

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

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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 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.)

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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

