

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

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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