Appendix E: Physical Activity Safety Checklists

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