

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—ALPINE (DOWNHILL)

Alpine skiing (or downhill skiing) involves sliding down snow-covered hills with skis attached to the feet.

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 is received from a trained/certified National Coaching Certification Program/Alpine Canada 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 alpine skiing

Alpine skiing safety rules and etiquette (including control at all times on the hills) 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

Students are screened and grouped according to abilities

Difficulty of course/hill is appropriate for student's development/capabilities

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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: **on-site supervision** for instruction and **in-the-area supervision** when skiing
Designated person trained in first aid is present
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Tow ropes and lifts have posted instructions and clearly marked loading and unloading site
Activity area is free of hazards/debris
Ski runs are clearly marked and degree of difficulty is indicated
Alpine skiing safety rules/regulations are posted
Instructions for use of facility are posted

Equipment

Equipment to be used is suitable and in good condition
All equipment is checked prior to each use; damaged equipment is repaired or replaced
Skis and poles are appropriate size
Bindings are in good repair
Boots and bindings are compatible
Portable media players (such as an MP3 player) must not be worn while downhill skiing as they reduce the skier's awareness to his/her surroundings
First aid kit and phone are available

Clothing/Footwear

Approved helmet is worn
Ski boots are properly fitted
Clothing is worn in layers
Toques and mitts/gloves are worn
Eyewear is secured
Properly fitted goggles are recommended
No long scarves are permitted
Jewelry is removed or secured when safety is a concern

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