# Physical Activity Safety Checklists

## Appendix E: Physical Activity Safety Checklists

### Orienteering

Orienteering is a running sport that involves navigation with a map and compass, using markers to guide the participant.

### 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 Orienteering Federation coach, or an experienced coach capable of demonstrating 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 being aware of the potential risks involved in orienteering
- Basic safety with reference to various terrains (including road safety) is received prior to participation
- Skills/movements are learned in proper progression
- Coaches monitor weekly training load (distance and increases) of participants
- Students are competent with a compass before entering competition
- Length and difficulty of course must be appropriate for ability level of the athletes
- 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: **in-the-area supervision**
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries and lost runners
- Pre- and post-run/race check-in system is in place

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

## Orienteering

### Facility/Environment
- Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
- Control stations are clearly marked
- Runners must be briefed on the course prior to run
- Marshals are stationed at accessible points throughout course

### Equipment
- Equipment to be used is suitable and in good condition
- Most recent edition of area maps are used
- Compasses are in good repair
- All participants carry a whistle
- Portable media players (such as an MP3 player) are not permitted while running
- First aid kit and phone are available

### 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; extra clothing is available for pre- and post-run/race
- Suitable clothing and protection is used for weather, sun, insects, and vegetation
- 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