

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## SNORKELING

Snorkeling involves swimming just below the surface of the water while wearing a diving mask, a J-shaped tube called a snorkel, and (usually) swim fins.

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 an experienced diver certified by Scuba and Snorkeling: Association of Canadian Underwater Councils, The National Association of Underwater Instructors, The Professional Association of Diving Instructors, or an individual capable of demonstrating the competencies required for certification 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 snorkeling

Safe diving rules are learned prior to participation, including 'buddy diving' and emergency procedures

Skills/movements are learned in proper progression

Sessions begin with an easy warm-up and end with a cool-down

Drinking water is available and consumed as needed

In-class theory sessions are held prior to water sessions

Initial lessons are held in a pool or a sheltered harbour

\* 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**
- One of the supervisors or instructors is a qualified lifeguard
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
- Supervisor has list of students in water
- Emergency meeting place is designated

### Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked

### Equipment

- Equipment to be used is suitable and in good condition
- Snorkel is in good repair
- Jewelry is removed or secured when safety is a concern
- First aid kit and phone are available
- Emergency equipment is readily available

### Clothing/Footwear

- Proper swimwear or wetsuit is worn
- Properly fitted mask and fins are worn
- Change of clothing for post-swim 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