**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.

<table>
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<th>Risk Factor Rating</th>
<th>2</th>
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### 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.
**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