

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## SPEED SKATING

Speed skating is an Olympic sport where competitors are timed while skating a set distance. There are several forms of speed skating: long track, short track, inline, and quad speed skating.

Risk Factor Rating

3

### 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/Speed Skating 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 speed skating

Safety rules and skating etiquette are 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

Students demonstrate competency of skill/fitness prior to longer training sessions and distances

### 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**

Instructor controls starting line

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

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## SPEED SKATING

### Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session  
Skating area is free of hazards/debris and cracks in the ice surface  
Activity area is clearly marked with adequate out-of-bounds areas  
Proper lighting is provided  
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  
Skates are checked and sharpened on a regular basis  
First aid kit and phone are available  
Indoor skating sessions (on hockey rinks) have safety pads in place

### Clothing/Footwear

Properly fitted skates are worn  
Approved helmet is worn  
Clothing is worn in layers with appropriate protection from the weather (e.g., hat, jacket, mitts, or gloves)  
Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of falling  
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