**PHYSICAL ACTIVITY SAFETY CHECKLISTS**

<table>
<thead>
<tr>
<th>SNOWBOARDING</th>
</tr>
</thead>
</table>

Snowboarding involves sliding down a snow-covered slope on a snowboard that is attached to the feet by a boot/binding interface. It is similar to skiing, but inspired by surfing and skateboarding.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
</tr>
</tbody>
</table>

**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/Canadian Snowboarding Federation 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 of snowboarding
- □ Snowboarding safety rules and etiquette are learned prior to participation
- □ Skills/movements are learned in proper progression
- □ Students are screened and grouped according to abilities
- □ Difficulty of hill is appropriate for student's development/capabilities
- □ Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- □ Drinking water is available and consumed as needed
## Physical Activity Safety Checklists

### Snowboarding

#### 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 beginning snowboarders; **in-the-area supervision** for experienced snowboarders
- Safety rules and procedures are enforced
- Designated person trained in first aid is present
- Emergency action plan is in place to deal with accidents/injuries
- Snowboarding area is patrolled by Ski Patrol

#### Facility/Environment

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

#### 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
- Approved snowboard is used with properly attached bindings
- First aid kit and phone are available
- Portable media players (such as an MP3 player) must not be used while snowboarding as they reduce the snowboarder’s awareness to his/her surroundings

#### Clothing/Footwear

- Approved helmet is worn
- Snowboarding 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