## Low-Organized Games (Lead-Up Activities)

Low-organized games are simple or lead-up games/activities that require minimal time to get started. Risk may vary according to skills and equipment required as well as the physical interaction between participants and with the environment.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
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<tbody>
<tr>
<td>1-4</td>
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</table>

### 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 individual capable of organizing, teaching, and demonstrating low-organized game skills and activities 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 the low-organized game
- [ ] Safety rules are learned prior to participation
- [ ] Skills/movements are learned in proper progression
- [ ] Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- [ ] 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: when risk level is 1 (low risk), **little or no supervision** may be required (e.g., playing catch with a ball or frisbee); as the risk rises (e.g., risk of 4 for Dodging Games), **on-site supervision** may be required
- [ ] Safety rules and procedures are enforced
- [ ] Emergency action plan is in place to deal with accidents/injuries
### Physical Activity Safety Checklists

#### Low-Organized Games (Lead-up Activities)

<table>
<thead>
<tr>
<th>Facility/Environment</th>
<th>Equipment</th>
<th>Clothing/Footwear</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session</td>
<td>□ Equipment to be used is suitable and in good condition</td>
<td>□ Appropriate and properly fitted footwear is worn</td>
</tr>
<tr>
<td>□ Activity area is free of hazards/debris</td>
<td>□ Equipment should be checked before every session</td>
<td>□ Laces are tied and open-toed shoes are avoided</td>
</tr>
<tr>
<td>□ Activity area is clearly marked with adequate out-of-bounds areas</td>
<td>□ Instructions are given regarding the proper maintenance of equipment</td>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ First aid kit and phone are available</td>
<td>□ Appropriate clothing is worn, permitting unrestricted movement</td>
</tr>
<tr>
<td>□ Safety rules/regulations are provided or posted</td>
<td>□ Instructions for use of facility are posted</td>
<td>□ Clothing must meet requirements of club or competition</td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td>□ Equipment to be used is suitable and in good condition</td>
<td>□ Appropriate and properly fitted footwear is worn</td>
</tr>
</tbody>
</table>

#### 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