### 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

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*See camping checklists for safety information when camping overnight.*
### Physical Activity Safety Checklists

#### Geocaching

<table>
<thead>
<tr>
<th>Facility</th>
<th>Equipment</th>
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</table>
| □ Local weather conditions, forecast, humidity, and wind chill 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. | □ GPS device is checked regularly |

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
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| □ 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 | |

<table>
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<tr>
<th>Other Considerations</th>
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| □ 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 | |

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OUT-of-Class Safety Handbook