

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

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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** 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.)

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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

