail of the group in contact.)

Portable music players are discouraged/restricted as they cause distractions

Clothing/Footwear

Properly fitted shoes/boots are worn, depending on trail type, with no open-toed shoes

Clothing is worn in layers with extra clothing carried as appropriate

Suitable clothing and protection is used to protect against weather, sun (e.g., hat), insects (e.g., long-sleeved shirts and long pants to guard against wood ticks do buddy checks), animals (e.g., bear repellent if going into bear country), and plants (e.g., poison ivy)

Jewelry is removed/secured when safety is a concern

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BACKPACKING

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan has been encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BADMINTON

The game of badminton is played by two to four players who attempt to hit the shuttlecock ("birdie") with a racquet over the net and onto the opposing side's court.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program Badminton Canada coach or an experienced player/coach who is capable of demonstrating competency as expected from a National Coaching Certification Program coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in badminton

Safety rules and procedures are learned prior to participation

Code of conduct/etiquette for court play is learned

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students are aware of the benefits of protective eyewear

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Setting up (and taking down) of equipment requires on-site supervision

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BADMINTON

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit for indoor facility is clearly marked

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing (t-shirt and shorts are best) is worn, permitting unrestricted movement
- Clothing meets requirements of the club or competition

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked before every session
- Players use protective eye gear as recommended by Badminton Canada or MHSAA (Manitoba High Schools Athletic Association)
- Instructions are given regarding setting up and taking down of equipment as well as the proper maintenance of badminton equipment
- Equipment is stored in a safe location in a tidy manner
- First aid kit and phone are available

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan has been encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BANDY

Bandy is a sport played by two teams of 11 players, skating on an ice surface the size of a soccer field and trying to hit a ball with a stick into the opposing team's goal.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified bandy coach, or an experienced player/coach capable of demonstrating the competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of bandy

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Supervisor ensures all protective equipment is worn

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BANDY

Facility/Environment

Local weather conditions/forecast, including windchill, is checked prior to session
Official ice surface is approximately the size of a soccer pitch
Ice surface is smooth and free of cracks or rough spots
Along the sidelines a 15cm-high border (wall) is placed to prevent the ball from leaving the ice (The border should not be attached to the ice so it can glide in the event of a collision, and should end one to three metres away from the corners.)

Equipment

Equipment to be used is suitable and in good condition
Equipment and ice surface are checked before every session
Sticks are the correct length
Instructions are given regarding the proper maintenance of bandy equipment
First aid kit and phone are available

Clothing/Footwear

Skates, a helmet, a mouth guard, and, in the case of the goalkeeper, a face guard are worn
Teams must wear uniforms that make it easy to distinguish the two teams
Skates, sticks, and any tape on the stick must be of another colour than the ball
Additional protective equipment is used to protect knees, elbows, genitals, and throat; pants and gloves may contain padding
Appropriate clothing is worn for weather conditions

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan has been encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BASEBALL (HARDBALL)

Baseball is a sport played with a bat and ball by two teams of nine players on a field with four bases marking the course the batters must take to score runs.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a National Coaching Certification Program/Baseball Canada-trained/certified coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If participating in an organized baseball program, Baseball Canada requires that all coaches have certification appropriate for their level of competition.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in baseball

Safety rules for baseball are learned

Skills/movements are learned in proper progression, especially higher-risk activities such as sliding

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Instructor controls higher-risk activities (e.g., sliding practice)

Designated person is present with basic knowledge of first aid

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries. Pitchers are limited to a maximum of 60 pitches per game and no more than two games per day

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BASEBALL (HARDBALL)

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Bases are secured
Diamond is groomed and level, and free of holes, rocks, or other obstacles
Backstop is free of holes or broken wires, and is checked prior to each game or practice
Entrance gates to diamond must stay closed at all times
Dugout is screened to protect players and coaches
If the field is deemed to be unsafe, a game/practice must be rescheduled to a new field or new date, and a report must be submitted to appropriate authorities
When training indoors the site is suitable for the activity being practised (e.g., a school gymnasium may be suitable for a pitching practice but not for batting practice)

Equipment

Equipment to be used is suitable and in good condition
Equipment (bats, helmets) are checked by a qualified person before every session
Bats are the appropriate size (length and weight) for each participant
CSA-approved helmets are worn by batters and base runners as well as players in the on-deck circle
Helmets must have ear flaps on both sides
Catchers must wear approved equipment
Instructions are given regarding the proper care and maintenance of baseball equipment
Equipment not being used as part of the game must be kept out of the playing area
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed when safety a concern (or in accordance with league rules)
Appropriate clothing is worn (pants, team shirt, and baseball hat), permitting unrestricted movement
Clothing must meet requirement of the club or competition
Application of sunscreen/insect repellent is advised, depending on circumstances

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan has been encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BASKETBALL

Basketball is a team sport in which two teams of five active players each try to score points against one another by throwing a ball through a 10-foot-high hoop (the basket).

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a National Coaching Certification Program/Canada Basketball trained/certified coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill. If participating in an organized league, the league may require a certain level of coach certification.

All sessions are conducted in a safe environment, with students aware of potential risks involved in basketball

Safety rules and practices in basketball are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction followed by **in-the-area supervision** when sufficient competency is demonstrated

Designated person responsible for first aid care is present

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BASKETBALL

Facility

- Activity area is free of hazards/debris and appropriate wall padding is in place
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Balls should be checked for proper inflation and lack of deformity before every session
- Ball size is correct for students
- Instructions are given regarding the proper maintenance of basketball equipment
- Wall pads are in good repair
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Eye wear must be secured and in accordance with the rules of competition
- Team uniforms must be in accordance with rules of competition as outlined by league

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BIATHLON

Biathlon combines cross-country skiing and target shooting and is undertaken along a defined course.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is provided by certified National Coaching Certification Program/Biathlon Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach in preparing programs for biathlon events as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in biathlon training and competition

Instruction in basic safety (including ski and rifle safety) is learned prior to participation

Coaches monitor weekly training load (distance) and increases of athletes

Skills/movements are learned in proper progression

The length of the event must be appropriate for the age and fitness level of the student

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BIATHLON

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during shooting sessions, **on-site supervision** during initial instruction for skiing, and **in-the-area supervision** during training or competition

Trained supervisor is present at shooting stations

As some training sessions will be conducted by the student on their own, students should be encouraged to train in pairs.

Designated person responsible for providing first aid is present during the entire session

Safety rules and procedures are enforced

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

Facility/Environment

Local weather conditions/forecast, including windchill, are checked prior to outdoor session

A safety check of the ski trail has been performed prior to session

Ski trail is free of debris/obstructions and as free of traffic as possible

Route is clearly marked

Shooting stations are set up in accordance with regulations

Equipment

Equipment to be used is suitable and in good condition

Skis, poles, and rifles are checked prior to each session; damaged equipment must be repaired or replaced

Portable media players (such as an MP3 player) are avoided while training as they reduce the biathlete's awareness to his/her surroundings

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn with laces tied
Jewelry is removed or secured when safety is a concern

Appropriate clothing permitting unrestricted movement is worn

Suitable clothing provides protection from weather and sun

Clothing must meet the requirement of the club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOCCE

Bocce is a precision sport where players throw balls toward a target.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified bocce coach (Special Olympics), or an experienced player/coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
All sessions are conducted in a safe environment, with students aware of potential risks involved in bocce
Safety rules are learned prior to participation
Skills/movements are learned in proper progression
Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOCCE

Facility/Environment

- Local weather conditions, forecast, and temperature are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked
- Outdoor facilities are properly marked and fenced

Equipment

- Equipment to be used is suitable and in good condition
- Equipment should be checked before every session
- Instructions are given regarding the proper maintenance of bocce equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOWLING (5 AND 10 PIN)

Bowling is a precision sport where players throw balls toward a set of targets (pins).

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian 5-pin or 10-pin bowling coach or an experienced bowler/coach who is capable of demonstrating competency of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in bowling

Safety rules and bowling etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Safety rules and bowling etiquette are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOWLING (5 AND 10 PIN)

Facility

- Activity area is free of hazards/debris
- Proper lighting and ventilation are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit is clearly marked
- Bowling area is be free of food and drinks

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked before every session
- Instructions are given regarding the proper maintenance of bowling equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirement of the club or competition
- Clothing not being used is properly stored away from the bowling area

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOXING

Boxing is a combative sport where fighters wearing gloves attempt to hit their opponents with their fists.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/boxing coach, or an experienced athlete/coach capable of demonstrating competencies of a certified coach
All sessions are conducted in a safe environment, with students aware of potential risks involved in boxing

Boxing safety rules (including use of hand wraps) and proper training/competition etiquette are learned

Skills/movements are learned in proper progression

Training sessions include appropriate fitness training

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Drinking water is available and consumed as needed

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Instruction/encouragement in proper techniques is provided to maintain appropriate fighting weight

Instructor ensures that the boxer's medical record is up-to-date

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

Designated person responsible for providing first aid is present during the entire session

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BOXING

Facility

- Activity area is free of hazards/debris
- Flooring provides adequate traction
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Personal equipment (gloves, head gear, etc.) is checked by a qualified person before every session
- Equipment is the correct size for participant
- Instructions are given regarding the proper maintenance of boxing equipment
- Training equipment (heavy bags, speed bags, etc.) is checked before use
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BROOMBALL

Broomball is a sport played by two teams of players running on an ice surface and trying to hit a ball with a stick into the opposing team's goal.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program coach or an experienced broomball player/coach who is capable of demonstrating competency of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in broomball

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Designated individual responsible for first aid is available

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

BROOMBALL

Facility/Environment

Local weather conditions/forecast, including windchill, are checked prior to outdoor session

Activity area is free of hazards/debris and cracks/uneven surfacing (ruts)

Proper lighting and ventilation, when applicable, are provided

All rink doors must be closed

Safety rules/regulations are posted

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Sticks must be checked for cracks before every session and repaired or replaced accordingly

Instructions are given regarding the proper maintenance of broomball equipment

Regulation (i.e., approved) broomball sticks must be used

First aid kit and phone are available

Clothing/Footwear

Protective gear is worn as prescribed by the Canadian Broomball Federation.

CSA-approved helmet, with mask, must be worn

Mouth guard is worn

Appropriate footwear (broomball shoes) are worn with laces tied

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn according to weather and temperature (indoors or outdoors), permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CALISTHENICS

Calisthenics is a system of simple exercises performed without weights or other equipment and is intended to promote general fitness.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of calisthenics exercises

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CALISTHENICS

Facility

Activity area is free of hazards/debris
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Floor exercises are done on gymnastics mats, which should be cleaned on a regular basis
First aid kit and phone are available

Clothing/Footwear

Appropriate and properly fitted footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of the facility

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—RESIDENTIAL

Residential camping refers to visits to a permanent camp or outdoor centre in which a service provider offers dorms or cabins and toilets, shower, and kitchen facilities. While residential camping is not a physical activity per se, it provides the student with opportunities for alternative pursuits that are specific to a different or natural environment.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced camper, competent to organize, demonstrate, instruct and supervise the trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Students are aware of potential risks involved in camping

Safety rules and techniques, including buddy system, are learned prior to participation

Skills/techniques, including low-impact camping, are learned in proper progression

Program must be planned in detail and shared with students/parents and includes contingency plans for inclement weather

Behavioral expectations, boundaries for activity, and assembly procedures are reviewed prior to the trip

Local weather conditions/forecasts and fire restrictions are checked before the start of trip

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—RESIDENTIAL

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** for higher-risk activities, such as preparing fires and chopping wood, and otherwise **in-the-area supervision**

Designated person responsible for providing first aid is available

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

Process for the accounting of the students must be in place

Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)

Safety rules and procedures are enforced

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

Facility/Environment

Detailed maps are provided of area where students will be camping

Permission/permit to use site(s) is obtained. Regulations about campfires or guidelines about wildlife are verified.

In Manitoba the camp is accredited by the Manitoba Camping Association, meeting minimum standards

Access to adequate water supply is available and students are encouraged to consume water regularly

Clothing/Footwear

Properly fitted shoes/boots are worn (no open-toed shoes)

Appropriate clothing is worn, providing unrestricted movement while protecting the body.

Clothing is worn in layers; extra clothing is packed as appropriate

Jewelry is removed/secured when safety is a concern

Suitable clothing and protection for the elements is packed for weather, sun, insects, etc.

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked by supervisor/qualified person prior to departure/usage

Instructions are given regarding the proper use/maintenance of equipment

Leader and each student has a whistle or other signaling device if off site

Portable media players (such as an MP3 player) are discouraged/restricted as they reduce awareness to one's surroundings

First aid kit and phone are available. An alternative emergency communication system can also be used (GPS [Global Positioning System] is now affordable.)

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—RESIDENTIAL

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—SUMMER

Camping is an outdoor recreational activity that involves spending one or more nights in a tent, primitive structure, a travel trailer, or recreational vehicle with the purpose of getting away from civilization and enjoying nature. While summer camping is not a physical activity per se, it provides the student with opportunities for alternative pursuits that are specific to a different or natural summer environment.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced camper, competent to organize, demonstrate, instruct and supervise the trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Leader is familiar with area and is in good physical condition

Students are aware of potential risks involved in camping

Safety rules/techniques, including buddy system, are learned prior to trip

Instruction is received in use of compass/GPS and what to do if lost

Skills/techniques, including low impact camping, are learned in proper progression

Activity sessions are appropriate for the abilities of the students; if the trip will be strenuous, students need to be in good physical condition before setting out

Behavioral expectations, boundaries for activity, and assembly procedures are reviewed prior to trip

Program must be planned in detail and shared with students/parents, and must include detailed menus, cooking supplies, as well as group and personal equipment

Local weather conditions/forecasts and fire restrictions are checked before the start of trip

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—SUMMER

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** for higher-risk activities, such as preparing fires and chopping wood, and otherwise **in-the-area supervision**

Designated person responsible for providing first aid is available

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

Process for the accounting of the students must be in place

Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)

Safety rules and procedures are enforced

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

Detailed plans for contingency and inclement weather are recorded in writing

Facility/Environment

Location of local emergency services have been identified

Detailed maps are provided of area where students will be camping

Washroom facilities are accessible

Permission/permit to use site(s) is obtained; regulations about campfires or guidelines about wildlife are verified

Access to adequate and safe water supply is available and water is consumed as needed

Food is properly stored outside of tent in a closed container that can't be easily broken into by animals (Food that is left out in the open can attract dangerous wildlife and can deplete the food supply.)

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—SUMMER

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked by supervisor or qualified person prior to departure/usage

Instructions are given regarding the proper use/maintenance of equipment

Leader and each student has a whistle or other signaling device if off-site

Other equipment required:

- portable propane/liquid gas-type stove (1 per 8 students)
- flashlight
- shovel/trowel
- sun protection and insect repellent
- waterproof matches
- nutritious food (which does not require preparation)

Portable media players (such as an MP3 player) are discouraged/restricted as they reduce awareness to one's surroundings

First aid kit and phone are available (An alternative emergency communication system can also be used [GPS is now affordable].)

Clothing/Footwear

Properly fitted shoes/boots are worn (no open-toed shoes)

Appropriate clothing is worn, providing unrestricted movement while protecting the body

Clothing is worn in layers; extra clothing is packed as appropriate

Jewelry is removed/secured when safety is a concern

Suitable clothing that protection from the elements is packed for weather, sun, insects, etc.

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—WINTER

Camping is an outdoor recreational activity that involves spending one or more nights in a tent, primitive structure, a travel trailer, or recreational vehicle with the purpose of getting away from civilization and enjoying nature. Winter camping is a higher-risk activity than summer camping, due to the increased risks caused by the cold. While winter camping is not a physical activity, per se, it provides the student with opportunities for alternative pursuits that are specific to a different or natural winter environment.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced winter camper, competent to organize, demonstrate, instruct and supervise the trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Leader has recently visited the site to be used for the program

Students are aware of potential risks involved in winter camping

Safety rules/techniques, including buddy system, are learned prior to trip

Instruction is received in the use of compass/GPS and what to do if lost

Winter camping and survival skills, including low-impact camping, are learned prior to the actual camping trip (Warm weather camping skills may have to be taught first.)

Students are encouraged to eat more food each day via snacks

Activity sessions are appropriate for the abilities of the students; if the trip will be strenuous, students need to be in good physical condition before setting out

Behavioural expectations, boundaries for activity, and assembly procedures are reviewed with students

Program must be planned in detail and shared with students/parents, and includes detailed menus, cooking, group and personal equipment as well as contingency plans for inclement weather

Local weather conditions/forecasts and fire restrictions are checked before the start of trip

Leader is familiar with weather conditions/forecast, normal storm patterns, and risks characteristic of the area (e.g., avalanches)

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—WINTER

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

- Designated person responsible for providing first aid is available
- Recommended level of supervision: **constant visual supervision** for higher-risk activities, such as preparing fires and chopping wood, and otherwise **in-the-area supervision**
- Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return
- Process for the accounting of the students must be in place
- Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries and evacuation
- Detailed plans for contingency and inclement weather are recorded in writing
- If traveling into avalanche territory, group is registered with authorities and the services of a guide certified by the Association of Canadian Mountain Guides or a certified Ski Guide have been enlisted

Facility/Environment

- Location of local emergency services have been identified
- Long range forecast and fire restrictions in area have been verified before heading out
- Detailed maps are provided of area where students will be camping
- Washroom facilities are accessible
- Permission/permit to use site(s) is obtained; regulations about campfires, or guidelines about wildlife are verified
- Access to adequate and safe water supply is available and water is consumed as needed
- Food is properly stored outside of tent in a closed container that can't be easily broken into by animals (Food that is left out in the open can attract dangerous wildlife and can deplete the food supply.)

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by qualified person prior to departure/usage
- Instructions are given regarding the proper use/maintenance of equipment
- Leader and each student has a whistle or other signaling device and a personal survival kit
- All students should have an adequate sleeping bag and sleeping pad
- Portable media players (such as an MP3 player) are discouraged/restricted as they reduce awareness of one's surroundings
- First aid kit and phone are available (An alternative emergency communication system can also be used. GPS [Global Positioning System] is now affordable. Walkie-talkies are available for communication within the group.)

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—WINTER

Clothing/Footwear

- Appropriate boots for surface and conditions must be worn
- Appropriate clothing is worn in layers and provides unrestricted movement while protecting the body; adequate extra dry clothing is packed as appropriate for weather
- Jewelry is removed/secured when safety is a concern
- Adequate protection from the elements is packed (e.g., hats, mitts, sunglasses)

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CANOEING/KAYAKING/ROWING

Canoeing, kayaking, and rowing are activities where only muscle is used to propel a boat on water using a paddle.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/CanoeKayak Canada/Rowing Canada instructor or from an experienced paddler/rower capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in canoeing/kayaking/rowing

Safety rules are learned prior to participation; students must know and follow the rules that govern the waters of the province they are paddling in (i.e., speed, "rules of the road," required safety equipment and protecting the marine environment)

Emergency rescue strategies are learned prior to participation

Skills are learned in proper progression, beginning with classroom sessions

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students must know the rules of competition if participating in organized rowing sport

Leader is familiar with waters the group is paddling in, including hazardous rocks and strong currents

Instructor is aware of the local weather conditions/forecast

Weather/water conditions are appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CANOEING/KAYAKING/ROWING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during instruction and **in-the-area supervision** during outings
Designated person has NLS Lifeguard certification or Current First Aid Qualifications
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries and includes knowing what to do in a person-overboard emergency
Instructor/supervisor has list of students on water

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked regularly by qualified person
Paddles/oars are correct size for participant
Students are all wearing a proper fitted Transport Canada-approved lifejacket/Personal Flotation Device (PFD) with a whistle attached; the law requires one PFD for each person on board
Boat safety kit is carried for each canoe, including bailing device, waterproof flashlight, signaling device (whistle), 50-foot floating nylon rope
Extra paddle is carried for each canoe
First aid kit and phone are available

Facility/Environment

Local weather conditions, forecast, and temperature are checked prior to outdoor session
A map of the route is provided or the course is clearly marked; students are briefed prior to entering the water
Emergency rescue boat is available
Course is free of hazards or has clearly marked hazards

Clothing/Footwear

Appropriate footwear is worn
Jewelry is removed or secured when safety is a concern
Appropriate protection from weather is used (e.g., hat, jacket, sunglasses, sunscreen)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CANOE/KAYAK TRIPPING (WILDERNESS/WHITewater)

Canoe/kayak tripping is defined as traveling in groups by canoe/kayak through wilderness or semi-wilderness areas for a period of time which includes at least one overnight camp.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours in order to manage the risks of injury in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor who has Level 2 canoe tripping certification from Paddle Canada (or Manitoba) or has the experience and competencies of a certified leader, capable of teaching/demonstrating canoe/kayak skills and able to organize/ supervise trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Leader has experience traveling particular trip course

Students are aware of the potential risks involved in canoe/kayak tripping

Safety rules are learned prior to participation; students must know and follow the rules that govern the waters of the province they are paddling in (i.e., speed, "rules of the road," required safety equipment and protecting the marine environment)

Instruction is received in the skills necessary for the trip (e.g., packing, waterproofing, interpreting weather conditions, prevention/treatment of hypothermia, using a compass, map reading, cooking over open fire, capsized canoe/kayak, help-huddle positions, basic strokes, and river reading)

Skills are learned in proper progression, beginning with classroom sessions; navigation of rapids should be avoided

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Water purification method is learned; water is consumed as needed

Route selected is appropriate for group's abilities (grade 1 rivers, unless very well trained)

Students have been assessed according to a recognized survival swim test prior to instruction

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CANOE/KAYAK TRIPPING (WILDERNESS/WHITewater)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during instruction and **in-the-area supervision** during trip

Minimum of one supervisor is familiar with the area of the trip

Supervisors have training from Paddle Canada (or Manitoba)

Minimum of one instructor/supervisor/participant has:

1. NLS Lifeguard Certificate, OR
2. Current First Aid Qualifications:
 - a) St. John Emergency First Aid Certificate, OR
 - b) Canadian Red Cross Emergency First Aid, OR
 - c) RLSS Aquatic Emergency Care Certificate, OR
 - d) Canadian Ski Patrol First Aid Certificate

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle at the drop-off point, the equipment being brought, the route plan, the weather anticipated and the anticipated date/time of return

Appropriate gender supervision is provided

Trip is conducted in safe manner with open water crossings avoided, particularly if wind, surface chop and/or currents are unfavorable

Heterogeneous pairings are set for each boat (more capable paddler with a less capable paddler) when canoe skills or fitness abilities vary significantly

Local weather conditions/forecasts, forest fire conditions and fire restrictions are checked before the start of trip

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries, evacuation and knowing what to do in a person-overboard emergency

Detailed plans for contingency and inclement weather are recorded in writing

Trip is planned in detail and is appropriate for the abilities of the group

Environment

Trip route must be appropriate for the age/ability of the students

Trip avoids white water, selecting grade 1 rivers

Equipment

Equipment to be used is suitable and in good condition

Equipment (boats, paddles, lifejackets, etc.) is checked by qualified person before every session

Instructions are given regarding the proper maintenance of canoe equipment

Paddles/oars are correct size for participant

First aid kit and phone are available. An alternative emergency communication system can also be used (GPS [Global Positioning System] is now affordable.)

Students are all wearing a properly fitted Transport Canada Approved lifejacket/Personal Flotation Device (PFD) with a whistle attached; the law requires one PFD for each person on board

continued

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CANOE/KAYAK TRIPPING (WILDERNESS/WHITewater)

Equipment (continued)

Boat safety kit is carried for each canoe, including bailing device, waterproof flashlight, signaling device (whistle), 50-foot floating nylon rope

Extra paddle is carried for each canoe

Emergency canoe repair kit and rope is available

Emergency communication system is available

Other equipment required:

- portable cooking stove (use a propane/liquid gas-type stove [1 per 8 students])
- flashlight
- shovel/trowel
- sun protection and insect repellent
- waterproof matches
- nutritious food (which does not require preparation)
- adequate and safe water supply, including water purification method/tablets

Portable media players (such as an MP3 player) are discouraged/restricted

Clothing/Footwear

Properly fitted shoes/boots are worn for portaging (no open-toed shoes)

Rain gear is carried

Clothing is worn in layers

Dry change of clothing is carried in waterproof bags

Jewelry representing a safety concern must be removed or taped and eyewear should be secured

Hats and sunglasses are worn

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CHEERLEADING (ACROBATIC, SPIRIT, OR DANCE)

Cheerleading used to be an athletic activity designed to act as a support system for other sports, primarily for boosting school and team spirit. Cheer competitions changed all that as increasingly more difficult stunts, with an increasing risk of injury, have been introduced as an important factor in judging acrobatic cheerleading competitions.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified/trained/experienced coach as per the minimum requirements of Manitoba Association of Cheerleading as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in cheerleading

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression, including proper spotting and catching skills

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Sessions include not only skill development but a conditioning component

Drinking water is available and consumed as needed

Students are assessed and assigned a physical conditioning program

Skills not mastered in practice are not to be included in competitions

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CHEERLEADING (ACROBATIC, SPIRIT, OR DANCE)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:
constant visual supervision during the initial skill learning stages and when high-risk moves are practised; otherwise, **in-the-area supervision** is provided

Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

Facility

Activity area is clearly marked and provides a dry, flat surface that is free of hazards (on floor and overhead)

Adequate clear space around activity area is provided

Proper lighting and ventilation, when applicable, are provided

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Appropriate mats and safety equipment is available and in good repair

Equipment is checked by a qualified person before every session

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing for conditions is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan has been encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CIRCUIT TRAINING

Circuit training is a system utilizing a group of six to ten strength exercises that are completed one after another.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of circuit training with specific reference to certain exercises which might constitute part of the program

Safety rules and procedures are learned prior to participation

Skills/movements are learned prior to commencing circuit

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and **in-the-area supervision** during training sessions

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CIRCUIT TRAINING

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked
- Floor surface provides adequate footing
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Equipment is the correct size/weight for the student's development/abilities
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing meets requirements of facility

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CLIMBING (WALL, ROCK, BOULDERING, OR ICE TOWER)

Climbing is a popular recreational activity that started as an alpine necessity and became an athletic sport in its own right. There are numerous types of climbing activities: bouldering, rock climbing, artificial climbing walls, ice climbing, and rappelling and abseiling.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained by the Alpine Club of Canada, or a similar program, or is an experienced climber/teacher capable of teaching, demonstrating and supervising climbing sessions as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Instruction is received by a trained belayer if climbing requires the use of a belaying system

All sessions are conducted in a safe environment, with students being aware of the potential risks of climbing

Safety rules and procedures are learned prior to participation

Climbing skills are learned in proper progression

Climbing sessions are conducted with an appropriate warm-up and cool-down

Difficulty of climb is appropriate for student's development/abilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CLIMBING (WALL, ROCK, BOULDERING, OR ICE TOWER)

<p>Supervision</p> <p>Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</p> <p>Recommended level of supervision: constant visual supervision until belayers or spotters (bouldering) are competent as well as for lowerings; otherwise on-site supervision is provided</p> <p>Instructor controls the climb Safety rules and procedures are enforced Emergency action plan is in place to deal with accidents/injuries</p>	<p>Facility/Environment</p> <p>Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session Activity area is free of hazards/debris Activity area is clearly marked Proper lighting and ventilation, when applicable, are provided Safety rules/regulations are provided or posted Instructions for use of facility are posted Emergency exit of indoor facility is clearly marked</p>
<p>Equipment</p> <p>Equipment to be used is suitable and in good condition Ropes and harnesses are inspected before every use and replaced on a regular schedule Helmets fit properly First aid kit and phone are available</p>	<p>Clothing/Footwear</p> <p>Appropriate and properly fitted footwear is worn Laces are tied and open-toed shoes are avoided Jewelry is removed or secured when safety is a concern Appropriate clothing is worn, permitting unrestricted movement Clothing must meet requirements of club or conditions</p>
<p>Other Considerations</p> <p>The student has completed a regular medical checkup and a medical history prior to starting the program The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program Registration in an accident insurance plan is encouraged Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional The activity is suitable to the student's age, ability, mental condition, and physical condition The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher</p>	

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CRICKET

Cricket is a bat and ball game played on a field by two teams of eleven players.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Cricket Association coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of cricket

Safety rules and procedures are learned prior to participation including safe bowling practice

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

All non-participating players are in a place safe from the batter

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during instruction

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CRICKET

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session

Activity area is level and free of hazards/debris while providing adequate footing

Activity area is clearly marked with adequate out-of-bounds areas, which are also free of hazards/debris

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are taught and posted

Emergency exit of indoor facility is clearly marked

Designated area is identified for non-participating players and in a place safe from the batter

Equipment

Equipment to be used is suitable and in good condition

Equipment (bats, stumps, and pads) are checked by a qualified person before every session

Wicket keepers wear appropriate cricket pads and gloves

Batters wear appropriate helmet and gloves when batting

Suitable ball is used to match the experience and environment the game/practice is held in (e.g., tennis ball or indoor cricket ball when indoors)

Instructions are given regarding the proper maintenance of cricket equipment

First aid kit and phone are readily available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CROSS-COUNTRY RUNNING

Cross-country running is a sport where individuals and teams race to complete a course over open or rough terrain.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of cross-country running

Basic safety is learned prior to participation, with reference to various terrains (including road safety and buddy system of running)

Skills/movements are learned in proper progression

Length and difficulty of course must be appropriate for age and ability level of athlete

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Course is walked before a race when possible

Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CROSS-COUNTRY RUNNING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

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

Person responsible for providing first aid should be present and accessible during the entire session
Safety rules and procedures are enforced

Marshals are stationed at accessible points throughout course

Safety check of course is performed prior to run

Pre- and post-run/race check-in system is in place

Runners must be briefed on the course prior to run

Plan in place in case someone gets separated from the group during a run or race

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

Facility/Environment

Local weather conditions, forecast, and temperature are checked prior to outdoor session

Course/route is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness to any potential dangers in his/her surroundings

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement and providing adequate protection from elements and vegetation

Protection from sun or insects is used as required

Clothing must meet requirements of club or competition

Extra clothing is available which is appropriate for weather for pre- and post-run/race

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CROSS-COUNTRY RUNNING

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CURLING

Curling is a precision sport played on ice by two teams of four players alternately sliding polished granite stones towards a target area.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Curling Association Coach, or an experienced player/coach capable of demonstrating the competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in curling

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Skills/movements are learned in proper progression

Safety rules and proper on-ice procedures/etiquette are learned prior to participation

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CURLING

Facility/Environment

Local weather conditions are checked prior to outdoor session
Activity area is free of hazards/debris
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations and curling etiquette are taught, posted, and enforced
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Equipment (rocks and ice surface) is checked by a qualified person before every session
Sliders are available for students
Instructions are given regarding the proper maintenance of curling equipment
First aid kit and phone are available

Clothing/Footwear

Clothing must be appropriate for cold-temperature activity, dressing in layers to maintain warmth
Curling shoes or slip-on sliders are worn
Jewelry is removed or secured when safety is a concern
Suitable protection against the sun is used if curling outdoors
Appropriate clothing is worn for club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—INDOOR/STATIONARY (SPINNING®, STUDIO CYCLING, OR POWERPACING)

Indoor/stationary cycling is a form of high-intensity exercise that involves using a stationary bicycle and includes completing programs such as “spinning,” “studio cycling,” and “powerpacing.”

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of indoor cycling

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—INDOOR/STATIONARY (SPINNING®, STUDIO CYCLING, OR POWERPACING)

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly by qualified staff and riders
- Bike is correct size for participant
- Instructions are given regarding the proper maintenance of equipment
- Bicycle repair kit is accessible
- First aid kit and phone are available

Clothing/Footwear

- Appropriate shoes (cycling or runners) are worn
- Laces are tied and open-toed shoes are avoided
- Appropriate clothing is worn, permitting unrestricted movement
- Jewelry is removed or secured when safety is a concern

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—RECREATIONAL

Cycling involves riding bicycles, unicycles, tricycles, and other human-powered vehicles (HPVs). For the purposes of this safety checklist, recreational cycling refers to non-competitive cycling for pleasure or as a mode of transportation.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced cyclist capable of demonstrating and teaching basic cycling skills, road safety as well as organizing/leading group rides as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in cycling

Cycling and road safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer rides

Difficulty of ride is appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—RECREATIONAL

<p>Supervision</p> <p>Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</p> <p>Recommended level of supervision: in-the-area supervision</p> <p>Riders are briefed on the route and potential hazards prior to ride</p> <p>Safety rules and procedures are enforced</p> <p>Emergency action plan is in place to deal with accidents/injuries and lost students</p> <p>Supervisor has list of students on the course</p> <p>Instructor has recently ridden the course</p> <p>Pre- and post-ride check-in system is in place</p>	<p>Facility/Course/Environment</p> <p>Local weather conditions, forecast, humidity, and windchill are checked prior to ride</p> <p>Appropriate permits for travel route or permission to use off-road properties have been obtained</p> <p>When applicable, map with route and hazards clearly marked is used; hazards on route are clearly marked and safe passage around the hazards is possible</p> <p>Courses are of appropriate length/challenge for rider's ability</p> <p>Support vehicle is available for riders, if applicable</p> <p>Buddy system is used when riding, if possible</p>
<p>Equipment</p> <p>Equipment to be used is suitable and in good condition</p> <p>Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly</p> <p>Bike is correct size for participant</p> <p>Bicycle repair kit, including pump, is accessible</p> <p>Portable music players and other electronic devices are not permitted on rides as they create distractions</p> <p>Safety vests for lead and sweep riders are worn when road riding</p> <p>First aid kit and phone are available</p>	<p>Clothing/Footwear</p> <p>Correctly fitted CSA/Snell/ANSI/ASTM-approved helmet is worn at all times</p> <p>Appropriate footwear is worn</p> <p>Laces are tied and open-toed shoes are avoided</p> <p>Jewelry is removed or secured when safety is a concern</p> <p>Appropriate clothing (proper fit and visibility) is worn for conditions</p> <p>Suitable protection from the weather is used (e.g., hat, jacket, sunglasses, sunscreen)</p>
<p>Other Considerations</p> <p>The student has completed a regular medical checkup and a medical history prior to starting into the program</p> <p>The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</p> <p>Registration in an accident insurance plan has been encouraged</p> <p>Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional</p> <p>The activity is suitable to the student's age, ability, mental condition, and physical condition</p> <p>The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</p> <p>The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher</p>	

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—SPORT (BMX, CYCLOCROSS, MOUNTAIN BIKE, ROAD, TRACK)

Cycling involves riding bicycles, unicycles, tricycles, and other human-powered vehicles (HPVs). The types of competitions (disciplines) under the jurisdiction of the Canadian Cycling Association include BMX, cyclocross, mountain bike, road, track, and paralympics.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Cycling Association coach, trained through the Manitoba Cycling Association, or an experienced coach/cyclist capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in cycling

Cycling and road safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer rides

Difficulty of ride is appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—SPORT (BMX, CYCLOCROSS, MOUNTAIN BIKE, ROAD, TRACK)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Riders are briefed on the route and potential hazards prior to ride

Safety rules and procedures are enforced

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

Supervisor has list of students on the course

Pre- and post-ride check-in system is in place

Facility/Course/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to ride

Appropriate permits for travel route or permission to use off-road properties have been obtained

When applicable, map with route and hazards clearly marked is used; hazards on route are clearly marked and safe passage around the hazards is possible

Courses are of appropriate length/challenge for rider's ability

Support vehicle is available for riders, if applicable

Buddy system is used when riding if possible

Equipment

Equipment to be used is suitable and in good condition

Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly

Bike is correct size for participant

Bicycle repair kit including pump is accessible

Portable media players (such as an MP3 player) are not permitted on rides as they produce distractions

Safety vests for lead and sweep riders are worn when road riding

First aid kit and phone are available

Clothing/Footwear

Correctly fitted CSA/Snell/ANSI/ASTM-approved helmet is worn at all times

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing (proper fit and visibility) is worn for conditions

Suitable protection from the weather is used (e.g., hat, jacket, sunglasses, sunscreen)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—TRIPS

Cycling involves riding bicycles, unicycles, tricycles, and other human-powered vehicles (HPVs). Cycling trips are very popular whether for group activity through a designated area or as a form of travel from one place to another.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Cycling Association coach (including CAN-BIKE bicycle touring I and/or II) trained through the Manitoba Cycling Association, or an experienced cyclist capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of cycling
Cycling and road safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression (Level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.)

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer rides

Difficulty of ride is appropriate for student's ability

Adequate number of training rides are organized prior to trip to ensure students are physically capable of proposed trip

Leader develops detailed plan for trip including camp sites, meals, washrooms, etc.

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—TRIPS

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision; constant visual supervision** may be required for a specific hazard

Riders are briefed on the route and potential hazards prior to ride

Safety rules and procedures are enforced

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

Designated rider with first aid training is present

Buddy system is used when riding

Pre- and post-ride check-in system is in place

Equipment

Equipment to be used is suitable and in good condition

Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly

Leader inspects each bike prior to trip

Bike is correct size for participant

Bicycle repair kit including pump is accessible

Spare parts and tools to make repairs are available

Safety vests for lead and sweep riders are worn when road riding

Support vehicles are available

Portable media players (such as an MP3 player) are not permitted on rides as they produce distractions

First aid kit and phone or other emergency communication device are available

Walkie-talkies are available for leaders

Facility/Course/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to ride

Appropriate permits for travel route or permission to use off-road properties have been obtained

Map with route and hazards clearly marked is used

Route is free of hazards, or the hazards are clearly marked and safe passage around the hazards is possible

Clothing/Footwear

Correctly fitted CSA/Snell/ANSI/ASTM-approved helmet is worn at all times

Appropriate and properly fitted footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing (proper fit and visibility) is worn for conditions

Suitable protection from the weather is used (e.g., hat, jacket, sunglasses, sunscreen)

Cycling gloves are worn

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DANCE—BALLET

Ballet is a form of classical dance demanding highly developed technique, grace, and precision, telling a story via specific gestures and flowing patterns of movement with costumes and music usually written by classical composers.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified ballet teacher or an experienced dancer capable of organizing a dance program, providing instruction and able to demonstrate steps as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in ballet

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to moving on to more complex skills

Difficulty of move is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DANCE—BALLET

Facility

- Activity area is free of hazards/debris
- Dance area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of ballet equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing permitting unrestricted movement is worn
- Clothing must meet requirements of club or dance studio

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DANCE (BALLROOM, FOLK, HIP HOP, HOOP LINE, SQUARE, TAP, JAZZ, MODERN)

Dance programs include various forms such as ballroom, folk, hip hop, hoop, line, square, tap, jazz, and modern dance.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified dance teacher with training from a dance school or university capable of demonstrating competencies of a certified dance teacher, or an experienced dancer who is able to organize a dance program, provide instruction, and demonstrate steps as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in the dance program

Safety rules/regulations and routines are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to progressing to more complex routines

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DANCE (BALLROOM, FOLK, HIP HOP, HOOP LINE, SQUARE, TAP, JAZZ, MODERN)

Facility

- Activity area is free of hazards/debris
- Floor provides adequate traction
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment for the dance program is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of dance equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DIVING (SPRINGBOARD OR PLATFORM)

Diving is a sport where acrobatics are performed while jumping or falling into water from an elevated platform.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Diving Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of diving

Safety rules/regulations, both for swimming and diving, are learned prior to participation

Skills/movements are learned in proper progression

Difficulty of dive is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** while instructor provides **on-site supervision**

Supervisor controls activities on the board

Each instructor/supervisor has a whistle or other signaling device

Diving rules are enforced, such as:

- No running or pushing on deck
- No gum chewing
- No food in pool area

continued

PHYSICAL ACTIVITY SAFETY CHECKLISTS

DIVING (SPRINGBOARD OR PLATFORM)

Supervision (continued)

Diving rules are enforced, such as

- Only one person uses the board at a time
- Move to the edge of the pool after a dive
- Ensure diving area is clear before diving
- No diving with goggles or earplugs
- No diving in shallow end
- No shoes on deck

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

Facility

Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit is clearly marked

Clothing/Footwear

Proper bathing suit is worn, as prescribed by club/competition
Device for keeping hair out of eyes is used
Towel and dry clothing are available for out-of-water sessions
Appropriate footwear is worn for shower and pool deck areas
Jewelry is removed

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked by a qualified person before every session
First aid kit, emergency equipment, and phone are readily available

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FENCING (FOIL, ÉPÉE, AND SABRE)

Fencing, a combative sport where two opponents try to tag each other using a sword-like weapon, includes three events each based on the type of weapon used: foil, épée, and sabre.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Fencing Federation coach or experienced fencer capable of demonstrating competencies required of certified coach

All sessions are conducted in a safe environment, with students aware of potential risks involved in fencing

Safety rules associated with fencing are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Opponents are appropriately matched

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FENCING (FOIL, ÉPÉE, AND SABRE)

Facility

- Floor is clean/dry/free of obstacles and debris
- Floor surface is in good repair and provides good footing
- Safety rules are posted
- Proper lighting and ventilation are provided
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Fencing equipment is checked regularly by qualified personnel and students
- Damaged equipment must be repaired or replaced
- Foil/sabre/epée must be in good order
- Protective equipment must fit properly and be worn at all times
- First aid kit and phone are available

Clothing/Footwear

- Running shoes are worn with laces tied
- Jewelry is removed or secured when safety is a concern
- Long athletic pants are worn
- Fencing vest/jacket and mask fit properly

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FIELD HOCKEY

Field hockey is played on a field (or in a gym) by two teams using curved sticks to try and drive a ball into the opponent's net.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Field Hockey Canada coach, or experienced coach capable of demonstrating minimum required competencies for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in field hockey

Safety and game rules are learned prior to participation

Skills are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FIELD HOCKEY

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session
Playing surface is level and free of debris
Indoor facility is free of water/moisture
Playing area is clearly marked/defined
Area surrounding playing surface is free of potential hazards
Playing area is situated a safe distance from traffic

Equipment

Equipment to be used is suitable and in good condition
Sticks must be checked regularly for cracks by coaches and players; damaged equipment must be repaired or replaced
Regulation (or developmentally appropriate) field hockey sticks are used
Canadian Field Hockey-approved ball is used
First aid kit and phone are available

Clothing/Footwear

Approved hockey helmet with cage and full goalie equipment must be worn by the goaltender
Mouth guards and shin guards are worn by all students
Appropriate footwear for playing surface and conditions are worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed/secured when safety is a concern, or as per regulations of the program
Appropriate loose-fitting clothing is worn, providing unrestricted movement while adhering to the rules of field hockey
Suitable protection from the weather is used (e.g., hat, jacket, sunscreen, insect repellent) for outdoor games/practices

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FITNESS TRAINING—EXERCISE MACHINES (E.G., TREADMILLS, ERGOMETERS, ELLIPTICAL TRAINERS)

Exercise machines are designed to simulate the movements used in activities such as running, rowing, and stair climbing, allowing users to exercise indoors while personalizing their workouts according to desired fitness goals, intensity/resistance, and duration.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe, especially in the case of home-purchased exercise machines or equipment.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in fitness training with exercise machines with specific reference to certain exercises that might constitute part of the program

Safety rules and procedures are learned prior to participation

Skills/movements are learned in a proper progression with proper technique

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FITNESS TRAINING—EXERCISE MACHINES (E.G., TREADMILLS, ERGOMETERS, ELLIPTICAL TRAINERS)

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, is provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked regularly by a qualified person
- Equipment is wiped with a disinfectant after each use
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear and clothing is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Clothing meets requirements of the club

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FITNESS TRAINING—SMALL EQUIPMENT (E.G., STRETCH BANDS, PHYSIO BALLS, JUMP ROPES, AGILITY LADDERS, MEDICINE BALLS)

Fitness training is a collective term for a variety of forms of exercise. A fitness program includes sessions normally comprising exercises to improve all elements of fitness (flexibility, muscle strength, and cardiovascular fitness) and is often associated with weight-loss regimes.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in fitness training with specific reference to certain exercises which might constitute part of the program

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FITNESS TRAINING—SMALL EQUIPMENT (E.G., STRETCH BANDS, PHYSIO BALLS, JUMP ROPES, AGILITY LADDERS, MEDICINE BALLS)

Facility

Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked regularly (steps, mats, dumbbells, etc.)
Instructions are given regarding the proper maintenance/storage of equipment
First aid kit and phone are available

Clothing/Footwear

Jewelry is removed or secured when safety is a concern
Appropriate footwear and clothing is worn

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FOOTBALL—FLAG

Flag football is similar to tackle football, but the play is ended by removing a flag worn on the player's waist rather than by tackling the opponent. The game is played by two teams on a rectangular field 60 (or 80) yards long. Teams try to get possession of the ball and advance it across the opponent's goal line in a series of running or passing plays.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Football Canada coach or a coach capable of demonstrating the competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in flag football

Safety rules are learned prior to participation

Rules and etiquette of the game (e.g., no blocking) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FOOTBALL—FLAG

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision; constant visual supervision** is required during initial instructional stages of contact skills

Individual trained in first aid must be present for all sessions

Safety rules and procedures are enforced

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

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session

Field is free of hazards/debris and the surface provides adequate footing

Activity area is clearly marked with adequate out-of-bounds areas clear of obstacles

Goal posts are properly padded if they are on the field of play

Safety rules/regulations are posted

Indoor practice facilities have a clearly marked emergency exit

Clothing/Footwear

All players must be wearing mouth guards when blocking is involved

Protective equipment (e.g., knee braces) is certified to meet minimal CSA standards and the regulations of the league

Suitable and properly maintained footwear that satisfies football regulations must be worn

All jewelry must be removed

Clothing for practices and games are suitable for the weather conditions

Clothing must conform to the rules and regulations of the club and the league

Equipment

Equipment to be used is suitable and in good condition

Instructions are given regarding the proper maintenance of football equipment

Equipment (e.g., ball) are appropriate for the age, size, and development of the students

First aid kit and phone are available

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FOOTBALL—TACKLE

Tackle football is a sport played by two teams on a rectangular field 110 yards long (100 yards in U.S. football). Teams try to gain possession of the ball and advance it across the opponent's goal line in a series of running or passing plays. The ball carrier is thrown to the ground (tackled) to end a play.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

- Instruction is received from coaches are trained/certified according to National Coaching Certification Program/Football Canada Coach requirements
- All sessions are conducted in a safe environment, with students aware of potential risks involved in tackle football
- Safety rules and procedures are learned prior to participation
- Skills/movements are learned in proper progression
- During instruction players are matched by size and ability
- Students have received adequate training and can demonstrate competency of skill before participating in full contact situations
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

- Recommended level of supervision: **constant visual supervision** during initial instructional stages of contact skills and **on-site supervision** the rest of the time
- Coach controls contact drills
- Individual trained in first aid must be present for all sessions
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FOOTBALL—TACKLE

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session
Field is free of hazards/debris and the surface provides adequate footing
Activity area is clearly marked with adequate out-of-bounds areas clear of obstacles
Goal posts are properly padded
Proper lighting is provided
Safety rules/regulations are posted
Indoor practice facilities have a clearly marked emergency exit

Equipment

Equipment to be used is suitable and in good condition
Equipment (personal: e.g., helmet; and team: e.g., blocking sled) are checked before every session
Instructions are given regarding the proper maintenance of football equipment
First aid kit, spinal board, and phone are available

Clothing/Footwear

All protective equipment (e.g., helmets) is certified to meet minimal CSA standards
All players must be wearing mouth guards
Personal equipment is fitted correctly and worn correctly by all students
Suitable and properly maintained footwear that satisfies football regulations must be worn
All jewelry must be removed
Clothing for practices and games are suitable for the weather conditions
Clothing must conform to the rules and regulations of the club and the league

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registering for an accident insurance plan is encouraged
Players suffering injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the Physical Education/Health Education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GEOCACHING

Geocaching is an outdoor treasure-hunting game, or internet scavenger hunt in which the participants use a global positioning system (GPS) receiver or other navigational techniques to hide and seek containers (called "geocaches" or "caches") anywhere in the world.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction in the operation of GPS is received from someone experienced in using the system as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Students receive instruction regarding the rules and methods of play, attainable from several geocaching websites or someone with experience

Instruction is received on how to dress to enter the area where the "cache" is located

Instruction is received in "low-impact" hiking or camping, when applicable, as the "caches" are pursued

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision** during initial instruction

Students are encouraged to work in pairs when searching for sites

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GEOCACHING

Facility

Local weather conditions, forecast, humidity, and windchill are checked prior to session
Due to the nature of geocaching the caches may be located anywhere. Geocachers are encouraged to use safe sites that will not be destroyed by seekers.

Equipment

GPS device is checked regularly

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Appropriate clothing is worn, layered for cold weather and permitting unrestricted movement
Suitable clothing and protection is used for the weather, sun, and location (e.g., in forest) of the cache

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registering for an accident insurance plan is encouraged
Students suffering injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the Physical Education/Health Education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GOAL BALL

Goal ball is a competitive game for people with visual impairments. The game is played by two teams of three players each. Players are blindfolded to ensure that all players have no vision. Players track the ball on the court (similar to volleyball) but rely on their sense of hearing and touch to do so (the ball makes a continuous noise when in play). The object is to roll the ball past the defending team, who attempt to block the ball before it enters the goal.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified by the Canadian Blind Sports Association or a trained teacher knowledgeable about the game of goal ball as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in goal ball

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GOAL BALL

Facility

- Activity area is smooth and free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (ball, blindfolds, and goals) are checked before every session
- Goal ball uses a standard goal ball that meets International Blind Sport Association (IBSA) specification. It weighs 1.25kg and is 76cm in diameter. The most important aspect of this ball is that it is audible when in motion. Players depend on the sound of the ball to determine where it is during the game.
- Another essential piece of equipment is the blindfold (Each player [whether totally blind or visually impaired] must be blindfolded during the game to ensure vision is equal.)
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Elbow and knee pads are worn to protect against bruises and floor burns
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts or sweatpants are best), permitting unrestricted movement.
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GOLF

Golf is a precision sport in which individual players or teams strike a ball with a club into a hole with as few strikes as possible.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a coach certified by the Royal Canadian Golf Association, or an experienced golfer capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in golf

Instruction is received on the rules, proper golf etiquette, and safety (including procedures for bad weather) prior to participation

Procedures are established for hitting and retrieving balls in group practice sessions (e.g., practicing chipping)

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction followed by **in-the-area supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GOLF

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session
Adequate space is available for each individual (more than enough for full backswing and full follow through)
Hitting and waiting areas are clearly marked
Mats and whiffle balls are used for indoor practice (e.g., school gym)

Equipment

Equipment to be used is suitable and in good condition
Equipment (e.g., grips) are occasionally checked by a qualified person
Club length is the correct size for the participant
Appropriate golf balls are used for practice situations (e.g., use whiffle balls in a school gym)
Instructions are given regarding the proper maintenance of golf equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing/footwear meets requirements of club or competition
Suitable protection is used against sun, heat, cold, rain, and insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GYMNASTICS (GENERAL, TUMBLING, AND ARTISTIC)

Gymnastics is a sport that involves the performance of sequences of physical movements, requiring physical strength, flexibility, and kinesthetic awareness; the different events involved are general gymnastics, women's artistic gymnastics, men's artistic gymnastics, rhythmic gymnastics, and aerobic gymnastics.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Gymnastics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in gymnastics

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Difficulty of skill is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GYMNASTICS (GENERAL, TUMBLING, AND ARTISTIC)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during inversions, vault work, and initial instruction of difficult moves; **on-site supervision** is required the rest of the time

Spotters are in place as is appropriate

Safety rules and procedures are enforced

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

Facility

Activity area is free of hazards/debris

Floor provides good footing

Activity area is clearly marked with adequate out-of-bounds areas

Proper lighting and ventilation, when applicable, are provided

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Equipment (beams, bars, etc.) is checked by a qualified person before every session

Instructions are given regarding the proper maintenance of gymnastics equipment

Instruction is given on how to set up/take down portable equipment

Good working sound system is available

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn; gymnastics shoes or bare feet may be acceptable

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GYMNASTICS — RHYTHMIC

Rhythmic Gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation. Competitors manipulate ropes, hoops, balls, clubs, and ribbons.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Gymnastics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in gymnastics

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Difficulty of skill is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

GYMNASTICS—RHYTHMIC

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site visual supervision** during initial instruction followed by **in-the-area supervision**

Safety rules and procedures are enforced

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

Facility

Activity area is free of hazards/debris

Floor provides good footing

Activity area is clearly marked with adequate out-of-bounds areas

Proper lighting and ventilation, when applicable, are provided

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Equipment (balls, ribbons, ropes, etc.) are occasionally checked by a qualified person

Instructions are given regarding the proper maintenance of small hand apparatus

Good working sound system is available

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn; gymnastics shoes or bare feet may be acceptable

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HANDBALL (1 WALL OR 4 WALL)

Handball is a court game involving two or four players who strike a rubber ball against a wall with their hand.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/coach or an experienced handball player who is capable of demonstrating the competency expected from a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in handball

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HANDBALL (1 WALL OR 4 WALL)

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (gloves, goggles, and shoes) is checked before every session
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Appropriate type and fit of glove is worn

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HIKING

Hiking is a form of walking, usually on trails in areas of relatively unspoiled wilderness, in order to explore nature and enjoy the surroundings.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Leader is an experienced hiker, familiar with the trails the group will be hiking as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Student is aware of potential risks involved in hiking

Safe hiking techniques, including buddy system, are learned in proper progression prior to outing

Camping skills are learned when applicable

Behavioral expectations, boundaries for activity, and assembly procedures are reviewed with students when applicable

Drinking water is available and consumed as needed

Activity sessions are appropriate for the abilities of the students (If the trip will be strenuous, participants are in good physical condition before setting out.)

Outing is planned in detail with contingency plans for inclement weather

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HIKING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision; constant visual supervision** may be required for a specific hazard

Process for the accounting of the students must be in place

Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)

Each individual has a whistle or other signaling device if off site

Safety rules and procedures are enforced

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

Detailed plans for contingency and inclement weather are recorded in writing

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

Clothing/Footwear

Properly fitted shoes/boots are worn (no open-toed shoes)

Appropriate clothing is worn providing unrestricted movement while protecting the body

Clothing is worn in layers with extra clothing carried as appropriate

Suitable clothing and protection is used against weather, sun (e.g., hat), insects (e.g., long-sleeved shirts and long pants against wood ticks do buddy checks), animals (e.g., bear repellent if going into bear country) and plants (e.g., poison ivy)

Jewelry is removed/secured when safety is a concern

Facility/Environment

Local weather conditions/forecasts and fire restrictions are checked before the outing

Designated trails are used or permission is obtained from appropriate authorities to access the trail

Location of local emergency services have been identified

Detailed maps are provided of area where students are hiking

Washroom facilities are accessible

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked by qualified person prior to departure/usage

Backpack is properly fitted and adjusted; contents are verified for weight and distribution

Instructions are given regarding the proper use/maintenance of equipment

Each individual has a whistle or other signaling device

First aid kit and phone are available (An alternative emergency communication system can also be used. GPS [Global Positioning System] is now affordable. Walkie-talkies are a good way to keep the leader and the tail of the group in contact.)

Portable media players are discouraged/restricted as they cause distractions

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HIKING

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY—ICE

Hockey is a sport played on ice where two teams composed of six players each attempt to score by skating and projecting a hard rubber disk (puck) into the opposing goal.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Hockey Canada coach (ice hockey) or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If playing in an organized program, a specific level of certification may be required by a coach)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in hockey

Rules of hockey and safety rules are learned prior to participation

Skills/movements are learned in proper progression

Number of on ice sessions (per week) should be consistent with recommendations of local hockey program

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instructional stages of contact skills and **on-site supervision** the rest of the time

Person trained in first aid is available

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY—ICE

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Ice area is free of hazards (ruts) and debris
- All doors to ice area are properly closed
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted (e.g., no horseplay in change rooms)
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Sticks are regularly checked for cracks, splinters, and breaks
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- CSA-approved and properly fitted helmet with face mask must be worn
- Mouth guards must be worn
- Appropriate and properly fitted protective equipment is worn at all times
- Skates are properly fitted, sharpened, and satisfy league regulations
- Jewelry is removed
- Eyewear is secured or removed
- All uniforms must be acceptable to team and league guidelines

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY—ROLLER/INLINE

Roller/inline hockey is a form of hockey played on a dry surface where players use skates with wheels and attempt to score by projecting a ball with a stick into the opposing goal.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Hockey Canada coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If playing in an organized program, coaches may require a specific level of certification.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in roller/inline hockey

Rules of the game and safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instructional stages of contact skills and **on-site supervision** the rest of the time

Person trained in first aid is in the area

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY—ROLLER/INLINE

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Playing area is free of hazards (ruts) and debris
All doors to playing area are properly closed
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are posted (e.g., no horseplay in change rooms)
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Sticks are regularly checked for cracks, splinters, and breaks
Instructions are given regarding the proper maintenance/storage of equipment
First aid kit and phone are available

Clothing/Footwear

CSA-approved and properly fitted helmet with face mask must be worn
Mouth guards must be worn
Properly fitted equipment is worn at all times
Properly fitted inline skates are worn and satisfy league regulations
Jewelry is removed
Eyewear is secured or removed
All uniforms must be acceptable to team and league guidelines

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY-TYPE GAMES (BALL HOCKEY, FLOOR HOCKEY, ROAD HOCKEY, FLOORBALL, GYM RINGETTE, AND SHINNY)

There are many versions of the game of hockey, some modified by rules of an organization and some modified by the needs or the group of participants. These games involve a low level of organization and structure.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor who is capable of organizing a game and demonstrating the competencies of an experienced coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in hockey-type games

Safety rules are learned prior to participation

Activity sessions are appropriate for the abilities of the students

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and **on-site supervision** when minimal competency is demonstrated

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOCKEY-TYPE GAMES (BALL HOCKEY, FLOOR HOCKEY, ROAD HOCKEY, FLOORBALL, GYM RINGETTE, AND SHINNY)

Facility/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked
Floor surface provides good traction

Equipment

Equipment to be used is suitable and in good condition
Nets are in good repair
Sticks are in good repair, and free from cracks and sharp edges
First aid kit and phone are available

Clothing/Footwear

Goalies must wear masks; protective goalie equipment is encouraged
Mouth guards and eye protection are worn
Players wear gloves
Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Eyewear is removed or secured
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HORSEBACK RIDING (WESTERN AND ENGLISH SADDLE)

The term “equestrian” refers to the skill of riding or driving horses for working purposes (ranching), as well as recreation, or competition.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained through Manitoba Horse Council (Equine Canada Hippique Program), the Certified Horsemanship Association, or another appropriate program or is capable of demonstrating competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of horseback riding

Safety rules and riding etiquette are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to longer rides or more difficult tasks

Difficulty of ride is appropriate for student’s development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

On trail rides, the lead rider must be a capable horseperson who can read the terrain and make decisions

Initial instruction is received in a ring

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HORSEBACK RIDING (WESTERN AND ENGLISH SADDLE)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during instruction and otherwise providing **in-the-area supervision**

Adequate space is maintained between horses

On group trail rides one supervisor takes the lead while a second is the sweep

Safety rules and procedures are enforced

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

Facility/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session

Activity area is free of hazards/debris

Activity area is clearly marked

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are posted

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Trails are selected to match abilities of students and horses

Riding along or across roads is avoided

Equipment

Equipment to be used is suitable and in good condition

Tack is adjusted properly

Horse is suitable for size and ability of rider

Portable media players (such as an MP3 player) are not permitted

First aid kit and phone are available

Clothing/Footwear

Appropriate and properly fitted helmet is worn

Appropriate clothing (long pants) and footwear (closed toe and 1" heel) are worn

Clothing is worn in layers

Suitable protection from weather, sun, and insects is used

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOUSE AND YARDWORK

House and yardwork contribute to healthy active living and fitness, involving endurance, flexibility and strength activities. These activities include gardening, which is the second most popular form of exercise in Canada, attracting 48% of Canadian adults. It is second only to walking. (CFLRI, 2001 Physical Activity Monitor)

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from someone experienced in house and yardwork, capable of demonstrating and instructing basic skills and safe techniques as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in house and yardwork

Safety rules are learned prior to participation

Proper skills/movements (e.g., lifting) are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision** during initial instruction

Safety rules and procedures are enforced

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

* For further information on garden safety, visit <www.hc-sc.gc.ca/iyh-vsv/life-vie/garden-jardin_e.html>.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOUSE AND YARDWORK

Facility/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
Activity area is free of hazards/debris as applicable
Proper lighting and ventilation, when applicable, are provided
Appropriate protection is used for weather, sun, and insects

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked before every session
Equipment is the correct size/weight for the student
Instructions are given regarding the proper maintenance of equipment
First aid kit and phone are available
Portable music players are avoided as they create distractions

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing provides protection from the weather and insects when outdoors
Insect repellent and sunscreen are used as necessary

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

JOGGING

Jogging is a form of trotting or running at a slow or leisurely pace.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or Manitoba Fitness Council certified instructor, physical education teacher, or an experienced coach capable of demonstrating competencies of a certified coach in preparing fitness running programs as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of jogging
Basic safety is learned prior to participation with reference to various terrains (including road safety and buddy system of running)

Coach monitors weekly training load (distance) increases of athlete

Skills/movements are learned in proper progression

Length and difficulty of course must be appropriate for age and ability level of runner

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision** for group runs

Students are encouraged to train in pairs

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

JOGGING

Facility/Environment

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

Equipment

Equipment to be used is suitable and in good condition
Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness to any potential dangers in his/her surroundings
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Suitable clothing and protection is used for weather, sun, and insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
All injuries should be referred to appropriate medical personnel for treatment and rehabilitation
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

JUDO

Judo is a Japanese combative sport where two opponents attempt to unbalance each other by applying various throwing and grappling techniques.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified Judo instructor (Sensi) approved by Judo Canada and certified by the National Coaching Certification Program or an instructor capable of demonstrating the competencies required for certification

Instructor/coach follows the Judo Canada Code of Conduct

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in judo

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

JUDO

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Jewelry is removed
- White or blue cotton uniforms (Judogi) are worn for competition
- Appropriate clothing permitting unrestricted movement is worn
- Clothing must meet the requirements of the club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KARATE

Karate is a Japanese combative form of martial arts, which is known primarily as a striking art, featuring punching, kicking, knee/elbow strikes, and open-handed techniques. However, grappling, joint manipulations, locks, restraints/traps, throws, and vital point striking also appear in karate.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified karate instructor (a minimal belt standing and training is required before one can instruct), approved by the National Karate Association of Canada, or similar national organization, in conjunction with the National Coaching Certification Program

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in karate

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KARATE

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Jewelry is removed
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KICKBALL (SOCCER BASEBALL)

Kickball (or soccer baseball) is played like baseball except a soccer ball is used and kicking replaces batting.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, instructing, and demonstrating the skills and rules required to play kickball as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in kickball

Safety rules/regulations are learned prior to participation

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KICKBALL (SOCCER BASEBALL)

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Playing surface is level and free of hazards, holes, or debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Appropriate ball (10 16" inflatable) is used and inflated to the correct pressure
Bases are used as per softball
Ball and bases are in good repair prior to starting game
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KICKBOXING

Kickboxing is a martial art developed in Japan where opponents are allowed to hit each other with fists and feet.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified kickboxing instructor as approved by the Kickboxing Canada

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in kickboxing

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

KICKBOXING

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Wearing a helmet is strongly recommended
- Appropriate footwear is worn
- Jewelry is removed
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LACROSSE — BOX / FIELD

Lacrosse is a sport where two teams attempt to score by projecting a ball into the opposing goal using a stick with a webbed pouch. Three forms of lacrosse are played: field lacrosse, which is played on a soccer-size field; box lacrosse, which is played within a hockey rink; and soft lacrosse which is a modified introductory version that can be played inside a gym or outside on a field.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Lacrosse Association Coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in lacrosse

Rules of lacrosse and safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LACROSSE—BOX/FIELD

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:
constant visual supervision during initial instructional stages of contact skills and **on-site supervision** the rest of the time
Individual with first aid training is present during entire practice or game
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Playing surface (box/field) provides suitable footing
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Sticks are regularly checked for cracks, splinters, and breaks
First aid kit and phone are available

Clothing/Footwear

CSA-approved and properly fitted helmet with face mask must be worn
Mouth guards must be worn
Properly fitted equipment (gloves, shoulder pads, etc.) are worn at all times and must conform to lacrosse regulations
Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement.
Clothing must meet requirements of club or competition
Protection from elements and insects is suitable when playing outdoors

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LACROSSE—SOFT

Lacrosse is a sport where two teams attempt to score by projecting a ball into the opposing goal using a stick with a webbed pouch. Three forms of lacrosse are played: field lacrosse, which is played on a soccer-size field; box lacrosse, which is played within a hockey rink; and soft lacrosse which is a modified introductory version that can be played inside a gym or outside on a field.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, teaching, and demonstrating soft lacrosse skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in lacrosse

Rules of lacrosse and safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Individual with first aid training is present

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LACROSSE—SOFT

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Playing surface provides suitable footing
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Sticks are regularly checked for cracks, splinters, and breaks
First aid kit and phone are available

Clothing/Footwear

Goalkeeper must wear helmet with face mask
Mouth guards are recommended
Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition
Protection from elements and insects is suitable when playing outdoors

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LAWN BOWLING

Lawn bowling is a precision sport where players try to roll slightly asymmetrical balls (bowls) closer to a smaller white ball ("jack," "kitty," or "sweetie") than their opponent.

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a coach with training/certification from Bowls Canada Boulingrin and the National Coaching Certification Program, or is an experienced player/coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in lawn bowling

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LAWN BOWLING

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are posted
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked
Outdoor facilities are properly marked and fenced

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked before every session
Instructions are given regarding the proper maintenance of lawn bowling equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LAWN MOWING

Lawn mowing while using a push mower contributes to healthy active living and fitness, contributing to endurance and strength. Push mowers may be non-motorized or gas/electric powered.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for lawnmowing with a push mower.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an individual experienced in lawn mowing and capable of demonstrating and providing instruction for safe lawn mowing as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in lawn mowing

Safety rules and procedures* are learned prior to participation:

- Read, understand, and follow all of the manufacturer's instructions before using any power tool
- Keep children out of the mowing area and never allow them to operate a lawn mower
- Remove all rocks, sticks, toys, and tools from the lawn before mowing
- Never mow or use electrical equipment in wet conditions
- If the blades of a power lawn mower become clogged, turn off the machine before clearing it (Use a stick or other tool to remove the clogged debris in case the blades complete a rotation after clearing.)
- Always wear proper equipment when using power tools, including leather shoes or work boots, ear protection, gloves, and safety glasses
- Mow across the face of slopes, not up and down
- Before plugging in any power equipment, make sure the power switch is "off"

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Difficulty of task is appropriate based on student's capabilities

* For further information on garden safety and power tools, visit <www.hc-sc.gc.ca/iyh-vsv/life-vie/garden-jardin_e.html>.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LAWN MOWING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

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

Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to session

Activity area is free of hazards/debris and traffic, especially young children

Slope does not exceed 15 degrees

Conditions are dry when using electrical equipment

Equipment

Mower to be used is suitable and in good condition

Mower is checked before every session

Equipment is the appropriate size/weight for the student

Instructions are given regarding the proper use, maintenance, and storage of equipment, including correct technique for starting mower, refueling, and clearing blade area

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn; leather shoes/boots are recommended

Laces are tied and open-toed shoes are avoided

Gloves, ear, and eye protection are recommended

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing provides protection from the weather and insects

Insect repellent and sunscreen are used as necessary

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LOW-ORGANIZED GAMES (LEAD-UP ACTIVITIES)

Low-organized games are simple or lead-up games/activities that require minimal time to get started. Risk may vary according to skills and equipment required as well as the physical interaction between participants and with the environment.

Risk Factor Rating

1-4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an individual capable of organizing, teaching, and demonstrating low-organized game skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in the low-organized game

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: when risk level is 1 (low risk), **little or no supervision** may be required (e.g., playing catch with a ball or frisbee); as the risk rises (e.g., risk of 4 for Dodging Games), **on-site supervision** may be required

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

LOW-ORGANIZED GAMES (LEAD-UP ACTIVITIES)

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are provided or posted
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Equipment should be checked before every session
Instructions are given regarding the proper maintenance of equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate and properly fitted footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

MARTIAL ARTS

Martial arts are systems of codified practices and traditions of training for combat. They may be studied for various reasons, including to acquire skills for combat, fitness, self-defense, sport, self-cultivation/meditation, mental discipline, character development, and to build self-confidence, as well as any combination of the above.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received by a trained and certified instructor or from an instructor capable of demonstrating the competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill. (The martial arts form that is selected may require a certain belt level in order to provide instruction. This belt level varies based on the level of competition/recreation.)

All sessions are conducted in a safe environment, with students aware of potential risks involved in the chosen martial arts form

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

MARTIAL ARTS

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

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

Facility

Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are provided or posted
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked by a qualified person before every session
Instructions are given regarding the proper maintenance of equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn; clean bare feet are usually required
Protective equipment is worn as required
Jewelry is removed
Appropriate clothing is worn, permitting unrestricted movement
Clothing must meet the requirements of the club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ORIENTEERING

Orienteering is a running sport that involves navigation with a map and compass, using markers to guide the participant.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Orienteering Federation coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in orienteering

Basic safety with reference to various terrains (including road safety) is received prior to participation

Skills/movements are learned in proper progression

Coaches monitor weekly training load (distance and increases) of participants

Students are competent with a compass before entering competition

Length and difficulty of course must be appropriate for ability level of the athletes

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Safety rules and procedures are enforced

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

Pre- and post-run/race check-in system is in place

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ORIENTEERING

Facility/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
Control stations are clearly marked
Runners must be briefed on the course prior to run
Marshals are stationed at accessible points throughout course

Equipment

Equipment to be used is suitable and in good condition
Most recent edition of area maps are used
Compasses are in good repair
All participants carry a whistle
Portable media players (such as an MP3 player) are not permitted while running
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement; extra clothing is available for pre- and post-run/race
Suitable clothing and protection is used for weather, sun, insects, and vegetation
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

PADDLEBALL

Paddleball is a racquet sport similar to racquetball played in a walled court where two or four players hit a ball against the wall with a solid paddle.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained coach or an experienced paddleball player who is capable of demonstrating the competency expected from a National Coaching Certification Program coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in paddleball

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

PADDLEBALL

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (racquets with wrist straps, goggles) are checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of paddleball equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn at all times
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

QIGONG

Qigong is derived from traditional Chinese medicine. It involves the coordination of different breathing patterns with various physical postures and motions of the body. It is taught primarily for health maintenance, but it is also a therapeutic intervention. Aspects of qigong are often included in Chinese martial arts teachings, and are particularly common in advanced *Neijia*, or internal martial arts, where the participant is focused on the full mobilization and proper coordination and direction of the energies of the body as they are applied to facilitate all physical actions.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained in qigong as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in qigong

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

QIGONG

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

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

Facility

Activity area is free of hazards/debris

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are provided or posted

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing must meet requirements of club

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student should have completed a Registration/Informed Consent Form prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RACQUETBALL

Racquetball is a racquet sport combining the rules of squash and handball; it is played in a four-walled court where two or four players hit a hollow rubber ball against the wall with a short-handled racquet.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/coach or an experienced racquetball player who is capable of demonstrating the competency expected from a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in racquetball

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RACQUETBALL

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (racquets with wrist straps, goggles) are checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of racquetball equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn at all times
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RINGETTE

Ringette is a sport played on ice where two teams composed of six players each attempt to score by skating and projecting a rubber ring into the opposing goal.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Ringette Canada coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If playing in an organized ringette league, coaches could be required to be certified at a minimum level.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in ringette

Rules of ringette and safety rules/procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Someone with first aid knowledge is present

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RINGETTE

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Ice surface is free of hazards (e.g., ruts, cracks) debris
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- All doors to ice area are closed
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- All sticks comply with Ringette Canada guidelines
- Sticks checked regularly for cracks
- Only appropriate rings are used
- First aid kit and phone are available

Clothing/Footwear

- CSA-approved helmet and face mask worn at all times
- Mouth guard is worn
- Properly fitted skates are worn
- Appropriate and properly fitted protective equipment is worn as per Ringette Canada guidelines
- Goalies must wear face masks and protective equipment as per Ringette Canada guidelines
- Appropriate clothing is worn for cold weather conditions (outdoors)
- Jewelry is removed or secured when safety is a concern
- Eyewear is secured or removed

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RUGBY—FLAG

Flag rugby is a non-contact coed version of the full game. The objective of the game is to get the ball across the other team's goal line and touch the ball to the ground by running or passing the ball. A distinct characteristic of rugby is that you may only pass sideways or back.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Rugby Canada Certified Community coach, or an experienced player capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (Most leagues will require that the coaches have completed the Community Rugby [Flag] Coaching program including Safe Rugby training.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in rugby

Rugby safety rules/procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Individual trained in first aid is present

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RUGBY—FLAG

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Rugby balls are inflated to correct pressure
Adequate number of flags (2 per player) and belts are provided for all students
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry must be removed
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition
Mouth guards are worn
Suitable protection is used against heat, cold, sun, or insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RUGBY—TACKLE

Rugby is a contact sport played by two teams of 7, 10, or 15 players per team on a field about the size of a soccer pitch. The objective of the game is to get the ball across the other team's goal line and touch the ball to the ground by running or passing the ball. A distinct characteristic of rugby is that you may only pass sideways or back.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Rugby Canada coach, or an experienced player capable of demonstrating competencies of a certified coach (Most leagues will require that the coach[s] have completed the Introduction to Competition Coaching program including Safe Rugby training)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in rugby

Rugby safety rules/procedures are learned prior to participation

Skills/movements are learned in proper progression

All students must demonstrate competency of skill/fitness prior to playing a game (Early game development is via modified versions of the game.)

Players are matched by size and experience for instruction regarding/involving contact

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RUGBY—TACKLE

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instructional stages of contact skills and **on-site supervision** the rest of the time

Coach controls all aspects of the drills involving contact

Individual trained in first aid must be present

Safety rules and procedures are enforced

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

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session

Field is level and free of hazards (e.g., gopher holes) or debris

Activity area is clearly marked with adequate out-of-bounds areas

Instructions for use of facility are posted

Proper lighting is provided

Indoor practice facilities have a clearly marked emergency exit

Equipment

Equipment to be used is suitable and in good condition

Goalpost padding must be in place

Rugby ball is properly inflated

First aid kit, spinal board and phone are available

Clothing/Footwear

Appropriate footwear is worn; boots must be as per International Rugby Board (IRB) specifications

Laces are tied and open-toed shoes are avoided

Jewelry must be removed

Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement

Clothing must meet club or IRB requirements

Mouth guards are mandatory

Suitable protection is used against heat, cold, sun, or insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SAILING/YACHTING

Sailing involves controlling the motion of a sailing vessel. By adjusting the rigging and rudder, a sailor manages the force of the wind on the sails in order to change the direction and speed of a boat.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Yachting Association coach or an experienced sailor who is capable of demonstrating the competency expected from a National Coaching Certification Program coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in the sport of sailing/yachting

Safety rules are learned prior to participation

Emergency rescue strategies are learned and practiced

Sailors must know the rules that govern the waters of the province they are sailing in (i.e., speed, rules of the road, required safety equipment and protecting the marine environment); a government-approved boating safety course is completed by all sailors, providing them with the mandatory Pleasure Craft Operator Card (PCOC) needed to operate a pleasure craft

Skills are learned in proper progression, beginning with classroom sessions

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SAILING/YACHTING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and **in-the-area supervision** until participant has demonstrated safe practice and proper techniques
Supervisor is familiar with the waters in which the group is sailing, including hazardous rocks and strong currents

Designated person has NLS Lifeguard certification or current first aid qualifications

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and includes knowing what to do in a person-overboard emergency

Supervisor has list of students on water

Supervisor has a float plan; someone knows where sailors are going and their expected date/time of return (When back ashore, contact person is informed of return.)

Supervisor is on the water in a motor-powered rescue boat

Facility/Course/Environment

Local weather conditions, forecast, and temperature are checked prior to session

Course is free of hazards or has clearly marked hazards on map and course

Emergency rescue boat is available

Map of route is available with route clearly marked; sailors are briefed prior to setting sail

Clothing/Footwear

Appropriate footwear is worn

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement and protection from the weather as well as providing visibility

Suitable protection from the weather is carried (e.g., hat, jacket, sunglasses, sunscreen)

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked regularly by qualified staff and sailors

A paddle must be carried on board (in case of breakdown or loss of wind)

Navigation tools are available, including a wristwatch and compass, as well as some regular tools including a knife, screwdriver, pliers, duct tape, line

Bailer is carried in the boat

Lifejacket (personal flotation device or PFD) is worn; the law requires one PFD for each person on board; lifejackets are Transport Canada-approved and properly fitted

Fire extinguisher and flares are carried in the boat

Whistle, horn, or some effective means of making noise is available; whistle is secured to lifejacket

Boat is equipped with lights for nighttime or unintentionally getting caught on the water after dark

First aid kit and phone are available

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SAILING/YACHTING

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SCUBA DIVING

Scuba diving is swimming underwater while using self-contained breathing equipment and fins.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced scuba diver certified by one of the following:

- Scuba and Snorkeling: Association of Canadian Underwater Councils
- The National Association of Underwater Instructors
- The Professional Association of Diving Instructors

Instructor is familiar with the water group is diving in

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in scuba diving

Safe diving rules are learned prior to participation, including "buddy diving" and emergency procedures

Skills/movements are learned in proper progression

Sessions begin with an easy warm-up and end with a cool-down

Drinking water is available and consumed as needed

In-class theory sessions are held prior to water sessions

Initial lessons are held in a pool or a sheltered harbour

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SCUBA DIVING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

One of the supervisors or instructors is a qualified lifeguard

Supervisor is familiar with the water in which the group is diving

Safety rules and procedures are enforced

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

Supervisor has list of students in water

Emergency meeting place is designated

Facility/Environment

Local weather conditions/forecast are checked prior to outdoor session

Activity area is free of hazards/debris

Activity area is clearly marked

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Snorkel is in good repair

Certified scuba tanks must be used and all equipment must be checked before each use by a qualified person

Jewelry is removed or secured when safety is a concern

First aid kit and phone are available

Emergency equipment is readily available

Clothing/Footwear

Proper swimwear or wetsuit is worn

Properly fitted mask and fins are worn

Change of clothing for post-swim is available

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SEPAK TAKRAW

Sepak takraw is a Southeast Asian sport that is similar to volleyball, except that it uses a rattan ball and only allows players to use their feet and head to touch the ball. It is also played on a badminton doubles-sized court.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, teaching, and demonstrating sepak takraw skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in sepak takraw

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Individual with first aid training is present

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SEPAK TAKRAW

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Rattan balls are inspected prior to each use and replaced if damaged
Nets and poles are checked prior to use and stored safely when not in use
Instructions are given regarding setting up and taking down of equipment
First aid kit and phone available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement.
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATEBOARDING

Skateboarding is an activity involving riding on or performing tricks with a skateboard, which is a small platform with four wheels.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced skateboarder who is capable of demonstrating the competency expected from a certified National Coaching Certification Program coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in skateboarding (permanent impairment or even death may be suffered with a fall off the skateboard and striking the head without a helmet; most brain injuries happen when the head hits the pavement)

Safety rules are learned prior to participation; instruction includes road safety if skateboarding on roads and near traffic

Skateboarding skills/movements are learned in proper progression, including learning how to fall

Drinking water available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and **in-the-area supervision** until participant has demonstrated safe practice and proper etiquette

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATEBOARDING

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Proper lighting is provided if skateboarding at night/indoors
Safety rules/regulations are posted
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Boards are selected that are appropriate for the type of riding to be done and the size of the rider
Equipment is checked before every session
Instructions are given regarding the proper maintenance of skateboarding equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate protective equipment is worn at all times (Helmets and specially designed padding are recommended, but may not fully protect skateboarders from fractures; however, wearing protective equipment can reduce the number and severity of cuts and scrapes. Wrist braces and special skateboarding gloves also can help absorb the impact of a fall.)
Appropriate footwear is worn, such as slip-resistant shoes
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING — FIGURE

Figure skating is an ice skating sporting event where individuals, mixed couples, or groups perform spins, jumps, and other "moves" on the ice, often to music.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified instructor by National Coaching Certification Program and Skate Canada coach, or experienced coach capable of demonstrating minimum required competencies for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in figure skating

Safety rules and skating etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during instruction and when practicing potentially dangerous skills; otherwise **on-site supervision** is provided

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—FIGURE

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Skating surface is level and free of debris/cracks
Activity area is safe distance from traffic
Area around activity area is free of debris/hazards
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Skates are checked and sharpened on a regular basis
First aid kit and phone are available

Clothing/Footwear

Approved (CSA) helmet is worn as appropriate (novice/practicing new skills)
Skates are properly fitted
Jewelry is removed or secured when safety is a concern (as per regulations of program)
Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of fall
Suitable protection from the weather is worn (e.g., hat, jacket, mitts, or gloves) for outdoor sessions

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—ICE

Ice skating is a recreational or competitive activity using special boots with blades to travel on ice.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified coach, or experienced skater/coach capable of demonstrating minimum required competencies for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in ice skating

Safety rules and skating etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and then **on-site supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—ICE

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Skating surface is level and free of debris/cracks
Activity area is safe distance from traffic
Area around activity area is free of debris/hazards
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Skates are checked and sharpened on a regular basis
First aid kit and phone are available

Clothing/Footwear

CSA-approved helmet is worn
Skates are properly fitted
Jewelry is removed or secured when safety is a concern (as per regulations of program)
Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of fall
Suitable protection from the weather is worn (e.g., hat, jacket, mitts, or gloves) for outdoor sessions

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—INLINE/ROLLER (INDOOR OR OUTDOOR)

Inline skating is a contemporary form of roller skating. It is a recreational or competitive activity that involves traveling on smooth terrain on roller skates that are equipped with wheels placed in a line.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified coach, or experienced skater/coach capable of demonstrating minimum required competencies for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in inline or roller skating

Safety rules and skating etiquette, including road safety for skating outdoors, are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and **in-the-area supervision** when basic skills are being acquired

Safety rules and procedures are enforced

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

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—INLINE/ROLLER (INDOOR OR OUTDOOR)

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Skating surface is level and free of hazards, debris, and water/moisture
Area surrounding skating surface is free of potential hazards
Skating area (outdoors) is situated a safe distance from traffic
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Skates must be checked regularly by coaches and players; damaged wheels must be repaired or replaced
Appropriate wrist, elbow, and knee pads are worn
First aid kit and phone are available

Clothing/Footwear

Approved helmet is worn
Properly fitted skates are worn
Jewelry is removed or secured when safety is a concern (as per regulations of program)
Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of fall
Suitable protection from the weather is used (e.g., hat, jacket, sunscreen, and insect repellent)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—ALPINE (DOWNHILL)

Alpine skiing (or downhill skiing) involves sliding down snow-covered hills with skis attached to the feet.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Alpine Canada Coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in alpine skiing

Alpine skiing safety rules and etiquette (including control at all times on the hills) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students are screened and grouped according to abilities

Difficulty of course/hill is appropriate for student's development/capabilities

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—ALPINE (DOWNHILL)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** for instruction and **in-the-area supervision** when skiing
Designated person trained in first aid is present
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Tow ropes and lifts have posted instructions and clearly marked loading and unloading site
Activity area is free of hazards/debris
Ski runs are clearly marked and degree of difficulty is indicated
Alpine skiing safety rules/regulations are posted
Instructions for use of facility are posted

Equipment

Equipment to be used is suitable and in good condition
All equipment is checked prior to each use; damaged equipment is repaired or replaced
Skis and poles are appropriate size
Bindings are in good repair
Boots and bindings are compatible
Portable media players (such as an MP3 player) must not be worn while downhill skiing as they reduce the skier's awareness to his/her surroundings
First aid kit and phone are available

Clothing/Footwear

Approved helmet is worn
Ski boots are properly fitted
Clothing is worn in layers
Toques and mitts/gloves are worn
Eyewear is secured
Properly fitted goggles are recommended
No long scarves are permitted
Jewelry is removed or secured when safety is a concern

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—CROSS COUNTRY

Cross-country skiing, traditionally a form of transportation on snow, is usually practiced on prepared trails or hills and involves three main styles: classic, skating, and telemarking.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained/certified through a National Coaching Certification Program, Canadian Association of Nordic Ski Instructors (CANSI), Cross Country Canada, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in cross-country skiing

Safe skiing practice (including recognition and treatment of frostbite and hypothermia and the buddy ski system) and trail etiquette have been learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coach ensures that all students demonstrate competency of skill/fitness prior to longer ski races/training sessions

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—CROSS COUNTRY

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**; a specific hazard may require constant visual supervision

Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries and lost students
Pre- and post-ski check-in system is in place

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Activity area is clearly marked and free of hazards/debris

Higher risk areas are clearly marked

Safety rules/regulations are posted

Ski trails are clearly marked and a detailed map displaying the ski trails is available

Trails are a safe distance from vehicular traffic

Equipment

Equipment to be used is suitable and in good condition

Equipment (skis, poles, boots, bindings, etc.) is checked by a qualified person before every session

Equipment is appropriate size for the student

Instructions are given regarding the proper maintenance of cross-country ski equipment

Appropriate wax is used for conditions

Portable media players (such as an MP3 player) are avoided while skiing as they reduce the skier's awareness to his/her surroundings

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn with laces tied

Clothing is worn in layers

Toques and gloves are worn

Appropriate clothing is worn, permitting unrestricted movement and protection for weather and sun

Clothing must meet requirements of club or competition

Jewelry is removed or secured when safety is a concern

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—WATER

Water skiing involves being pulled by a boat with skis attached to the feet.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Water Ski and Wakeboard Canada Coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in water skiing

Safety rules and procedures, including communication signals with supervisor in boat, are learned prior to participation

Emergency rescue strategies are learned and practiced

Skiers are familiar with the rules that govern the waters of the province they are skiing in (i.e., speed, rules of the road, required safety equipment and protecting the marine environment)

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Weather/water conditions are appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—WATER

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:

constant visual supervision

Safety rules and procedures are enforced

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

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Activity area is free of hazards/debris and traffic is avoided

Equipment

Equipment to be used is suitable and in good condition

Skis are appropriate size and type

Bindings are properly fitted and in good repair

Appropriate and proper fitted lifejacket/Personal Flotation Device (PFD) is worn

Tow rope is in good condition and properly tethered

All equipment is checked prior to each use; damaged equipment is repaired or replaced

First aid kit and phone are available

Clothing/Footwear

Proper swimwear or wetsuit is worn

Change of clothing for post-ski is available

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNORKELING

Snorkeling involves swimming just below the surface of the water while wearing a diving mask, a J-shaped tube called a snorkel, and (usually) swim fins.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced diver certified by Scuba and Snorkeling: Association of Canadian Underwater Councils, The National Association of Underwater Instructors, The Professional Association of Diving Instructors, or an individual capable of demonstrating the competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in snorkeling

Safe diving rules are learned prior to participation, including 'buddy diving' and emergency procedures

Skills/movements are learned in proper progression

Sessions begin with an easy warm-up and end with a cool-down

Drinking water is available and consumed as needed

In-class theory sessions are held prior to water sessions

Initial lessons are held in a pool or a sheltered harbour

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNORKELING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

- Recommended level of supervision: **on-site supervision**
- One of the supervisors or instructors is a qualified lifeguard
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
- Supervisor has list of students in water
- Emergency meeting place is designated

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Snorkel is in good repair
- Jewelry is removed or secured when safety is a concern
- First aid kit and phone are available
- Emergency equipment is readily available

Clothing/Footwear

- Proper swimwear or wetsuit is worn
- Properly fitted mask and fins are worn
- Change of clothing for post-swim is available

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNOWBOARDING

Snowboarding involves sliding down a snow-covered slope on a snowboard that is attached to the feet by a boot/binding interface. It is similar to skiing, but inspired by surfing and skateboarding.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Snowboarding Federation coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of snowboarding

Snowboarding safety rules and etiquette are learned prior to participation

Skills/movements are learned in proper progression

Students are screened and grouped according to abilities

Difficulty of hill is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNOWBOARDING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** for instruction and beginning snowboarders; **in-the-area supervision** for experienced snowboarders

Safety rules and procedures are enforced

Designated person trained in first aid is present

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

Snowboarding area is patrolled by Ski Patrol

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Activity area is free of hazards/debris

Ski runs are clearly marked and degree of difficulty is indicated

Instructions for use of facility are posted

Tow ropes and lifts have posted instructions and loading and unloading site is clearly marked

Equipment

Equipment to be used is suitable and in good condition

All equipment is checked prior to each use; damaged equipment is repaired or replaced
Approved snowboard is used with properly attached bindings

First aid kit and phone are available

Portable media players (such as an MP3 player) must not be used while snowboarding as they reduce the snowboarder's awareness to his/her surroundings

Clothing/Footwear

Approved helmet is worn

Snowboarding boots are properly fitted

Clothing is worn in layers

Toques and mitts/gloves are worn

Eyewear is secured

Properly fitted goggles are recommended

No long scarves are permitted

Jewelry is removed or secured when safety is a concern

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNOWSHOEING

Snowshoeing is a recreational activity that involves walking on snow with web-shaped footwear.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced snowshoer capable of organizing, teaching, and demonstrating snowshoeing skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in snowshoeing

Safe snowshoeing practice (including recognition and treatment of frostbite and hypothermia and the buddy system) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer snowshoe treks or races

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SNOWSHOEING

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and **in-the-area supervision** during snowshoeing sessions

Safety rules and procedures are enforced

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

Pre- and post-check-in system is in place

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Activity area is clearly marked and free of hazards/debris

Higher-risk areas are clearly marked

Safety rules/regulations are posted

Snowshoeing trails are clearly marked and a detailed map displaying the trails is available

Trails are a safe distance from vehicular traffic

Equipment

Equipment to be used is suitable and in good condition

Equipment (snowshoes and bindings) is checked by a qualified person before every session

Equipment is appropriate size for the student
Instructions are given regarding the proper maintenance of snowshoes

First aid kit and phone are available

Portable media players (such as an MP3 player) are avoided while snowshoeing as they reduce the snowshoer's awareness to his/her surroundings

Clothing/Footwear

Appropriate footwear is worn with laces tied

Clothing is worn in layers

Toques and gloves are worn

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Precautions are taken against cold and sun

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SOCCER

Soccer is played on a field (or in a gym) by two teams trying to drive a ball into the opponent's net predominantly by using their feet.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Soccer Association coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If participating in an organized soccer league there may be a certification requirement for the coach.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in soccer

Safety rules (including appropriate behaviours related to moveable goals and heading of the ball) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Individual responsible for first aid is present

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SOCCER

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Playing surface is level and free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Goals are securely in place
- Balls are correct size and properly inflated
- Corner flags meet Canadian Soccer Association requirements
- Students ensure they have a water bottle at all sessions
- Soft pylons are used to mark practice areas
- First aid kit and phone are available

Clothing/Footwear

- Players should consider wearing mouth guard
- Protective orthopedic apparatus must be soft and padded, in compliance with Canadian Soccer Association regulations
- Footwear meets the requirements of the Canadian Soccer Association
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition
- Suitable protection is used against heat, cold, sun, or insects

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SOFTBALL (SLO-PITCH, MODIFIED, OR FAST PITCH)

Softball is a team sport descended from baseball that is played with a larger and softer ball by two teams of nine players on a field with four bases, which mark the course the batters must take to score runs. The three forms of softball are: fast pitch, modified pitch (orthodox), and slo-pitch.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Softball Canada coach or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (If participating in a league, there may be a coaching certification requirement.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in softball

Softball safety rules (e.g., safe base running) and etiquette (e.g., dropping the bat after hitting the ball) are learned prior to participation

Skills/movements are learned in proper progression, especially higher-risk activities such as sliding

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SOFTBALL (SLO-PITCH, MODIFIED, OR FAST PITCH)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced (e.g., non-participants are in a safe area and an adequate distance from the batter)

Designated person is present with basic first aid training

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

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

The facility is checked prior to use for hazards

Bases are secured

Diamond is groomed and level, free of holes, rocks, or other obstacles

Backstop is free of holes or broken wires and is checked prior to each game or practice

Entrance gates to diamond must stay closed at all times

Dugout is screened to protect players and coaches

If the field is deemed to be unsafe, a game/practice must be rescheduled to a new field or new date, and a report must be submitted to the appropriate authorities

When training indoors the site is suitable for the activity being practiced (e.g., a school gymnasium may be suitable for a pitching practice but not for batting practice)

Instructions for use of facility are posted

Equipment

Equipment to be used is suitable and in good condition

Equipment (bats, helmets) are checked by a qualified person before every session

Bats are the appropriate size (length and weight) for each participant

Safety bases are used

Helmets (CSA-approved) are used in accordance with Softball Canada directives

Catchers wear approved protective equipment as per Softball Canada directives

Equipment not being used as part of the game must be kept out of the playing area

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn (t-shirt and shorts), permitting unrestricted movement

Clothing must meet requirements of club or competition

Suitable protection from the sun and insects is used

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SOFTBALL (SLO-PITCH, MODIFIED, OR FAST PITCH)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SPEED SKATING

Speed skating is an Olympic sport where competitors are timed while skating a set distance. There are several forms of speed skating: long track, short track, inline, and quad speed skating.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Speed Skating Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in speed skating

Safety rules and skating etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer training sessions and distances

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Instructor controls starting line

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SPEED SKATING

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Skating area is free of hazards/debris and cracks in the ice surface
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting is provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Skates are checked and sharpened on a regular basis
First aid kit and phone are available
Indoor skating sessions (on hockey rinks) have safety pads in place

Clothing/Footwear

Properly fitted skates are worn
Approved helmet is worn
Clothing is worn in layers with appropriate protection from the weather (e.g., hat, jacket, mitts, or gloves)
Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of falling
Jewelry is removed or secured when safety is a concern

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SQUASH

Squash is a racquet sport played in a four-walled court where two or four players hit a small, hollow rubber ball against the wall with a standard-sized racquet.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/coach or an experienced squash player who is capable of demonstrating the competency expected from a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in squash

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SQUASH

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment (racquets, goggles) are checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of squash equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn at all times
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (OPEN WATER)

Swimming is the movement through water without artificial assistance, and can be recreational or competitive. Open-water swimming involves both recreational and competitive swimming in outdoor waters not restricted to a swimming pool, such as a lake or the ocean.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced swimmer with the following qualifications:

1. NLS Lifeguard Certificate OR Bronze Cross
2. Current First Aid Qualifications:
 - a) St. John Emergency First Aid Certificate, OR
 - b) Canadian Red Cross Emergency First Aid, OR
 - c) Lifesaving Society Canadian Swim Patrol Program, Star Patrol, OR
 - d) Canadian Ski Patrol First Aid Certificate

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in swimming

Swimming safety rules and emergency procedures are learned as part of the instructional program

Skills/movements are learned in proper progression

All screening and testing is initially done in shallow water

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (OPEN WATER)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Minimum of one instructor/supervisor/participant has:

1. NLS Lifeguard Certificate, OR
2. Current First Aid Qualifications:
 - a) St. John Emergency First Aid Certificate, OR
 - b) Canadian Red Cross Emergency First Aid, OR
 - c) Canadian Ski Patrol First Aid Certificate.

Safety rules and procedures are enforced

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

Process for the accounting of the students must be in place

Buddy system is in place

Each instructor/supervisor has a whistle or other signaling device

Supervisor is in a motorized support boat, if possible, within easy reach of the swimmer

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Swimming area must be free of hazards/debris and unsuspecting currents

Swimming area is clearly marked

Safety rules/regulations are posted

Electrical equipment is properly grounded and away from water

Equipment

Equipment to be used is suitable and in good condition

Standard water safety equipment is available (e.g., ring buoys, reaching poles, spinal boards, etc.)

First aid kit and phone are available

Clothing/Footwear

Suitable swimwear is worn

Device for preventing hair from obstructing vision is worn (e.g., elastic band or swim cap)

Jewelry is removed or secured if safety is a concern

Eyewear is removed or secured

Goggles are recommended for open-water swimming

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (OPEN WATER)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (POOL)

Swimming is the movement through water without artificial assistance, and can be recreational or competitive.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced swimmer with the following qualifications:

1. NLS Lifeguard Certificate OR Bronze Cross
2. Current First Aid Qualifications:
 - a) St. John Emergency First Aid Certificate, OR
 - b) Canadian Red Cross Emergency First Aid, OR
 - c) Lifesaving Society Canadian Swim Patrol Program, Star Patrol, OR
 - d) Canadian Ski Patrol First Aid Certificate

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in swimming

Safety rules and procedures are enforced

Swimming safety rules and emergency procedures are learned as part of instruction program

Skills/movements are learned in proper progression

All screening and testing is initially done in the shallow end of the pool

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (POOL)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Minimum of one instructor/supervisor/participant has:

1. NLS Lifeguard Certificate, OR
2. Current First Aid Qualifications:
 - a) St. John Emergency First Aid Certificate, OR
 - b) Canadian Red Cross Emergency First Aid, OR
 - c) RLSS Aquatic Emergency Care Certificate, OR
 - d) Canadian Ski Patrol First Aid Certificate

Safety rules and procedures are enforced

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

Process for the accounting of the students must be in place

Buddy system is in place

Each instructor/supervisor has a whistle or other signaling device

Safety rules are posted and enforced, including:

- No running or pushing on deck
- No gum chewing
- No food in pool area
- Diving area rules
- No diving in shallow end
- No shoes on deck

Change rooms are regularly monitored

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Swimming area must be free of hazards/debris

Swimming area is clearly marked

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations and instructions for use of facility are posted

Electrical equipment is properly grounded and away from water

Emergency exits are clearly marked and must be identified

Equipment

Equipment to be used is suitable and in good condition

Standard water safety equipment is available (e.g., ring buoys, reaching poles, spinal boards, etc.)

First aid kit and phone must be readily accessible

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SWIMMING (POOL)

Clothing/Footwear

Suitable swimwear is worn

Device for preventing hair from obstructing vision is worn (e.g., elastic band or swim cap)

Jewelry is removed or secured if safety is a concern

Eyewear is removed or secured

Goggles are recommended for continuous swimming

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TABLE TENNIS

Table tennis, also known as ping pong, is a sport in which two or four players hit a lightweight ball back and forth to each other with bats (also sometimes called racquets or paddles). The game takes place on a table divided by a net.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Table Tennis Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in table tennis

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

On-site supervision is required for setting up and putting away tables

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TABLE TENNIS

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Tables and paddles are checked prior to use; damaged equipment is repaired or replaced
- Routine is established for setting up, dismantling, and storing equipment and tables
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAE BO

Tae bo is an aerobic exercise routine developed by taekwondo practitioner Billy Blanks in 1989. It combines music with elements from his taekwondo and boxing training to form an intense workout regimen.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council, a certified Tae Bo instructor or from an experienced instructor capable of demonstrating competencies of a certified instructor, as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks of tae bo and aerobic activities with specific reference to certain exercises which might constitute part of the program

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAE BO

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment used is regularly checked by a qualified person
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (e.g., aerobics wear) providing unrestricted movement

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student should have completed a Registration/Informed Consent Form prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education teacher course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAEKWONDO

Taekwondo is a martial art and combat sport originating in Korea. It emphasizes kicks thrown from a mobile stance, using the leg's greater reach and power to disable the opponent from a distance.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified taekwondo instructor (a minimum belt standing and training is required before one can instruct), approved by Taekwondo Canada or an instructor capable of demonstrating the competencies required for certification

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in taekwondo

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAEKWONDO

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn as required
- Jewelry is removed
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAI CHI

Tai chi (or tai chi chuan) is a “soft” Chinese martial art that often involves slow, relaxed movements, but may also have secondary, faster movements. Training may also consist of partner exercises known as “pushing hands,” and martial applications of the postures of the form.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained in tai chi, possibly by the Taoist Tai Chi Society of Canada

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in tai chi as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Safety rules are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TAI CHI

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TCHOUKBALL

Tchoukball is an indoor team sport that involves passing a ball between teammates and attempting to throw and bounce the ball off a “frame” resembling an upright trampoline.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, teaching, and demonstrating tchoukball skills and activities as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in tchoukball

Safety rules and etiquette of the game of tchoukball are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TCHOUKBALL

Facility

- Activity area is free of hazards/debris
- Floor provides adequate traction
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- All equipment is checked before starting a session; damaged equipment is repaired or replaced as required
- Balls are properly inflated
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TEAM HANDBALL

Team handball (also known as handball, field handball, European handball, or Olympic handball) is a team sport where two teams of seven players each (six players and a goalkeeper) pass and bounce a ball trying to throw it in the goal of the opposing team.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is provided by a certified National Coaching Certification Program/Handball Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill (League may require certified coaches.)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in team handball

Safety rules (including never hang on goals) and game etiquette are learned prior to participation
Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Safety rules and procedures are enforced

Individual responsible for first aid is present for the entire session

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TEAM HANDBALL

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Goals are properly anchored; damaged goals are repaired or replaced
- Balls are properly inflated
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Eyewear is removed or secured
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TENNIS

Tennis is a racquet sport played between two or four players. A stringed racquet is used to strike a hollow, felt-covered rubber ball over a net into the opponent's court.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Tennis Canada Coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in tennis

Safety rules and game etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

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

Bad weather plan is in place if using outdoor courts

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TENNIS

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Nets are in good repair
- Appropriate size racquet is used
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TOBOGGANING, SLEDDING, TUBING

Tobogganing, sledding, and tubing are very popular Canadian winter activities that have been enjoyed by generations of Canadians; all you need is a hill and something to “ride” down the hill.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor capable of organizing, teaching, and demonstrating skills and activities associated with tobogganing, sledding and/or tubing as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in tobogganing/sledding/tubing

Safety rules and practice (e.g., taking time to avoid collisions and never going down a hill headfirst; facing forward and steering) are learned prior to participation

Skills/movements are learned in proper progression

Difficulty of course/hill is appropriate for student’s development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**; the supervisor is positioned at the top of the hill to ensure slope is safe for descent

Safety rules and procedures are enforced

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

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TOBOGGANING, SLEDDING, TUBING

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Sledding path is free of obstacles and the hill doesn't end near a street, parking lot, pond, or other danger
Adequate layer of snow is present
If sledding in the evening, area is well-lit
Activity area is clearly marked
Safety rules/regulations are posted

Equipment

Equipment to be used is suitable and in good condition
Sled can be steered (safer than flat sheets, toboggans, or snow discs)
Equipment is checked for damage before each use; damaged equipment is repaired or replaced
First aid kit and phone are available

Clothing/Footwear

Clothing is worn in layers and is appropriate for weather conditions
Appropriate footwear is worn
Toques and mitts/gloves are worn
Scarves are avoided or well-secured
Jewelry is removed or secured when safety is a concern
Eyewear is secured or removed as is appropriate

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
If the student is participating in an organized program they should have completed a Registration/Informed Consent Form prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TRIATHLON

Triathlon is an athletic event that includes swimming, cycling, and running over various distances.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Triathlon Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach in preparing programs for triathlon events as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in triathlon programs (indoors and outdoors)

Basic safety during training and racing sessions (including road and water safety) is learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coaches monitors weekly training load (distance and increases) of athlete

Length of event must be appropriate for the fitness level of the student

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TRIATHLON

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** is required by a qualified swim instructor/lifeguard during all swimming activities; otherwise **in-the-area supervision**
As some training sessions will be conducted by the student on their own, students are encouraged to train in pairs

Process for the accounting of the students must be in place

Individual responsible for providing first aid is present

Safety rules and procedures are enforced

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

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Safety check has been performed prior to run
Route is free of debris and obstructions
Running surface is level and provides suitable footing
Traffic is avoided as permitted
Routes that put runners/riders at personal risk are avoided
Route is clearly marked
Swimming area must be free of hazards/debris and unsuspecting currents
Swimming area is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Standard water safety equipment is available (e.g., ring buoys, reaching poles, spinal boards, etc.)
Bikes are checked prior to each ride
Portable media players (such as an MP3 player) are avoided for training as they reduce athlete's awareness of surroundings, and not permitted for competition
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Approved helmet is worn during the cycling portion
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Suitable swimwear is worn, including device for preventing hair from obstructing vision (e.g., elastic band or swim cap) during swim portion
Suitable clothing and protection is used for weather, sun, or insects
Clothing must meet requirements of club or competition

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TRIATHLON

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

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

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ULTIMATE

Ultimate (also commonly called ultimate frisbee) is a non-contact, competitive team sport played by two teams of seven players using a 175-gram flying disc on a field similar to a football/soccer field, but about half the width. The object of the game is to score points by passing the disc to a player in the opposing end zone.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a National Coaching Certification Program trained/certified coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in ultimate

Safety rules and game etiquette are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Safety rules and procedures are enforced

Individual responsible for first aid is present for the entire session

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ULTIMATE

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Activity area is free of hazards/debris and level; providing good footing
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Discs are checked for damage prior to each use
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Eyewear is removed or secured
Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
Clothing must meet requirements of club or competition
Suitable protection is used against heat, cold, sun, or insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

VOLLEYBALL

Volleyball is a team sport in which two teams of six active players, separated by a high net, each try to score points against one another by grounding a ball on the other team's court.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a National Coaching Certification Program trained/certified Volleyball coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in volleyball

Safety rules (e.g., do not climb standards) and etiquette of the game are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and then **in-the-area supervision**

Supervisor monitors the setting up and taking down of the net (i.e., on-site supervision) and checks net prior to start of activity

Safety rules and procedures are enforced

Individual responsible for first aid is present

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

VOLLEYBALL

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Surface provides good footing
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Volleyball standards, antennae, and nets are checked for damage prior to each use
- Students are instructed on how to set up and take down the net
- Balls are inflated to proper pressure and are free of deformities
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Knee pads are worn as required
- Jewelry removed safety is a concern
- Eyewear is removed or secured
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition
- For outdoor sessions suitable protection is used against heat, cold, sun, or insects

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WALKING

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

Risk Factor Rating

1

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced walker capable of organizing a walking program as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in walking (indoors and outdoors)

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

Skills/movements are learned in proper progression

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

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

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision** or **no supervision**

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

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WALKING

Facility/Environment

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

Equipment

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

Clothing/Footwear

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

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
All injuries should be referred to appropriate medical personnel for treatment and rehabilitation
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WATER POLO

Water polo is a team water sport combining swimming and handball. It involves two teams of seven (six field players and one goalkeeper) who try to score by throwing an inflated rubber ball into the opponent's net.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Water Polo Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in water polo

Safety rules regarding the game of water polo and emergency procedures, as well as proper conduct on the deck, are learned prior to participation

Students are assessed for swimming ability of prior to start of program

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

Supervisor with lifeguard qualifications is present

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WATER POLO

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Activity area is free of hazards/debris
Deck of pool is free of obstacles
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are posted
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Goals are checked prior to each use to ensure they are securely anchored
Balls are properly inflated
Emergency rescue equipment is readily available
First aid kit and phone are available

Clothing/Footwear

Appropriate bathing suit is worn

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WEIGHTLIFTING

Weightlifting is a sport in which competitors attempt to lift heavy weights mounted on barbells.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Weightlifting Federation coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in weightlifting

Proper lifting techniques, safety precautions (e.g., check that plates are secure before lifting) and routines (e.g., putting weights away when finished) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students must demonstrate competency of skill/fitness prior to lifting in competition

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and **in-the-area supervision** during training sessions

Supervisor ensures adequately trained spotters are present

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WEIGHTLIFTING

Facility

- Activity area is free of hazards/debris and the floor must offer sufficient traction
- Activity area is clearly marked
- Non-lifters have a designated area
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked
- Facility is locked when not supervised

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked prior to use; damaged equipment is repaired or replaced
- First aid kit and phone are available

Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education teacher course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WEIGHT TRAINING (STRENGTH/RESISTANCE)

Weight training, sometimes referred to as weight lifting or strength/resistance training, is a group of exercises usually involving weights, or some other form of resistance, designed to improving an individual's strength.

Risk Factor Rating

3

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in weight training

Safe weight/strength training (including spotting techniques) techniques and procedures are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to progression; training sessions are monitored and adjusted to meet needs

Each session is conducted with an appropriate warm-up and cool-down

Drinking water is available and consumed as needed

Program adheres to basic fitness and training principles

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WEIGHT TRAINING (STRENGTH/RESISTANCE)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction and **in-the-area supervision** during training sessions

Safety rules and procedures are enforced

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

Weight-training area is locked when not supervised

Facility

Activity area is free of hazards/debris

Adequate space is provided between stations

Floor provides adequate traction

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are posted

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked regularly

Instructions are given regarding the proper maintenance/storage of equipment

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement

Clothing must meet requirement of the club

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WINDSURFING/SAILBOARDING

Windsurfing/sailboarding is a surface water sport using a windsurf board, also commonly called a sailboard, usually two to five metres long and powered by a single sail.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is provided by a certified National Coaching Certification Program/Canadian Yachting Association coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of windsurfing/sailboarding

Safe sailing rules/skills including emergency procedures and self rescue skills (e.g., hand paddle) are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Instruction starts with a classroom session ensuring students have the necessary knowledge base before going on the water

Swimming skills are assessed prior to going on the water

Weather/water conditions are appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WINDSURFING/SAILBOARDING

<p>Supervision</p> <p>Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</p> <p>Recommended level of supervision: constant visual supervision during instruction and on-site supervision once basic competencies are demonstrated</p> <p>Supervisor with lifeguard rating is present Safety rules and procedures are enforced Emergency action plan is in place to deal with accidents/injuries Instructor/supervisor has list of all students and instructors on the water Rescue boat and vehicle is available for supervisor</p>	<p>Equipment</p> <p>Equipment to be used is suitable and in good condition Sailboards are checked for damage prior to each use; damaged boards must be repaired or replaced One (1) properly fitted lifejacket (Personal Flotation Device or PFD) with a whistle attached is used by each student and instructor Board is capable of being de-rigged while it is afloat Boarder is tethered to board First aid kit and phone are readily accessible</p>
<p>Facility/Environment</p> <p>Local weather conditions, forecast, and windchill are checked prior to outdoor session Water is checked for hazardous rocks and strong currents prior to session Activity area is free of hazards/debris Activity area is clearly marked and no areas have visual obstructions Safety rules/regulations are posted Instructions for use of facility are posted Water is above 15 degrees Celsius</p>	<p>Clothing/Footwear</p> <p>Shoes with a non-slip sole are worn Suitable swimwear is worn Water bottle, sunscreen, and hat are used Jewelry is removed or secured when safety is a concern Eyewear is removed or secured Wetsuits are considered given the season (spring or fall) and the expected repeated dippings</p>
<p>Other Considerations</p> <p>The student has completed a regular medical checkup and a medical history prior to starting the program The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program Registration in an accident insurance plan is encouraged Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional The activity is suitable to the student's age, ability, mental condition, and physical condition The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher</p>	

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WRESTLING (FREESTYLE OR GRECO-ROMAN)

Wrestling is the act of physical engagement between two unarmed persons, in which each wrestler strives to control or to get an advantage over his opponent.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Wrestling Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in wrestling

Safety techniques and rules are learned prior to participation

Skills/movements are learned in proper progression

Students demonstrate competency of skill/fitness prior to competition

Difficulty of drill is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Instructor matches students by size and abilities

Students are checked for infections

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WRESTLING (FREESTYLE OR GRECO-ROMAN)

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision:

constant visual supervision

Safety rules and procedures are enforced

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

Individual responsible for first aid is present for the duration of the session

Facility

Activity area is free of hazards/debris and must provide good traction

Activity area is clearly marked with adequate out-of-bounds areas

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are posted

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition

Mats are cleaned and checked for damage prior to use

Mats are securely attached together

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry must be removed

Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement

Ear guards are worn as required

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

PHYSICAL ACTIVITY SAFETY CHECKLISTS

YOGA

Yoga is a group of ancient spiritual practices from India, often thought of as disciplines of asceticism and meditation. Outside India, where there is a strong emphasis on individualism, yoga has become primarily associated with the health benefits of the practice of asanas (postures) of Hatha Yoga.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified yoga instructor or a yoga practitioner capable of demonstrating the competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in yoga

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

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

PHYSICAL ACTIVITY SAFETY CHECKLISTS

YOGA

Facility

Activity area is free of hazards/debris
Proper lighting and ventilation, when applicable, are provided
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Mats are cleaned regularly
Instructions are given regarding the proper maintenance/storage of equipment
First aid kit and phone are available

Clothing/Footwear

Classes are conducted in bare feet, unless otherwise instructed
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing must meet requirement of the club

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher