

PHYSICAL ACTIVITY SAFETY CHECKLISTS

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.

Risk Factor Rating

1-4

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 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

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Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
Activity area is free of hazards/debris
Activity area is clearly marked with adequate out-of-bounds areas
Proper lighting and ventilation, when applicable, are provided
Safety rules/regulations are provided or posted
Instructions for use of facility are posted
Emergency exit of indoor facility is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Equipment should be checked before every session
Instructions are given regarding the proper maintenance of equipment
First aid kit and phone are available

Clothing/Footwear

Appropriate and properly fitted 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 must meet requirements of 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