

PHYSICAL ACTIVITY SAFETY CHECKLISTS

WINDSURFING/SAILBOARDING

Windsurfing/sailboarding is a surface water sport using a windsurf board, also commonly called a sailboard, usually two to five metres long and powered by a single sail.

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 provided by a certified National Coaching Certification Program/Canadian Yachting Association 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 windsurfing/sailboarding

Safe sailing rules/skills including emergency procedures and self rescue skills (e.g., hand paddle) 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

Instruction starts with a classroom session ensuring students have the necessary knowledge base before going on the water

Swimming skills are assessed prior to going on the water

Weather/water conditions are appropriate for student's development/capabilities

* 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:
constant visual supervision during instruction and **on-site supervision** once basic competencies are demonstrated
Supervisor with lifeguard rating is present
Safety rules and procedures are enforced
Emergency action plan is in place to deal with accidents/injuries
Instructor/supervisor has list of all students and instructors on the water
Rescue boat and vehicle is available for supervisor

Equipment

Equipment to be used is suitable and in good condition
Sailboards are checked for damage prior to each use; damaged boards must be repaired or replaced
One (1) properly fitted lifejacket (Personal Flotation Device or PFD) with a whistle attached is used by each student and instructor
Board is capable of being de-rigged while it is afloat
Boarder is tethered to board
First aid kit and phone are readily accessible

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Water is checked for hazardous rocks and strong currents prior to session
Activity area is free of hazards/debris
Activity area is clearly marked and no areas have visual obstructions
Safety rules/regulations are posted
Instructions for use of facility are posted
Water is above 15 degrees Celsius

Clothing/Footwear

Shoes with a non-slip sole are worn
Suitable swimwear is worn
Water bottle, sunscreen, and hat are used
Jewelry is removed or secured when safety is a concern
Eyewear is removed or secured
Wetsuits are considered given the season (spring or fall) and the expected repeated dippings

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