**PHYSICAL ACTIVITY SAFETY CHECKLISTS**

### SKIING—WATER

Water skiing involves being pulled by a boat with skis attached to the feet.  

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<th>Risk Factor Rating</th>
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<td>4</td>
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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 a trained/certified National Coaching Certification Program/Water Ski and Wakeboard 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 water skiing
- □ Safety rules and procedures, including communication signals with supervisor in boat, are learned prior to participation
- □ Emergency rescue strategies are learned and practiced
- □ Skiers are familiar with the rules that govern the waters of the province they are skiing in (i.e., speed, rules of the road, required safety equipment and protecting the marine environment)
- □ 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
- □ Weather/water conditions are appropriate for student’s development/capabilities

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

### Skiing—Water

#### 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: **constant visual supervision**
- □ 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
- □ Activity area is free of hazards/debris and traffic is avoided

#### Equipment

- □ Equipment to be used is suitable and in good condition
- □ Skis are appropriate size and type
- □ Bindings are properly fitted and in good repair
- □ Appropriate and proper fitted lifejacket/Personal Flotation Device (PFD) is worn
- □ Tow rope is in good condition and properly tethered
- □ All equipment is checked prior to each use; damaged equipment is repaired or replaced
- □ First aid kit and phone are available

#### Clothing/Footwear

- □ Proper swimwear or wetsuit is worn
- □ Change of clothing for post-ski is available

#### 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