

PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOUSE AND YARDWORK

House and yardwork contribute to healthy active living and fitness, involving endurance, flexibility and strength activities. These activities include gardening, which is the second most popular form of exercise in Canada, attracting 48% of Canadian adults. It is second only to walking. (CFLRI, 2001 Physical Activity Monitor)

Risk Factor Rating

1

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 someone experienced in house and yardwork, capable of demonstrating and instructing basic skills and safe techniques 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 house and yardwork

Safety rules are learned prior to participation

Proper skills/movements (e.g., lifting) are learned in proper progression

Each session is conducted with an appropriate warm-up and cool-down

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

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

* For further information on garden safety, visit <www.hc-sc.gc.ca/iyh-vsv/life-vie/garden-jardin_e.html>.

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Facility/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
Activity area is free of hazards/debris as applicable
Proper lighting and ventilation, when applicable, are provided
Appropriate protection is used for weather, sun, and insects

Equipment

Equipment to be used is suitable and in good condition
Equipment is checked before every session
Equipment is the correct size/weight for the student
Instructions are given regarding the proper maintenance of equipment
First aid kit and phone are available
Portable music players are avoided as they create distractions

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Clothing provides protection from the weather and insects when outdoors
Insect repellent and sunscreen are used as necessary

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