

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKIING—CROSS COUNTRY

Cross-country skiing, traditionally a form of transportation on snow, is usually practiced on prepared trails or hills and involves three main styles: classic, skating, and telemarking.

Risk Factor Rating

2

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 instructor trained/certified through a National Coaching Certification Program, Canadian Association of Nordic Ski Instructors (CANSI), Cross Country Canada, 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 aware of potential risks involved in cross-country skiing

Safe skiing practice (including recognition and treatment of frostbite and hypothermia and the buddy ski system) and trail etiquette have been 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

Coach ensures that all students demonstrate competency of skill/fitness prior to longer ski races/training sessions

* See camping checklists for safety information when camping overnight.

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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** during initial instruction and then **in-the-area supervision**; a specific hazard may require constant visual supervision

Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries and lost students
Pre- and post-ski check-in system is in place

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Activity area is clearly marked and free of hazards/debris

Higher risk areas are clearly marked

Safety rules/regulations are posted

Ski trails are clearly marked and a detailed map displaying the ski trails is available

Trails are a safe distance from vehicular traffic

Equipment

Equipment to be used is suitable and in good condition

Equipment (skis, poles, boots, bindings, etc.) is checked by a qualified person before every session

Equipment is appropriate size for the student

Instructions are given regarding the proper maintenance of cross-country ski equipment

Appropriate wax is used for conditions

Portable media players (such as an MP3 player) are avoided while skiing as they reduce the skier's awareness to his/her surroundings

First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn with laces tied

Clothing is worn in layers

Toques and gloves are worn

Appropriate clothing is worn, permitting unrestricted movement and protection for weather and sun

Clothing must meet requirements of club or competition

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