OUT-of-Class Safety Handbook

A Resource for Grades 9 to 12
Physical Education/
Health Education
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Bibliography
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- Civil Legal Services
- Manitoba Justice
- Manitoba Physical Education Supervisors’ Association (MPESA)
- Grades 11 & 12 PE/HE Administrator Advisory Committee
- Manitoba Physical Education Teachers’ Association (MPETA)
- Manitoba Teachers’ Society
- Senior Years Administrators Council of Pembina Trails
- Manitoba Association of Parent Councils (MAPC)
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<th>Name</th>
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Purpose

The OUT-of-Class Safety Handbook has been developed to

- promote safe participation for OUT-of-class physical activity” in Grades 9 to 12 Physical Education/Health Education (PE/HE)
- assist schools/divisions in developing local policy regarding risk management for PE/HE OUT-of-class physical activity
- provide schools/divisions with a listing of possible physical activities, including general and activity-specific safety information, to help guide students and parents† in choosing physical activities and managing risk for chosen OUT-of-class physical activities
- provide schools/divisions with sample sign-off forms for the OUT-of-class component of Grades 9 to 12 PE/HE courses

* OUT refers to OUT-of-class time that is student-directed and based on learning outcomes from the curriculum that promote participation in physical activity. For more detail about the term “OUT-of-class” and other key terms used in this document, please refer to the Glossary of Terms in Appendix F.

** In this document the term “physical activity” refers to all forms of large-muscle movement, including sports, dance, games, walking, and exercise for fitness and physical well-being. It may also include physical therapy or mobility training for students with special needs.

† In this document the term “parents” refers to both parents and guardians and is used with the recognition that in some cases only one parent may be involved in a child’s education.
INTRODUCTION

This safety handbook has been designed to support the development of local risk management policies for Grades 9 to 12 PE/HE OUT-of-class physical activities. With this document, Manitoba Education, Citizenship and Youth is proposing a risk management approach that is consistent with departmental policy for implementing these courses, suggesting that for non-school-based* OUT-of-class activities that are not being directly organized by the school/division, parents (or students 18 years and older) are responsible for ensuring, to the extent reasonably possible, that their children receive the appropriate level of instruction and/or supervision while participating in these activities and that the facilities and equipment they use are safe. This approach also assumes that parents and students will receive safety information and risk management strategies for students’ chosen activities.

However, school boards may still decide to adopt risk management policies that differ from the proposed approach. For example, a local policy may require the school/division to investigate, to some degree, community-based programs to ensure that students receive the appropriate level of instruction and/or supervision and that the facilities and equipment they use are safe.

In the case of school-based** OUT-of-class activities, the school board would continue to assume responsibility for managing risk.

While all physical activities have an inherent level of risk and there is no way to completely avoid it, this risk can be minimized through safety awareness and risk management. As part of the PE/HE OUT-of-class component, students are provided the opportunity to take greater ownership of their physical fitness and to choose physical activities suited to their own interests. The choice of activities is subject to acceptance by the school and then approval by the parent when the student is under 18 years of age. Therefore, students are participating at their own risk, responsible for their own safety, or sharing this responsibility, when applicable, with their parents (students under 18 years of age) and/or the leaders of their chosen physical activity program.

Risk management is the process of identifying inherent or potential risks involved with any activity and then identifying strategies to minimize the risk of injury during participation in the activity, whether it is school-based or non-school-based. Managing the risk and safety of school-based activities selected for OUT-of-class programming continues to fall primarily under the jurisdiction of the school board and its employees.

* Non-school-based activities are home-, community- or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home. Students may at times be involved in these activities during regular school hours.

** School-based activities that may be selected for the OUT-of-class component of PE/HE are organized by the school/division. These activities include those related to sports teams, intramurals, clubs, field trips, as well as others.
For OUT-of-class, school-based activities, as for IN-class delivery of the program, schools continue to follow local policies and procedures. They may also continue to use Safety Guidelines for Physical Activity in Manitoba Schools and YouthSafe Manitoba: School Field Trip Resource when further developing or revising local policy and procedures, as well as when obtaining information related to equipment, facilities, supervision, teaching progressions, and risk management. Alternatively, for non-school-based activities, safety and risk are managed independently from the school by students, parents, community members, and/or community organizations. The school and its staff are still responsible for informing students and parents of the risks involved and the ways in which physical activity can be made safer, but they are not providing direct supervision. Informing students and parents of the recommended safety practices for participating in their chosen physical activities (and being able to demonstrate that they have received this information) will help to ensure minimal risk for students.

Students, parents, the school, and the community are all involved in managing risk during the OUT-of-class component of PE/HE programming. As a result, students not only learn how to engage in healthy physical activities, but they also learn how to engage in them safely.
Background

As part of the *Healthy Kids, Healthy Futures Task Force Report* (June 2005), the following recommendations were accepted by the Government of Manitoba:

- To not just recommend but mandate the amount of time that Grade 9 and Grade 10 students spend in PE/HE classes. Schools can choose to meet the mandated times within the timetable or use an OUT-of-classroom model for up to 20 hours of the mandated 110 hours. This should be implemented before the fall of 2007.
- To develop a PE/HE curriculum for Grade 11 and Grade 12 students. This should be implemented before the fall of 2008.
- To require all Grade 11 and Grade 12 students to complete two PE/HE credits for graduation in addition to the two credits required in Grade 9 and Grade 10. Schools may choose to include the PE/HE credits in the timetable or use an OUT-of-classroom model.

Furthermore, the *Task Force Report* encourages parents, students, and schools to work together to determine what will work best in their community to

- help youth take greater ownership of their own physical fitness
- promote the discovery of activities suited to their own individual interests
- encourage active lifestyles that persist into their futures

The choice of the OUT-of-class model was provided to allow more flexibility for schools based on the availability of facilities. It gives families, students, and schools more options in their efforts to increase physical activity. As well, schools, local recreation and sports-related organizations are encouraged to explore how schools and community facilities could be jointly used.

As per *Implementation of Grades 11 and 12 Physical Education/Health Education: A Policy Document* (p. 13):

> Schools and school divisions are required to develop a risk management policy related to the OUT of Class Physical Activity Practicum, as well as provide risk management measures and a teacher and parent/guardian sign off process that aligns with government policy.
Organization of the Document

This document is intended to assist schools/divisions in developing their risk management policy. It outlines suggested roles and responsibilities for managing risk in OUT-of-class physical activities as part of Grades 9 to 12 PE/HE courses. It describes a suggested sign-off process that may be used to ensure that the student and parent (or only the student if 18 years or older) have chosen physical activities that are as safe as possible and are appropriate to meet the learning outcomes. It also discusses the legal responsibility for safety and protection and liability. Furthermore, it provides a suggested step-by-step process for establishing local policy and regulations. Much of the risk management content of the document is based on information from Safety Guidelines for Physical Activity in Manitoba Schools and YouthSafe Manitoba – School Field Trip Resource*.

The following appendices provide additional information and tools for planning, teaching, and assessment:

- **Appendix A: Sample Local Policy & Regulations** includes a sample policy for managing risk in OUT-of-class physical activities at the local level.
- **Appendix B: Sample Parent Declaration and Consent & Student Declaration Forms** includes sample forms for the pre-sign-off process.
- **Appendix C: Physical Activity Inventory** includes an inventory of possible physical activity choices for the OUT-of-class component of Grades 9 to 12 PE/HE courses.
- **Appendix D: General Safety Guidelines** includes general safety guidelines that schools and divisions may use to help guide students to manage risks in any physical activity they may choose.
- **Appendix E: Physical Activity Safety Checklists** includes specific safety information provided through a collection of activity-specific safety checklists that recommend strategies that may be applied to chosen physical activities.
- **Appendix F: Glossary of Terms** includes definitions of specific terms used in this document.

*Disclaimer:* Safety information and recommendations contained in the present document are believed to reflect best practice. 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.
Implementing Risk Management Measures for Out-of-Class Physical Activities

Roles and Responsibilities

Students, parents, school administrators, teachers, school divisions, and Manitoba Education, Citizenship and Youth (MECY) are all involved in the implementation of the OUT-of-class model and related risk management measures for PE/HE courses in Grades 9 to 12. Therefore, it is important that roles and responsibilities are clearly outlined. The following are presented as they appear in Implementation of Grades 11 and 12 Physical Education/Health Education: A Policy Document and relate specifically to risk management. For a complete listing of these roles and responsibilities, refer to the document online at <www.edu.gov.mb.ca/k12/docs/policy/imp_pehe/index.html>.

Students should

- discuss with parents and provide the school with a completed and signed copy of the Pre-Sign-off Form*. The form requires the signature of a parent if the student is under the age of 18, or the student’s signature if he or she is 18 or older. In some circumstances, parents may be required to sign for students who are 18 or older (e.g., students with severe disabilities).
- indicate to the school, prior to commencing the activities and at the time specified by the school, their intention to participate in activities that contribute to their personal fitness plan and are consistent with school/divisional policy and risk management measures for the purpose of obtaining a PE/HE credit.
- assume, along with parents, responsibility for safety. Students should discuss concerns related to the selected physical activity with their parents and, together, they should exercise discretion and be aware of safety issues and the appropriate level of instruction and/or supervision before deciding to participate in the physical activity.

Parents should

- exercise discretion, be aware of safety issues and the recommended level of supervision, and discuss with the school and student any concerns about the nature of the activity.
- assume responsibility for monitoring safety. Before making any physical activity choice(s), parents should be aware of safety issues, such as staffing qualifications, child abuse registry policy, and the community organization’s or group’s liability insurance coverage.

* Sample Pre-Sign-off Forms include the Parent Declaration and Consent Forms and Student Declaration Forms found in Appendix B of this document.
I approve the OUT-of-class activity, taking into consideration the general state of health of the student, information on risk, safety, school division policy, the educational and physical benefit to the student, and costs, if applicable.

I complete paperwork and provide Parent/Guardian Pre- and Post-Sign-off Forms for the selected activity and for the documentation provided to the school for evaluation purposes (e.g., physical activity log). Students who are 18 years of age or older are required to provide documentation for evaluation purposes.

School Administrators

- implement the appropriate administrative process for PE/HE courses and related OUT-of-class activities, including the provision of Parent/Guardian Pre- and Post-Sign-off Forms to participating students.
- establish a procedure for implementing risk management measures.
- inform students and parents about the IN-class and/or OUT-of-class delivery model and the requirements for successful completion.

Teachers

- provide guidance to students regarding their selection of and participation in the OUT-of-class activities, as appropriate.
- sign off on the student-selected activity in accordance with the school/division policy.
- require students to demonstrate awareness of the safety information related to the approved activity(ies).

School Divisions

- develop policy for the IN-class and OUT-of-class delivery model that includes risk management.
- develop and provide safety information that aligns with the Department’s policy information and guidelines.

Manitoba Education, Citizenship and Youth

- provides policy information and guidelines for the OUT-of-class delivery model.
- provides risk management guidelines to support the development of local policy. The guidelines include sample teacher/parent sign-off forms.
- provides professional learning opportunities to support the implementation of the new PE/HE curriculum in Grades 11 and 12.
The Sign-off Process

Implementation of Grades 11 and 12 Physical Education/Health Education: A Policy Document requires a teacher and parent/guardian pre- and post-sign-off process for the OUT-of-class delivery model. As schools are developing their local policies and procedures, the following must be taken into consideration:

- If a parent/guardian is unwilling to approve the OUT-of-class time component outlined by the school, the school should provide other opportunities for the student to meet the time expectation, such as IN-school supervised activities (e.g., intramurals, fitness clubs). Examples of circumstances that may necessitate this special type of support are exceptional learning needs, safety concerns, and religious and cultural values.

- At a parent’s/guardian’s request, a school offering a 100% IN-class model must allow the student to opt for a minimum 25% OUT-of-class option as part of a personalized Physical Activity Practicum. Schools will determine eligibility of a higher percentage based on local policy.

- For students who cannot achieve the required credit or credits because of exceptional circumstances (e.g., unforeseen serious physical or medical limitation, cultural values), the school administrator, in discussion with parents/guardians, can decide to substitute a maximum of two credits, as per school division policy and existing departmental policy. This substitution of credits must be reported to the Department.

- Physical activities selected for the OUT-of-class component do not qualify when the activities are related to another course for which the student receives credit (e.g., school-initiated courses related to dance or sports).

The Sign-off Process for OUT-of-Class Activities

Schools/divisions are responsible for ensuring, through a sign-off process, that

- the student’s choices of OUT-of-class physical activities for the course have been accepted by the teacher, based on criteria for completion and divisional policy, and approved by the parent (if the student is under 18 years of age)

- the student and parent (or only the student if 18 years or older) have been informed about the recommended safety guidelines and risk management strategies related to the student’s chosen physical activities

- the student and parent (or only the student if 18 years or older) are aware of their responsibility for the student’s safety during participation in the selected physical activities

- the student has completed the requirements of the Physical Activity Practicum

There are two parts to the sign-off process involving the student, parent, and teacher: pre-sign-off and post-sign-off.
Pre-Sign-off Process

- The purpose of the student pre-sign-off is to
  - identify what physical activities the student has chosen for his or her Physical Activity Practicum based on division policy
  - demonstrate awareness of safety guidelines and risk management strategies

- The purpose of the parent pre-sign-off is to
  - demonstrate agreement with their child’s choice of physical activities
  - demonstrate an assumption of responsibility for monitoring their child’s safety during participation in these activities

- The purpose of the teacher pre-sign-off for non-school-based and/or OUT-of-class school-based activities is to
  - show acceptance of the Physical Activity Plan (i.e., that the student has met the criteria for completion of the plan, addressing factors such as personal goals, frequency of participation, intensity level, amount of time, and type of physical activity)
  - acknowledge that the student has demonstrated an understanding of the risk management process and appropriate planning related to physical activity
  - ensure the student is aware of the safety guidelines and risk management information and associated responsibilities for discussion with parents for their approval

The following steps are suggested to help facilitate the pre-sign-off process:

a. The PE/HE teacher provides student orientation regarding the Physical Activity Practicum requirements, Personal Physical Activity Plan, and risk management.

b. The student selects eligible physical activities in consultation with the PE/HE teacher and parents, and as per division policy.

c. The student, with teacher guidance, develops a Personal Physical Activity Plan that includes safety guidelines and risk management strategies.

d. The PE/HE teacher accepts the proposed plan, based on criteria for completion and divisional policy, and signs it.

e. The student and parents (or only the student if 18 years or older) show acceptance of the Personal Physical Activity Plan and of the responsibility for safety by signing the Declaration and Consent Form.

Post-Sign-off Process

- The purpose of the post-sign-off for the student and the parents is to show that the student has fulfilled the requirements of the Physical Activity Practicum (i.e., a minimum of 55 hours of moderate to vigorous physical activity that is safe, ethical, and age/developmentally appropriate).
Eligible Activities*

The purpose of the student-directed OUT-of-class component of the course is to encourage youth to take greater ownership of their physical activity and become involved in physical activities suited to their own individual interests and abilities. These activities should be safe, ethical, and age/developmentally appropriate. Completion of each of the Physical Activity Practicums for Grades 11 and 12 requires a minimum of 55 hours of physical activity at a moderate to vigorous level of intensity that contributes to cardio-respiratory endurance (heart, lungs, circulatory system) plus one or more of the health-related fitness components (muscular strength, muscular endurance, and flexibility).

As per departmental policy, physical activities selected for the OUT-of-class component of the course do not qualify when the activities are related to another course for which the student receives credit (e.g., school-initiated courses related to dance or sports).

Certain high-risk activities that are inherently dangerous may be prohibited by the school/division as part of the OUT-of-Class Physical Activity Practicum. The Department recommends that the local policy exclude these activities from eligibility for credit under any circumstances. This policy might also require that certain activities (e.g., trampolining), which are known to be associated with a higher rate of injury when unsupervised, be directly supervised by a qualified instructor or coach to be eligible for credit. Other risk factors, conditions, or exceptional circumstances may also need to be considered prior to acceptance.

A Physical Activity Inventory (Appendix C) has been provided to help divisions/schools develop their eligible activities list. Any activities not included in the eligible activity list will need to be approved by the school/division according to the process outlined in its policy.

* For a complete list of the physical activities for which safety checklists have been provided in Appendix E, please refer to the Physical Activity Inventory in Appendix C.
Safety Information

The general safety guidelines and specific physical activity safety checklists contained in Appendix D and Appendix E of this document have been developed to assist teachers in their preparations of learning activities about risk management and physical activity. They also will help guide students and parents involved in the planning of OUT-of-class physical activities for PE/HE. This safety information and recommendations are believed to reflect best practice. 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.

The general safety guidelines section of the document presents a process for managing risk for any physical activity. This section also describes the Risk Factor Rating (RFR), which is the scale for determining the general level of risk of an activity. This scale, which is outlined in the table below, was developed for this document to categorize each activity by the level of risk one can expect when participating in it. The level of risk, or RFR, is indicated by a rating scale from 1 to 4, where an RFR of 4 represents the highest risk. The rating is based on the prevalence of safety considerations involved in the activity as well as the recommended level of instruction and supervision. This rating appears on all the physical activity safety checklists as well as the activity inventory of suggested activities included in this document.

<table>
<thead>
<tr>
<th>RFR</th>
<th>Risk Factor Rating</th>
<th>Level of safety concerns, instruction, and supervision recommended</th>
<th>Examples</th>
</tr>
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<tbody>
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<td>1</td>
<td></td>
<td>There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision are required.</td>
<td>Walking, Stretching</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>There are some safety concerns for this physical activity, qualified instruction is recommended, and little or no adult supervision is required.</td>
<td>Racquetball, Ice Skating</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>There are several safety concerns for this physical activity; qualified instruction is required, and adult supervision is recommended.</td>
<td>Snowboarding, Field Hockey</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>There is a high level of safety concerns for this physical activity, and qualified instruction and adult supervision are required.</td>
<td>Swimming, Karate</td>
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The general safety guidelines also outline risk management strategies according to each of the following risk factors that may be involved during participation in any physical activity:

- Level of instruction
- Level of supervision
- Facilities
- Environment
- Equipment
- Clothing/footwear
- Personal and other considerations

Each specific physical activity safety checklist indicates the Risk Factor Rating as well as a number of risk management strategies recommended as minimum standards for participation in what are predominantly organized programs. Instructors, coaches, or program leaders of OUT-of-class physical activities may also impose more stringent safety standards. These standards may vary according to the nature of the activity (e.g., recreational versus competitive). Any number of variables may increase or decrease the risks involved, such as the student’s personal experience, skill level and physical condition, the level of intensity of the activity, as well as the student’s personal behaviour during participation.
OUT-of-Class Activities

School-Based:

Safety is of particular concern in planning and implementing physical education. For IN-class and OUT-of-class activities that are organized by the school (i.e., school-based activities), the primary responsibility and legal liability* for ensuring safe practices rests with the school division and its employees. Schools must develop safe routines and procedures, and teachers need to be knowledgeable about the best safety practices, regardless of whether the teaching, learning, and assessment take place in the classroom, gymnasium, playground, or alternative environments.

Teachers are responsible for providing students with a wide variety of challenging movement experiences in physically active settings and must anticipate hazards and minimize the inherent risks in physical activity. Expertise in physical activity management is essential. For some specific physical activities/programming, such as aquatics and cardio-pulmonary resuscitation (CPR), it is recommended that certified training be required.

As a general rule, teachers will be held to the standard of care of a careful or prudent parent. The application of this standard of care will vary from case to case and will depend upon the following factors:

- the number of students being supervised at any given time
- the nature of the exercise or activity in progress
- the age and the degree of skill and training the students have received in connection with the activity
- the nature and condition of the equipment in use at the time
- the competency and capacity of the students involved
- a host of other factors that may be widely varied but may also, in a given case, affect the application of the prudent-parent standard to the conduct of the school staff

* Liability is the legal responsibility for one’s actions or for one’s failure to act. A person or other entity that fails to meet this responsibility is vulnerable to be sued (i.e., be a defendant) in a lawsuit by a body that feels somehow wronged by this failure to meet this responsibility (i.e., a plaintiff). The plaintiff must prove the legal liability of the defendant in order to receive a court order for the defendant to pay damages or to otherwise remedy the situation (such as by fulfilling the terms of a contract). To prove liability the plaintiff must present evidence that the defendant had a responsibility failed to fulfill that responsibility, and the plaintiff suffered harm or injury as a result of this failure.
Canadian courts have held that school staff members who are responsible for a subject area that requires expertise will be held to a higher professional standard of care. For example, a physical education teacher may be presumed to know more about the dangers inherent in artistic gymnastics than would a careful parent. Accordingly, he or she will be held to the standard of a physical education specialist with training and experience in artistic gymnastics. Sections 86, 87, and 90 of The Public Schools Act address exemption from liability in areas of physical education, and may provide some degree of exemption from liability and negligence. However, it is important that school divisions be aware that it is their primary responsibility to ensure safe practices when planning and implementing physical education. As mentioned above, Canadian courts have found physical education teachers to be negligent in several cases involving students who were injured during physical education classes, and, in doing so, have rejected the lower “careful- and prudent-parent” standard of care when assessing negligence and adopted instead the higher “physical training instructor” professional standard of care. This is because many physical education activities require specialized knowledge, training, and experience from the teacher. For example, where students are engaging in archery activities, the teacher and school authorities will be required to act as a careful or prudent parent having the specialized expertise demanded of an archery instructor.

The Supreme Court of Canada has said that to determine whether a physical education teacher has not been negligent or in breach of the necessary and appropriate standard of care, the following criteria must be considered:

1. Is the activity suitable to the mental and physical condition, as well as the age of participating students?
2. Have the students been progressively taught and coached to perform the activity[ies] properly and to avoid the dangers inherent in the activity[ies]?
3. Is the equipment adequate and suitably arranged?
4. Is the activity being supervised properly in light of the inherent danger involved?

(Myers v. Peel County Board of Education [1981], D.L.R. [3d] 1 [S.C.C.])

It should be noted, however, that this list is not all-inclusive and other considerations may be relevant in determining negligence: Is the activity sanctioned by the school administration and school authority, and have students been informed of the risks and responsibilities (e.g., safety procedures, behaviour expectations, and consequences) of participation? (YouthSafe 7–8)

Non-School-Based

For OUT-of-class activities that are not organized by the school (i.e., non-school-based activities), the primary responsibility and legal liability for ensuring safe practices rests

* Negligence is a breach of the legal duty to take care which results in harm or injury, undesired by the person who is negligent, to the person who is harmed or injured.
with the students, parents, and community organizations that organize and provide the coaches/instructors for the activity. It is intended that the OUT-of-class activities will be conducted using risk management measures based on this document. It is advisable for schools/divisions to prohibit and not consider eligible under any circumstances some very high-risk activities that are inherently dangerous, such as motorcycle jumping. It is also advisable for schools/divisions to place restrictions on other very high-risk activities that are known to be associated with a higher rate of injury or more severe injury when unsupervised, or require that these sorts of activities be directly supervised by a qualified instructor or coach to be eligible for credit. The physical activity safety checklists provided in this document can be used to guide students/parents so as to minimize, to the greatest extent possible, the risk of preventable accident or injury and promote safe participation practices for those activities.

Safety and Liability

School-Based

There is always a risk that a student will be injured while (or as a consequence of) participating in a school program or course and the school division, trustees, teachers, or principals will be sued on the basis that their negligence was a cause of the student’s injury or death.

As mentioned, a person is negligent when he or she (the defendant) breaches his or her legal duty to take care, resulting in injury to a person (the plaintiff). In determining whether or not there has been a breach of duty, the courts consider the actions of the defendant and measure them against the court’s concept of how a reasonable adult would have acted in similar circumstances. To establish liability, the courts require the plaintiff to show:

(i) he or she was owed a duty of care by the defendant;
(ii) the defendant should have met a particular standard of care in order to fulfill that duty;
(iii) the defendant breached his/her duty of care by not meeting the relevant standard of care;
(iv) the breach of duty caused injury to the plaintiff; and
(v) the injury was not too remote a consequence of the breach so as to render the defendant not liable for its occurrence. (Fridman)

Therefore, to prove negligence, a student would have to prove, among other things, that the school board, teacher, or trustee failed to follow the standard of care that would have been reasonable in the circumstances. In general, as previously mentioned, the courts have said that the standard of care for teachers is that of a careful or prudent parent. However, the courts have also said that the standard of care for physical education teachers is a higher standard, namely that of a prudent and careful parent having the supra-parental expertise demanded of a physical education teacher. The application of
this standard of care will vary, depending on the facts of each case, and will depend on
the age of the students, the training the students may have received in the activity, and
many other matters. Moreover, to prove negligence, a student must prove that failure to
take such care caused harm to the student—that is, “but for” the breach of the relevant
standard of care, the harm would not have occurred. So, there are rigorous hurdles that
would have to be met by a student in order to prove negligence.

Non-School-Based

With respect to OUT-of-class PE/HE activities that are not organized by the school
(i.e., non-school-based activities), statutory protection from liability is not considered to
be required because the departmental policy relating to the program suggests that
parents be responsible for investigating whether the instructor of the non-school-based
OUT-of-class program is competent to instruct and has the facility and equipment that
provide reasonable safeguards against death or injury.

While the school may provide general guidance and safety information for students, the
OUT-of-class component of the course will require the parents (if the student is under 18
years of age) to review the recommended safety guidelines for the physical activity
chosen by the student, and to discuss them with their child in order to approve their
child’s participation in the OUT-of-class activity. This approval helps ensure the parents
understand that they and not the school are responsible for assessing the risks involved
in the non-school-based activity.

The parent approval form (i.e., Parent Declaration and Consent & Student Declaration
Form) also suggests that parents investigate the facilities, the equipment, and the level of
instruction and/or supervision to be used by their child in the chosen activity to ensure
that they meet the safety standards recommended for that activity. This could include
investigating whether there is evidence of general liability coverage for facilities and
personnel, as well as requirements for personnel to undergo criminal record and child
abuse checks. It also asks parents to encourage their child to abide by the recommended
safety guidelines and any more-stringent safety standards imposed by the coach or
instructor. For students who are 18 or older, the student declaration contains similar
requirements as the parental consent form, but the student completes the form (see
Appendix B for sample forms).

Liability Insurance

The Manitoba Association of School Trustees (MAST) provides liability insurance
protection of $30,000,000 per occurrence to all public school divisions in Manitoba for
legal liability arising from a claim against a school division resulting from bodily injury
to persons or damage to property of others that is alleged to be the responsibility of the
division. This protection extends to include the division’s trustees, employees, and
volunteers who are acting within the scope of their duties in those capacities. Coverage
includes all operations of the school division, including OUT-of-class components of
school courses and extracurricular activities. In the case of non-school-based activities,
parents (or students 18 years of age and older) are responsible for investigating whether the community organization or group shows evidence of current general liability insurance for the facility and its personnel.

**Group and Personal Accident Insurance**

MAST also provides an option to school divisions to purchase universal first-party student accident insurance. Every student within a division that chooses this option is covered without regard to fault, 24 hours per day, every day of the year, for all school activities, including OUT-of-class activities that have been approved as part of the Personal Physical Activity Plan in Grades 9 to 12 PE/HE courses. It is assumed that this coverage would not apply to other activities unless the student’s Personal Physical Activity Plan is revised prior to the occurrence of an accident. This would include having any new activities accepted by the PE/HE teacher, obtaining the recommended safety guidelines for these new physical activities, and receiving the consent of the parent (students under 18 years of age) to participate in the new activities (see Forms B2 and B4 in Appendix B). As a precautionary measure and to prevent unnecessary revisions to the student’s plan, students should be encouraged to add more activities to their original plan to avoid having to add them later. Families may also obtain first-party student accident insurance coverage (e.g., Reliable Life Insurance Company program), which provides insurance coverage for students without regard to fault for any activity, whether school-related or not, 24 hours per day, every day of the year.
As per the policy document for implementing Grades 11 and 12 PE/HE, schools/divisions are required to develop a risk management policy for OUT-of-class PE/HE. A risk management policy for PE/HE OUT-of-class physical activities describes a school/division’s philosophy in promoting safe participation by students during these activities and in assigning responsibility for ensuring this safety. It provides the regulations that must be followed in implementing risk management measures for the OUT-of-class component of Grades 9 to 12 PE/HE. This section includes suggested step-by-step information on how to create a school/division OUT-of-class physical activity risk management policy.

Step 1

Form a school/divisional committee with representatives from all groups that will be affected by this policy, such as the school board, school administrators, local teachers’ organization, physical education teachers, parents, students, and community physical activity leaders.

Step 2

Determine the delivery model(s) that schools in the division will be implementing for PE/HE in Grades 9 to 12.

- In Grades 9 and 10, schools can choose to meet the mandated times within the timetable, or use an OUT-of-classroom model for up to 20 hours of the mandated 110 hours.
- In Grades 11 and 12, schools may choose to include the PE/HE credits in the timetable or use an OUT-of-class model up to 75% of the mandated 110 hours for each credit. OUT-of-class activities may be school-based or non-school-based.

Step 3

Discuss the purpose and goals of your policy. Create your own philosophy statement.

Step 4

Develop your policy statements. Consider areas, such as

- process for educating teachers, students, and parents about safety
- process for communication and parental sign-off
- process for managing and evaluating students
- physical activity safety information
- ineligible activities (e.g., high-risk activities)
- process for adding activities to the eligible activities list
Step 5

Be sure someone is responsible for monitoring and evaluating the effectiveness of the policy. Gather data through discussion and surveys to ensure safety is being promoted for OUT-of-class activities.

Refer to Appendix A for sample local policy and regulations.
The following sample policy, based on the fictional “Manitoba School Division,” is intended to assist school divisions in developing their own OUT-of-class physical activity risk management policies. The structure and content is to be modified and adapted as is appropriate.

To facilitate their adaptation, versions in Microsoft Word format are provided on the accompanying CD and available on the Department website at <www.edu.gov.mb.ca/k12/cur/physhlth/index.html>.
APPENDIX A: SAMPLE LOCAL POLICY & REGULATIONS

MANITOBA SCHOOL DIVISION

Risk Management for OUT-of-Class Physical Activity
Grades 9 to 12 Physical Education/Health Education

Philosophy Statement

The board recognizes the importance of risk management in promoting safe participation in physical activities. It also recognizes that the responsibility for the care and safety of students for the OUT-of-class delivery of Grades 9 to 12 Physical Education/Health Education (PE/HE) is shared by the home, school, and community.

Rationale

As part of the Grades 9 to 12 PE/HE courses, students may participate in OUT-of-class physical activities to fulfill the practical requirements for these courses. Students may choose among a variety of OUT-of-class physical activities organized by “Manitoba School Division” (MSD) schools, which include interscholastic, intramural, and club activities, or they may choose to participate in non-school-based activities (community- or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home). Although there is an inherent risk to all physical activities, the board believes this risk can be significantly reduced when participants receive appropriate instruction and/or supervision and participate in an environment where rules and routines governing safety are taught and enforced. It is primarily the school board and its employees that manage the risk and safety of school-based activities selected for OUT-of-class programming. Alternately, for non-school-based activities, safety and risk are managed independently from the school by students, parents, community members, and/or community organizations.
Policy

1. Schools will provide students and parents/guardians with the safety information associated with each student’s chosen physical activities for the OUT-of-class component of Grades 9 to 12 PE/HE as contained in Manitoba Education, Citizenship and Youth’s OUT-of-Class Safety Handbook.

2. Unless otherwise prohibited by the school board, physical activities chosen for the OUT-of-class component of PE/HE courses must be selected from the list supplied in the OUT-of-Class Safety Handbook. Any activities not included and dissimilar from any in this activity list will need to be approved by the PE/HE teacher unless the activity is considered high risk (i.e., Risk Factor Rating of 4 according to the resource). For these higher-risk activities, inclusion for the OUT-of-class component will require school board approval. Recommended safety guidelines for these new activities will need to be developed prior to parental approval.

3. The following activities are prohibited by the school board as part of the OUT-of-class component of PE/HE courses:

   (Insert specific activities as determined by local authorities.)

4. The PE/HE teacher will guide the student in developing a Personal Physical Activity Plan for the OUT-of-class component, and will sign the plan as an indication to the student and parent/guardian that it has been accepted.

5. The parent/guardian and student (or only the student if 18 years and older) will sign off on the plan via the Parent Declaration and Consent & Student Declaration Form (or Student Declaration Form for students 18 years and older), giving the parent/guardian’s consent to the student’s choice of activities indicated in her or his Personal Physical Activity Plan, acknowledging receipt of the recommended safety guidelines for these activities, and accepting responsibility for monitoring the student’s safety in OUT-of-class activities.

6. The student will submit the signed consent/declaration form to the PE/HE teacher.

7. If the student wants to choose other physical activities that are not part of the original Personal Physical Activity Plan for the OUT-of-class component of this course, the student must have these new physical activities accepted by the PE/HE teacher, obtain the recommended safety guidelines for these new physical activities, and receive the parent’s consent (students under 18 years) via the Parent Declaration and Consent & Student Declaration Form for new activities (students 18 years or older must complete the Student Declaration Form for new activities).

8. The PE/HE teacher will be assigned time to meet with the student on a regular basis for managing and evaluating progress for the OUT-of-class component of the course.

9. When students participate in these activities, school division personnel will not inspect the facilities or equipment to be used by students for non-school–based physical activities, nor will school personnel be present or in any way involved in supervising students, nor will they be available to ensure students receive appropriate instruction.
10. The parent/guardian (or student 18 years and older) will be responsible for ensuring that the facilities, equipment, and the level of instruction and/or supervision for the non-school–based physical activities, which the student has chosen for the OUT-of-class component of the PE/HE course, meet the appropriate safety standards recommended in the OUT-of-Class Safety Handbook. If the parent (or student 18 years and older) does not consent to this responsibility, the student will be responsible for completing the requirements for the OUT-of-class component through participation in school-based activities.

11. For all school-based physical activities, the school division will ensure that facilities, equipment, and the level of instruction and/or supervision meet the safety standards recommended in the documents Safety Guidelines for Physical Activity in Manitoba Schools, YouthSafe Manitoba: School Field Trip Resource, and OUT-of-Class Safety Handbook, as per divisional policy.

**Risk Factor Rating Scale**

<table>
<thead>
<tr>
<th>RFR</th>
<th>Level of safety concerns; recommended instruction and supervision</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision required.</td>
<td>Walking, Stretching</td>
</tr>
<tr>
<td>2</td>
<td>There are some safety concerns for this physical activity; qualified instruction is recommended; little or no adult supervision is required.</td>
<td>Racquetball, Ice skating</td>
</tr>
<tr>
<td>3</td>
<td>There are several safety concerns for this physical activity; qualified instruction is required; adult supervision is recommended.</td>
<td>Snowboarding, Field Hockey</td>
</tr>
<tr>
<td>4</td>
<td>There is a high level of safety concerns for this physical activity; qualified instruction and adult supervision is required.</td>
<td>Swimming, Karate</td>
</tr>
</tbody>
</table>
Appendix B

Sample Parent Declaration and Consent & Student Declaration Forms

The following forms have been designed so they can be customized for individual schools and divisions. To facilitate their adaptation, versions in Microsoft Word format are provided on the accompanying CD and available on the Department website at <www.edu.gov.mb.ca/k12/cur/physhlth/index.html>.
Appendix B1:
OUT-of-Class Physical Education/Health Education Sample Parent Declaration and Consent & Student Declaration Form

(Students under 18)

(Name of School)

A student who is under the age of 18 must have this form completed to obtain credit for participation in OUT-of-class physical activities as part of the Physical Education/Health Education (PE/HE) credit for Grades 9 to 12. Please return the completed form to the PE/HE teacher.

Parent Declaration:

- I understand that all the physical activities my child has chosen for the OUT-of-class component of this course have been accepted by the PE/HE teacher as indicated on my child’s Personal Physical Activity Plan (attached).

- I understand that there is a risk of injury associated with all types of physical activity. I have reviewed the recommended safety guidelines for the physical activities chosen by my child and have discussed them with my child.

- I understand that the recommended safety guidelines are believed to reflect best practice and are considered minimum standards for physical activity in an organized or formal setting. They may, however, 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.

- I am aware that school staff will not inspect the facilities or equipment to be used by my child for the non-school-based physical activities he/she has chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that these facilities or equipment meet the recommended safety standards for the non-school-based physical activities he/she

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1 The term “parent” refers to both parents and guardians and is used with the recognition that in some cases only one parent may be involved in a child’s education.

2 For most activities, the recommended safety guidelines may be obtained from the teacher of this course or viewed online at the following website: (Insert division or school URL where guidelines may be found).

3 Non-school-based activities are home-, community-, or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home.
has chosen for this course. This may include investigating for evidence of general liability coverage.

- I am aware that the school staff will not be present or in any way involved in supervising my child while he/she participates in the non-school-based physical activities he/she has chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that while participating in non-school-based physical activities my child receives the appropriate level of instruction and/or supervision for his/her chosen activities. This may include investigating for evidence of general liability coverage and requirements for personnel to undergo criminal record and child abuse registry checks.

- I will encourage my child to abide by the recommended safety guidelines for the physical activities he/she has chosen for the OUT-of-class component of this course, and to abide by any other more stringent safety standards imposed by his/her instructors, coaches, or program leaders while he/she is participating in his/her chosen physical activities for the OUT-of-class component of this course. This is to ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my child’s participation in the OUT-of-class component of this course.

- I understand that I will be responsible for paying for any and all fees that may result from my child’s participation in physical activities for the OUT-of-class component of this course.

- I understand that if my child wants to choose other physical activities for inclusion in the OUT-of-class component of this course, and these activities are not part of the attached Personal Physical Activity Plan, prior to participation my child must
  - have these new physical activities accepted by the PE/HE teacher
  - obtain the recommended safety guidelines for these new physical activities, and
  - receive my consent to participate in the new physical activities

**Parent Consent:**

- Having considered my child’s mental and physical condition, and the risks and suitability to him/her of the physical activities he/she has chosen for the OUT-of-class component of this course, I consent to my child participating in his/her chosen physical activities.

  I have read, understand, and agree with the above statements.
Student Declaration:

- I am aware of the recommended safety guidelines for the physical activities that I have chosen for the OUT-of-class component of this course.

- While participating, I will abide by the recommended safety guidelines that are appropriate to the nature of the activity (e.g., recreation versus competition). When applicable, I will also abide by any other more stringent safety standards imposed by my instructors, coaches, or program leaders.

- I will ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my participation in my chosen physical activities for the OUT-of-class component of this course.

- I understand that if I want to choose other physical activities that are not part of the attached Personal Physical Activity Plan for inclusion in the OUT-of-class component of this course, prior to participation, I must
  - have these new physical activities accepted by the PE/HE teacher
  - obtain the recommended safety guidelines for these new physical activities, and
  - receive my parent’s consent to participate in these new physical activities

I have read, understand, and agree with the above statements:

______________________________  ______________________________  _____
Student’s Legal Last Name     First Name                        Middle Initial

______________________________
Student Signature (if student is under 18 years of age)  Date
APPENDIX B2:
OUT-OF-CLASS PHYSICAL EDUCATION/HEALTH EDUCATION
SAMPLE PARENT DECLARATION AND CONSENT & STUDENT DECLARATION FORM

Revised Activity Choices (Students under 18)

(NAME OF SCHOOL)

A student who is under the age of 18 must have this form completed to obtain credit for participation in OUT-of-class physical activities as part of the Physical Education/Health Education (PE/HE) credit for Grades 9 to 12 when activity choices have been revised. Please return the completed form to the teacher of this course.

Parent Declaration:

- I understand that the new physical activities my child has chosen for the OUT-of-class component of this course have been accepted by the PE/HE teacher as indicated on my child’s revised Personal Physical Activity Plan (attached).
- I have reviewed the recommended safety guidelines for the new physical activities chosen by my child and have discussed them with my child.
- I understand that the recommended safety guidelines are believed to reflect best practice and are considered minimum standards for physical activity in an organized or formal setting. They may, however, 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.
- I am aware that school staff will not inspect the facilities or equipment to be used by my child for the non-school-based physical activities he/she has chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that these facilities and equipment meet the recommended safety standards for the non-school-based physical activities.

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1 The term “parent” refers to both parents and guardians and is used with the recognition that in some cases only one parent may be involved in a child’s education.
2 For most activities, the recommended safety guidelines may be obtained from the teacher of this course or viewed online at the following website: [Insert division or school URL where guidelines may be found].
3 Non-school-based activities are home-, community-, or independently based activities that are not organized by the school or school division, such as community sports, classes and clubs, and exercising at home.
he/she has chosen for this course. This may include investigating for evidence of general liability coverage.

- I am aware that the school staff will not be present or in any way involved in supervising my child while he/she participates in the non-school-based physical activities he/she has chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that while participating in non-school-based physical activities my child receives the appropriate level of instruction and/or supervision for his/her chosen activities. This may include investigating for evidence of general liability coverage and requirements for personnel to undergo criminal record and child abuse registry checks.

- I will encourage my child to abide by the recommended safety guidelines that are appropriate for the new physical activities he/she has chosen for the OUT-of-class component of this course, and to abide by any other more stringent safety standards imposed by his/her instructors, coaches, or program leaders while he/she is participating in his/her chosen physical activities for the OUT-of-class component of this course. This is to ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my child’s participation in the OUT-of-class component of this course.

- I understand that I will be responsible for paying for any and all fees that may result from my child’s participation in the new physical activities he/she has chosen for the OUT-of-class component of this course.

- I understand that if my child wants to choose other physical activities for inclusion in the OUT-of-class component of this course, and these activities are not part of the attached revised Personal Physical Activity Plan, prior to participation my child must
  - have these new physical activities accepted by the PE/HE teacher
  - obtain the recommended safety guidelines for these new physical activities, and
  - receive my consent to participate in the new physical activities

**Parent Consent:**

Having considered my child’s mental and physical condition, and the risks and suitability to him/her of the new physical activities he/she has chosen for the OUT-of-class component of this course, I consent to my child participating in his/her chosen physical activities.

**I have read, understand, and agree with the above statements.**

______________________________      __________________
Parent Signature (if student is under 18 years of age) Date
**Student Declaration:**

- I am aware of the recommended safety guidelines for the physical activities that I have chosen for the OUT-of-class component of this course.

- While participating in these activities, I will abide by the recommended safety guidelines that are appropriate to the nature of the activity (e.g., recreation versus competition). When applicable, I will also abide by any other more stringent safety standards imposed by my instructors, coaches, or program leaders.

- I will ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my participation in my chosen physical activities for the OUT-of-class component of this course.

- I understand that if I want to choose other physical activities that are not part of the attached revised Personal Physical Activity Plan for inclusion in the OUT-of-class component of this course, prior to participation I must
  - have these new physical activities accepted by the PE/HE teacher
  - obtain the recommended safety guidelines for these new physical activities, and
  - receive my parent’s consent to participate in these new physical activities

*I have read, understand, and agree with the above statements:*

____________________________________ _________________________________ ________
Student’s Legal Last Name First Name Middle Initial

____________________________________________________________ ________________
Student Signature (if student is under 18 years of age) Date
APPENDIX B3:
OUT-OF-CLASS PHYSICAL EDUCATION/HEALTH EDUCATION
SAMPLE STUDENT DECLARATION FORM

(To be completed by students 18 years and older)

(NAME OF SCHOOL)

A student who is 18 years of age or older must complete this form to obtain credit for participation in OUT-of-class physical activities as part of the Physical Education/Health Education (PE/HE) credit for Grades 9 to 12. Please return the completed form to the teacher of this course.

Student Declaration

- I understand that all the physical activities I have chosen for the OUT-of-class component of this course have been accepted by the PE/HE teacher as indicated on my Personal Physical Activity Plan (attached).
- I understand that there is a risk of injury associated with all types of physical activity. I have reviewed the recommended safety guidelines1 for the physical activities I have chosen.
- I understand that the recommended safety guidelines are believed to reflect best practice and are considered minimum standards for physical activity in an organized or formal setting. They may, however, 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.
- I am aware that school staff will not inspect the facilities or equipment I will be using for the non-school–based physical activities2 I have chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that these facilities and equipment meet the recommended safety standards for the non-school–based physical activities I have chosen for this course. This may include investigating for evidence of general liability coverage.
- I am aware that the school staff will not be present or in any way involved in supervising me while I participate in the non-school–based physical activities I have

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1 For most activities, the recommended safety guidelines may be obtained from the teacher of this course or viewed online at the following website: (Insert division or school URL where guidelines may be found).
2 Non-school–based activities are home-, community-, or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home.
chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that while participating in non-school–based physical activities I receive the appropriate level of instruction and/or supervision for my chosen activities. This may include investigating for evidence of general liability coverage and requirements for personnel to undergo criminal record and child abuse registry checks.

- I am aware of the recommended safety guidelines for the physical activities that I have chosen for the OUT-of-class component of this course.

- While participating, I will abide by the recommended safety guidelines that are appropriate to the nature of the activity (e.g., recreation versus competition). When applicable, I will also abide by any other more stringent safety standards imposed by my instructors, coaches, or program leaders.

- I will ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my participation in my chosen physical activities for the OUT-of-class component of this course.

- I understand that I will be responsible for any and all fees that may result from my participation in physical activities for the OUT-of-class component of this course.

- I understand that if I want to choose other physical activities that are not part of the attached Personal Physical Activity Plan for inclusion in the OUT-of-class component of this course, I must discuss changing my Personal Physical Activity Plan with my PE/HE teacher.

- I understand that my teacher must accept any additional physical activities chosen by me, and I will be required to complete a new declaration.

- I have considered my mental and physical condition, as well as the risks and suitability to me of the physical activities I have chosen for the OUT-of-class component of this course.

**I have read, understand, and agree with the above statements:**

__________________________    ___________________________    
Student’s Legal Last Name    First Name    Middle Initial

__________________________    ___________________________    
Student Signature (if student is 18 years and older)    Date
Appendix B4:
OUT-OF-CLASS Physical Education/Health Education Sample Student Declaration Form

Revised Activity Choices (Students 18 years and older)

(Name of School)

A student who is 18 years of age or older must complete this form to obtain credit for participation in OUT-of-class physical activities as part of the Physical Education/Health Education (PE/HE) credit for Grades 9 to 12 when activity choices have been revised. Please return the completed form to the teacher of this course.

Student Declaration

- I understand that the new physical activities I have chosen for the OUT-of-class component of this course have been accepted by the PE/HE teacher as indicated on my revised Personal Physical Activity Plan (attached).
- I have reviewed the recommended safety guidelines¹ for the new physical activities I have chosen.
- I understand that the recommended safety guidelines are believed to reflect best practice and are considered minimum standards for physical activity in an organized or formal setting. They may, however, 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.
- I am aware that school staff will not inspect the facilities or equipment I will be using for the non-school–based physical activities² I have chosen for the OUT-of-class component of this course. I am also aware that I will therefore be responsible for ensuring, to the extent reasonably possible, that these facilities and equipment meet the recommended safety standards for the non-school–based physical activities I have chosen for this course. This may include investigating for evidence of general liability coverage.

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¹ For most activities, the recommended safety guidelines may be obtained from the teacher of this course or viewed online at the following website: (Insert division or school URL where guidelines may be found).
² Non-school–based activities are home-, community-, or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home.
I am aware that the school staff will not be present or in any way involved in supervising me while I participate in the non-school-based physical activities I have chosen for the OUT-of-class component of this course. I will therefore be responsible for ensuring, to the extent reasonably possible, that while participating in non-school-based physical activities I receive the appropriate level of instruction and/or supervision for my chosen activities. This may include investigating for evidence of general liability coverage and requirements for personnel to undergo criminal record and child abuse registry checks.

I am aware of the recommended safety guidelines for the physical activities that I have chosen for the OUT-of-class component of this course.

While participating, I will abide by the recommended safety guidelines that are appropriate to the nature of the activity (e.g., recreation versus competition). When applicable, I will also abide by any other more stringent safety standards imposed by my instructors, coaches, or program leaders.

I will ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my participation in my chosen physical activities for the OUT-of-class component of this course.

I understand that I will be responsible for any and all fees that may result from my participation in the new physical activities I have chosen for the OUT-of-class component of this course.

I understand that if I want to choose other physical activities that are not part of the attached Personal Physical Activity Plan for the OUT-of-class component of this course, I must discuss changing my Personal Physical Activity Plan with my PE/HE teacher.

I understand that my teacher must accept any additional physical activities chosen by me, and I will be required to complete a new declaration.

I have considered my mental and physical condition, and the risks and suitability to me of the new physical activities I have chosen for the OUT-of-class component of this course.

I have read, understand, and agree with the above statements:

____________________________________ _________________________________ ________
Student’s Legal Last Name First Name Middle Initial

____________________________________________________________ ________________
Student Signature (if student is 18 years and older)                                       Date
Appendix C

Physical Activity Inventory

The following activity inventory has been designed so that it may be customized for individual schools and divisions. To facilitate its adaptation, a version in Microsoft Excel format is available on the accompanying CD and on the Department website at <www.edu.gov.mb.ca/k12/cur/physhlth/index.html>.
Physical Activity Inventory

This Physical Activity Inventory is intended to assist students in identifying activities that they would like to include in their physical activity practicum. Students may choose physical activities based on the type of activity, the health-related fitness component(s) to which the activity contributes, the level of risk involved in the activity, or a combination of these factors.

A Physical Activity Safety Checklist is available in Appendix E for each of the activities listed unless otherwise indicated. These checklists contain information about managing risk under the following risk factors:
- level of instruction
- level of supervision
- facilities/environment
- equipment
- clothing/footwear
- personal and other considerations

Codes for Physical Activity Inventory

The following codes are used in the Physical Activity Inventory.

<table>
<thead>
<tr>
<th>Code for Type of Activity</th>
<th>Code for Risk Factor Rating (RFR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>AL</td>
<td>RFR Level of safety concerns; recommended instruction and supervision.</td>
</tr>
<tr>
<td>AP</td>
<td>1 There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision is required.</td>
</tr>
<tr>
<td>CO</td>
<td>2 There are some safety concerns for this physical activity; quality instruction is recommended, and little or no adult supervision is required.</td>
</tr>
<tr>
<td>FIT</td>
<td>3 There are several safety concerns for this physical activity; qualified instruction is required, and adult supervision is recommended.</td>
</tr>
<tr>
<td>IT</td>
<td>4 There is a high level of safety concerns for this physical activity; qualified instruction and adult supervision are required.</td>
</tr>
<tr>
<td>NW</td>
<td>Rhythmic Gymnastic-Type Activities</td>
</tr>
<tr>
<td>RG</td>
<td>Striking/Fielding-Type Sports/Games</td>
</tr>
<tr>
<td>SF</td>
<td>Target-Type Sports/Games</td>
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</table>

Code for Health-Related Fitness Component

✓ Indicates that the activity contributes to the specific health-related fitness component.

Continued
<table>
<thead>
<tr>
<th>Interest</th>
<th>All Activities</th>
<th>Type of Activity</th>
<th>Health-Related Fitness Components</th>
<th>Risk</th>
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<tr>
<td></td>
<td></td>
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<td>Cardio-respiratory</td>
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<td>Muscular Endurance</td>
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<td></td>
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<td>Flexibility</td>
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<td>All Activities</td>
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<td>Archery</td>
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<td>Biathlon</td>
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<td>Bocce</td>
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<td>Bowling—5-Pin, 10-Pin</td>
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</tr>
<tr>
<td>Boxing</td>
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</tr>
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<td>Broomball</td>
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<td>Calisthenics</td>
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</tr>
<tr>
<td>Canoeing/Kayaking/Rowing</td>
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<td>✓</td>
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<tr>
<td>Canoe/Kayak Tripping (Wilderness/Whitewater)</td>
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<tr>
<td>Catch (For safety, see Low-Organized Games)</td>
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<tr>
<td>Cheerleading</td>
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## Physical Activity Inventory (Continued)

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<tr>
<th>Interest</th>
<th>All Activities</th>
<th>Type of Activity</th>
<th>Health-Related Fitness Components</th>
<th>Risk</th>
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<tbody>
<tr>
<td></td>
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<td></td>
<td>Cardio-respiratory Endurance</td>
<td>Muscular Strength</td>
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<tr>
<td>Circuit Training</td>
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<tr>
<td>Climbing—Wall, Rock, Bouldering, Ice Tower</td>
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<td>✓</td>
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<tr>
<td>Cricket</td>
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<td>Croquet (For safety, see Low-Organized Games)</td>
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</tr>
<tr>
<td>Cross-Country Running</td>
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<tr>
<td>Curling</td>
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</tr>
<tr>
<td>Cycling—Indoor/ Stationary</td>
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<tr>
<td>Cycling—Recreational</td>
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<tr>
<td>Cycling—Sport (BMX, Cyclocross, Mountain Bike, Road Racing, Track Racing)</td>
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<td>✓</td>
<td>✓</td>
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<tr>
<td>Cycling—Trips</td>
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<tr>
<td>Dance—Ballet</td>
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<td>Dancing—Ballroom</td>
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<td>Dancing—Folk</td>
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<td>Dancing—Hip Hop</td>
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<td>Dancing—Hoop</td>
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<tr>
<td>Dancing—Line</td>
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<td>Dancing—Square</td>
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<td>Dancing—Tap</td>
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<td>✓</td>
<td></td>
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<tr>
<td>Diving—Springboard, Platform</td>
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<tr>
<td>Dodging Games (For safety, see Low-Organized Games)</td>
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*Continued*
<table>
<thead>
<tr>
<th>Interest</th>
<th>All Activities</th>
<th>Type of Activity</th>
<th>Cardio-respiratory Endurance</th>
<th>Muscular Strength</th>
<th>Muscular Endurance</th>
<th>Flexibility</th>
<th>Risk</th>
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<tbody>
<tr>
<td>Fencing</td>
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<td>Field Hockey</td>
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<tr>
<td>Fitness Training – Exercise Machines (e.g., treadmills, ergometers, elliptical trainers)</td>
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<tr>
<td>Fitness Training – Small Equipment (e.g., Stretch Bands, Physio Balls, Jump Ropes, Agility Ladders, Medicine Balls)</td>
<td>FIT</td>
<td></td>
<td></td>
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<tr>
<td>Football—Flag</td>
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</tr>
<tr>
<td>Football—Tackle</td>
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<tr>
<td>Frisbee (For safety, see Low-Organized Games)</td>
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<td>Geocaching</td>
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<td>Goal Ball</td>
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<td>Golf</td>
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<td>Gymnastics—General, Tumbling, Artistic</td>
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<tr>
<td>Hacky Sack (For safety, see Low-Organized Games)</td>
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<td>Hiking</td>
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<tr>
<td>Hockey—Roller/Inline</td>
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<td>Horseback Riding—Western, English Saddle</td>
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Continued
## Physical Activity Inventory (Continued)

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<tr>
<th>Interest</th>
<th>All Activities</th>
<th>Type of Activity</th>
<th>Cardio-respiratory Endurance</th>
<th>Muscular Strength</th>
<th>Muscular Endurance</th>
<th>Flexibility</th>
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<td>Lacrosse—Box, Field</td>
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<td>Qigong</td>
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<tr>
<td>Ringette</td>
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* With Low-Organized Games, the Health-Related Fitness Components and the Risk Factor Rating will vary from one game/activity to another.
<table>
<thead>
<tr>
<th>Interest</th>
<th>All Activities</th>
<th>Type of Activity</th>
<th>Health-Related Fitness Components</th>
<th>Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cardio-respiratory Endurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Muscular Strength</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Muscular Endurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Flexibility</td>
<td></td>
</tr>
<tr>
<td>Rowing—Ergometer (For safety, see Fitness Training [Exercise Machines])</td>
<td>FIT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Rowing—Sport (For safety, see Canoeing/Kayaking/Rowing)</td>
<td>AP</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Rugby—Flag</td>
<td>IT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Rugby—Tackle</td>
<td>IT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Sailing/Yachting</td>
<td>AP</td>
<td></td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Scuba Diving</td>
<td>AP</td>
<td></td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Sepak Takraw</td>
<td>NW</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Skateboarding</td>
<td>AL</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Skating—Figure</td>
<td>RG</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Skating—Ice</td>
<td>AL</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Skating—Inline/Roller (Indoor, Outdoor)</td>
<td>AL</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Skiing—Alpine</td>
<td>AP</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Skiing—Cross-Country</td>
<td>AP</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Skiing—Water</td>
<td>AP</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Snorkelling</td>
<td>AP</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Snowboarding</td>
<td>AP</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Snowshoeing</td>
<td>AP</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Soccer</td>
<td>IT</td>
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<tr>
<td>Softball—Slo-Pitch, Modified, Fast Pitch</td>
<td>SF</td>
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<td>✓</td>
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</tr>
<tr>
<td>Speed Skating</td>
<td>AP</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Spinning (For safety, see Cycling—Indoor/Stationary)</td>
<td>FIT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Squash</td>
<td>NW</td>
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<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Interest</td>
<td>All Activities</td>
<td>Type of Activity</td>
<td>Health-Related Fitness Components</td>
<td></td>
</tr>
<tr>
<td>----------</td>
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<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cardio-respiratory Endurance</td>
<td>Muscular Strength</td>
</tr>
<tr>
<td>Stretch Banding (For safety, see Fitness Training – Small Equipment)</td>
<td>FIT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Stretching (For safety, see Fitness Training)</td>
<td>FIT</td>
<td></td>
<td>✓</td>
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</tr>
<tr>
<td>Swimming—Open Water</td>
<td>FIT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Swimming—Pool</td>
<td>FIT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Table Tennis</td>
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<td>✓</td>
<td>✓</td>
<td>2</td>
</tr>
<tr>
<td>Tae Bo</td>
<td>FIT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Tae Kwon Do</td>
<td>CO</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>FIT</td>
<td></td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Tchoukball</td>
<td>IT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Team Handball</td>
<td>IT</td>
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<td>✓</td>
<td>✓</td>
</tr>
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<td>Tennis</td>
<td>NW</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Tobogganing, Sledding, Tubing</td>
<td>AP</td>
<td>✓</td>
<td>✓</td>
<td>3</td>
</tr>
<tr>
<td>Triathlon</td>
<td>FIT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Tumbling (For safety, see Gymnastics)</td>
<td>RG</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Ultimate</td>
<td>IT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
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<td>Volleyball</td>
<td>NW</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Walking</td>
<td>AL</td>
<td>✓</td>
<td>✓</td>
<td>1</td>
</tr>
<tr>
<td>Water Polo</td>
<td>IT</td>
<td>✓</td>
<td>✓</td>
<td>4</td>
</tr>
<tr>
<td>Weightlifting</td>
<td>FIT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Weight (Strength/Resistance) Training</td>
<td>FIT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Windsurfing/Sailboarding</td>
<td>AP</td>
<td>✓</td>
<td>✓</td>
<td>4</td>
</tr>
<tr>
<td>Wrestling—Freestyle, Greco-Roman</td>
<td>CO</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Yoga</td>
<td>FIT</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
Appendix D

General Safety Guidelines
Appendix D: Out-of-Class General Safety Guidelines

The following safety guidelines and the associated Physical Activity Safety Checklists (see Appendix E) have been provided to help the PE/HE teacher guide the student in order to reduce the risks associated with the physical activities the student has chosen for the OUT-of-class component of physical education/health education (PE/HE) courses in Grades 9 to 12. These guidelines are to be presented and shared with students at the beginning of the course as part of their orientation to the OUT-of-class component and are intended to increase their awareness and understanding of risk management while taking part in any physical activity. The school may want to post a version of these General Safety Guidelines and the Physical Activity Safety Checklists on the school’s website so that they may be viewed at home by the student and parent.

1. General Considerations

Safety is paramount when participating in any physical activity. The student and parent/guardian (or only the student if 18 years or older) will need to consider the nature and risk level of the physical activity in determining whether it is suited to the student, and, if so, the level of supervision required by the parent/guardian or another adult.

Taking responsibility for the student’s safety is very important as part of the OUT-of-class component of this course. Always think safety first! The student and parent/guardian (or only the student if 18 years or older) can use the following checklist before the student participates in any physical activity:

- Does the student and parent/guardian (or only the student if 18 years or older) understand the safety rules related to the physical activity?
- Is the activity suitable to the student’s age, ability, and physical condition?
- Is the activity suitable, given any medical conditions the student might have?
- Does the student and parent/guardian (or only the student if 18 years or older) understand the correct form or technique of the exercises or skills the student needs to practice?
- Does the student and parent/guardian (or only the student if 18 years or older) understand the risks associated with the physical activity and ways to avoid the dangers?
- Is the equipment to be used by the student suitable and in good condition?
- Is the facility or playing area to be used by the student safe?

* Physical activity refers to all forms of large muscle movement, including sports, dance, games, walking, and exercise for fitness and physical well-being. It may also include physical therapy or mobility training for students with special needs.
Will there be appropriate instruction and/or supervision provided to the student in light of the danger or risk associated with the physical activity?

Does the community organization or group show evidence of current general liability insurance for the facility and its personnel?

Does the community organization or group require its personnel to undergo criminal record or child registry checks?

Has the student discussed his or her choice of activities with the parent/guardian (not required if student is 18 years or older) and his or her PE/HE teacher?

Are the activities selected by the student/parent included in their Personal Physical Activity Plan?

2. Level of Risk

All activities have an inherent level of risk and each activity has a range of risks dependent upon a number of factors. The type of activity and the level of practice or competition may also contribute to the level of risk involved. The Risk Factor Rating (RFR) which is outlined in the table below, was developed for this document to categorize each activity by the level of risk one can expect when participating in it. The level of risk, or RFR, is indicated by a rating scale from 1 to 4, where an RFR of 4 represents the highest risk. The rating is based on the prevalence of safety concerns involved in the activity as well as the recommended level of instruction and supervision. This rating appears on all the physical activity safety checklists as well as the activity inventory of suggested activities included in this document.

<table>
<thead>
<tr>
<th>RFR</th>
<th>Level of safety concerns; recommended instruction and supervision</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision required.</td>
<td>Walking, Stretching</td>
</tr>
<tr>
<td>2</td>
<td>There are some safety concerns for this physical activity; qualified instruction is recommended; little or no adult supervision is required.</td>
<td>Racquetball, Ice Skating</td>
</tr>
<tr>
<td>3</td>
<td>There are several safety concerns for this physical activity; qualified instruction is required; adult supervision is recommended.</td>
<td>Snowboarding, Field Hockey</td>
</tr>
<tr>
<td>4</td>
<td>There is a high level of safety concerns for this physical activity; qualified instruction and adult supervision is required.</td>
<td>Swimming, Karate</td>
</tr>
</tbody>
</table>
3. Risk Factors

Just as school staff manages risk and plans for safety when instructing/coaching and organizing physical activities in their in-classroom and extracurricular programs, the student/parent can evaluate and manage risk according to certain risk factors for OUT-of-class activities not based in the classroom or in extracurricular school programs (non-school-based). The Physical Activity Safety Checklists provided take into consideration the following risk factors:

- Level of instruction
- Level of supervision
- Facilities
- Environment
- Equipment
- Clothing/footwear
- Personal and other considerations

3.1 Level of Instruction

With proper instruction, the level of risk involved in any activity should be reduced. The amount and level of instruction required by the student will vary according to individual circumstances such as their personal experience, skill level and physical condition. The following are instructional considerations that should be addressed when learning and practising an activity:

- The instructor/coach/program leader’s qualifications/certification or abilities are appropriate for the age/ability level of the students in the group.
- The potential risks and consequences of an activity are understood by students prior to participation in the event.
- Instruction and training is current with recent trends.
- The session is conducted in a safe environment and the instructor/coach/program leader/participant’s choice of activity is appropriate for the facility available.
- The activity is suitable for the abilities and level of fitness of the participants.
- Rules regarding safety, behaviour expectations, and responsibilities of participants are established, learned, and followed.
- A proper warm-up and cool-down portion is included in the activity session.
- Skills are learned in a proper progression and participants receive adequate opportunity to master the skills before moving to higher-level tasks or challenges.

**NOTE**

The amount and level of instruction 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 an instructional DVD, may replace direct instruction if deemed appropriate and safe.
3.2 Level of Supervision

Supervision involves overseeing an activity for the purposes of regulation and/or direction. The level of risk decreases significantly with effective supervision. When a session is conducted by an instructor or coach, they assume responsibility for supervision. In some instances, an additional supervisor is required, such as when the coach/instructor is under the age of 18, when the coach/instructor is of a different gender than the participants, or when specific expertise is required, such as a lifeguard for certain aquatic activities.

For each physical activity, supervision requirements will differ according to the level of risk, the nature of the activity, and the intensity of competition/training. Furthermore, some activities require supervision regardless of age. On the other hand, many activities will require little or no supervision (e.g., many home-based, recreational, or modified activities). Without an adult supervisor present, the student(s) will be responsible for managing risk and safety while participating in the activity. However, they should know how to respond to emergencies and have a fundamental knowledge of first aid. In all instances, basic personal safety rules should be followed (e.g., road safety).

While the level of supervision can be viewed on a continuum, the three types of supervision referred to in the physical activity safety checklists are:

- **Constant visual supervision** signifies the instructor/coach/program leader is physically present, watching the activity (e.g., high jump); only one such “higher-risk” activity can be supervised by one person at a time. This level of supervision may also be required during initial instruction, especially with more difficult skills.

- **On-site supervision** requires the instructor/coach/program leader to be present but not necessarily viewing one specific activity (e.g., relay passing on the track). The activity can be observed and supervised at a distance while supervising another activity. This also applies to situations where more than one activity station or drill is occurring simultaneously.

- **In-the-area supervision** means that the instructor/coach/program leader has to be accessible but participants may at times be out of sight (e.g., distance running on school grounds).

The following guidelines related to supervision should be applied based on the nature of the activity:

- The supervision recommendations for the activity/facility are known.
- Adequate staff is present to supervise according to the number of participants and their capabilities.
- Rules are enforced regarding behaviour expectations and responsibilities of participants.
- The supervisor has an emergency action plan in place to deal with accidents/injuries as well as access to first aid materials or assistance.
- For outdoor pursuits, a “lost student plan” is in place in case someone gets separated from the group. This may be combined with head-count procedures and a buddy system.
3.3 Facilities

Indoor and outdoor facilities used for physical activity are normally designed according to stringent building codes to ensure physical activity is enjoyed in a safe environment. In other situations, participation will occur at home or in facilities that were not necessarily designed specifically for physical activity. In all cases, the following risk management strategies should be applied:

- The activity area has been checked to ensure it is free of hazards (e.g., rocks or broken glass on soccer fields) prior to use.
- Potential hazards have been removed or clear boundaries have been placed around them, or if this is not possible the activity has been moved to another location or postponed.
- Activity areas have adequate unobstructed space surrounding them (e.g., out-of-bounds area around a basketball court).
- Proper lighting and ventilation (indoors) is provided.
- An Emergency Action Plan has been developed for the facility to deal with accidents/injuries.
- A first aid kit, phone, and required emergency equipment are readily available in case of accident/injury.
- Safety rules are posted and enforced.
- Instructions for the use of the facility are posted.
- All emergency exits are clearly marked.

3.4 Environment

While the outdoor environment offers opportunities for a wide range of physical activities, many factors cannot be as controlled as in an indoor facility. In planning for participation in an outdoor activity, the following strategies should be considered:

- Local weather conditions/forecasts are checked prior to the activity, including the temperature and quality of the air (e.g., smog or smoke), the presence of wind, as well as the potential for electrical storms and precipitation.
- Dry clothing that is worn in layers protects against cold, windy, and wet conditions, which are factors contributing to the onset of hypothermia. Hypothermia refers to any condition in which the body temperature drops below the level required for normal metabolism and/or bodily function to take place.
## Wind Chill Hazards and Risk of Frostbite

<table>
<thead>
<tr>
<th>Wind Chill</th>
<th>Risk of Frostbite</th>
<th>Health Concern</th>
<th>What to Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to –9</td>
<td>Low</td>
<td>Slight increase in discomfort.</td>
<td>Dress warmly, with the outside temperature in mind.</td>
</tr>
<tr>
<td>–10 to –27</td>
<td>Low</td>
<td>Uncomfortable Risk of hypothermia if outside for long periods without adequate protection.</td>
<td>Dress in layers of warm clothing, with an outer layer that is wind-resistant. Wear a hat, mittens and scarf. Keep active.</td>
</tr>
<tr>
<td>–28 to –39</td>
<td>Increasing risk: Exposed skin can freeze in 10 to 30 minutes.</td>
<td>Check face and extremities (fingers, toes, ears, and nose) for numbness or whiteness. Risk of hypothermia if outside for long periods without adequate protection.</td>
<td>Dress in layers of warm clothing, with an outer layer that is wind-resistant. Cover exposed skin: wear a hat, mittens, and a scarf, neck tube, or face mask. Keep active.</td>
</tr>
<tr>
<td>–40 to –47</td>
<td>High risk: Exposed skin can freeze in 5 to 10 minutes.*</td>
<td>Check face and extremities (fingers, toes, ears, and nose) for numbness or whiteness (frostbite). Risk of hypothermia if outside for long periods without adequate protection.</td>
<td>Dress in layers of warm clothing, with an outer layer that is wind-resistant. Cover all exposed skin: wear a hat, mittens, and a scarf, neck tube, or face mask. Keep active.</td>
</tr>
</tbody>
</table>

### Warning Level†

| –48 to –54 | High risk: Exposed skin can freeze in 2 to 5 minutes.* | Check face and extremities frequently for numbness or whiteness (frostbite). Serious risk of hypothermia if outside for long periods. | Be careful. Dress very warmly in layers of clothing, with an outer layer that is wind-resistant. Cover all exposed skin: wear a hat, mittens, and a scarf, neck tube, or face mask. Be ready to cut short or cancel outdoor activities. Keep active. |
| –55 and colder | High risk: Exposed skin can freeze in less than 2 minutes. | DANGER! Outdoor conditions are hazardous. | Stay indoors. |

* In sustained winds over 50 km/h, frostbite can occur faster than indicated.

† In parts of the country with a milder climate (such as southern Ontario and the Atlantic provinces except Labrador), a wind-chill warning is issued at about –35. Further north, people have grown more accustomed to the cold, and have adapted to the more severe conditions. Because of this, Environment Canada issues warnings at progressively colder wind-chill values as you move north. Most of Canada hears a warning at about –45. Residents of the Arctic, northern Manitoba, and northern Quebec are warned at about –50, and those of the high Arctic at about –55.

Reproduced from the Environment Canada website at <www.msc.ec.gc.ca/education/windchill/windchill threshold chart e.cfm?&sb templatePrint=true>. Used with permission.
Protection is used against elevated temperatures, humidity, and the sun, such as adequate water consumption, light clothing, a hat, sunscreen, and sunglasses. The humidex combines temperature and humidity to reflect the perceived temperature. The following guide from Environment Canada indicates the risk associated with various humidex levels. When the humidex rises above 40, activity should be avoided or curtailed.

<table>
<thead>
<tr>
<th>Range of humidex: Degree of comfort*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 29°C</td>
</tr>
<tr>
<td>30°C to 39°C</td>
</tr>
<tr>
<td>40°C to 45°C</td>
</tr>
<tr>
<td>Above 45°C</td>
</tr>
<tr>
<td>Above 54°C</td>
</tr>
</tbody>
</table>

Protection against insects and poisonous plants is provided by adequate clothing, proper footwear, and insect repellent. If allergies are an issue, the student/parent needs to provide the necessary information to the instructor/coach/program leader and carry the necessary medication (e.g., epi pen).

A designated person with first aid training is present to deal with injuries and emergencies.

A bad weather plan is in place to cancel, reschedule, or relocate an activity/event.

In regards to electrical storms, when a thunder and lightning strike occur within five seconds of one another, the storm is very near and at a distance of about 1.6 km for each five-second count. Changes in this interval of time indicate the storm is moving away or approaching the activity area. When an electrical storm is near, everyone needs to find shelter. If this is not possible, they must move to a low-lying area, away from water and metal as well as taller objects such as trees and poles.

Local emergency services are identified.

Adequate drinking water is available.

Washroom facilities are accessible.

Only designated areas/trails are used.

Prior to outdoor aquatic activities, water conditions are assessed.

Prior to entering remote areas, permission is obtained, maps are carried, and fire restrictions and wildlife guidelines are checked.

Only environmentally friendly techniques, such as low-impact camping, are used.

* Reproduced from the Environment Canada website at <www.qc.ec.gc.ca/Meteo/Documentation/Humidex_e.html>. Used with permission.
3.5 Equipment

The level of risk involved in any activity will be affected by the equipment used by the participants while participating in the activity, and will decrease when appropriate equipment is used. Most physical activities require some form of equipment that may be integral to the activity itself or may offer protection to participants while engaging in the activity. Risk management strategies related to equipment include:

- Equipment is checked before use for defects by the instructor/coach/program leader and the student (who should be shown what to check for).
- Equipment is certified (e.g., CSA) in accordance with rules and regulations of regulating organization.
- Instructions are given regarding the proper use and maintenance of equipment.
- Defective equipment is avoided.
- Equipment that does not fit properly and/or adjusted for size (e.g., downhill ski boots) is avoided.
- Problems/defects are reported to instructor/coach/program leader.
- Equipment that does not comply with safety standards (e.g., CSA) is avoided.
- Equipment should be purchased from/built by competent individuals as per specifications as established by the governing/regulating body for a sport/activity.
- A first aid kit, phone and required emergency equipment are readily available in case of accident/injury.
- Portable music players are avoided as they reduce the student’s awareness to any potential dangers in his/her surroundings.
3.6 Clothing/Footwear

The level of risk involved in any activity will be affected by the clothing worn by the participants while participating in the activity and will decrease when appropriate clothing is worn. Inappropriate/ill-fitting clothing/equipment can inhibit movement and/or be the source of potential injury (e.g., skis that are too long). Not wearing appropriate clothing/equipment may also prohibit participation in an activity (e.g., not wearing a throat protector prohibits participation in hockey team practices/games). In determining clothing and footwear to be worn during an activity, the following strategies should be applied:

- Appropriate and properly fitted clothing/footwear is worn as defined by the activity.
- Adequate clothing and protection is used based on environmental conditions.
- In cold weather, clothing is worn in layers.
- Jewelry should be removed or secured when safety is a concern.
- Clothing should permit unrestricted movement.
- Laces need to be tied and open-toed shoes are avoided.

3.7 Personal and Other Considerations

While participating in physical activity, other considerations that may contribute to the risks involved relate to the participant’s personal health, physical limitations, and general behaviour during participation. The following strategies should be used:

- The student has completed a regular medical checkup and submitted a medical history prior to starting into the program; any relevant medical conditions or physical limitations are taken into account and shared with the instructor/coach/program leader.
- Students suffering 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.
4. Eligible Activities

The purpose of the student-directed OUT-of-class component of the course is to encourage youth to take greater ownership of their physical activity and become involved in physical activities suited to their own individual interests and abilities.

These activities should be safe, ethical, and appropriate. Completion of the Physical Activity Practicum for Grades 11 and 12 requires a minimum of 55 hours of physical activity at a moderate to vigorous level of intensity that contributes to cardio-respiratory endurance (heart, lungs, circulatory system) plus one or more of the health-related fitness components (muscular strength, muscular endurance, and flexibility).

As per departmental policy, physical activities selected for the OUT-of-class component of the course do not qualify when the activities are related to another course for which the student receives credit (e.g., school-initiated courses related to dance or sports).

Certain high-risk activities that are inherently dangerous may be prohibited by the school/division as part of the OUT-of-Class Physical Activity Practicum, and will not be eligible for credit under any circumstances according to local policy. This policy might also require that certain activities (e.g., trampolining), which are known to be associated with a higher rate of injury when unsupervised, be directly supervised by a qualified instructor or coach in order to be eligible for credit. Other risk factors, conditions, or exceptional circumstances may also need to be considered prior to acceptance.

Any activities not included in the eligible activity list will need to be approved by the school/division according to the process outlined in its policy.

5. Personal Accident Insurance

The Manitoba Association of School Trustees (MAST) provides an option to school divisions to purchase universal first-party student accident insurance. Every student within a division that chooses this option is covered without regard to fault, 24 hours per day, 365 days per year, for all school activities, including OUT-of-class activities that have been approved as part of the Personal Physical Activity Plan in Grades 9 to 12 PE/HE courses. It is assumed that this coverage would not apply to other activities unless the student’s Personal Physical Activity Plan is revised prior to the occurrence of an accident. This would include having any new activities accepted by the PE/HE teacher, obtaining the recommended safety guidelines for these new physical activities, and receiving the consent of the parent (students under 18 years of age) to participate in the new activities. As a precautionary measure and to prevent unnecessary revisions to the student’s plan, students should be encouraged to add more activities to their original plan to avoid having to add them later. Families may also obtain first-party student accident insurance coverage (e.g., Reliable Life Insurance Company program), which provides insurance coverage for students without regard to fault for any activity, whether school-related or not, 24 hours per day, 365 days per year.
Physical Activity Safety Checklists

The template on pages E.5 and E.6 has been designed so that it may be used by individual schools and divisions to draft additional physical activity safety checklists. To facilitate its adaptation, a version in Microsoft Word format is available on the accompanying CD and on the Department website at <www.edu.gov.mb.ca/k12/cur/physhlth/index.html>. Activity definitions are reproduced from www.wikipedia.org under the terms of the GNU Free Documentation License.
Physical Activity Safety Checklists

The physical activity safety checklists have been provided to inform students and parents of the safety concerns and/or standards to consider when selecting and participating in physical activity. While they are intended to be used specifically for OUT-of-class physical activities as part of Grades 9–12 PE/HE courses, they can also apply to physical activity participation in general. The intent is not to restrict student participation but rather to assist them in the process of identifying inherent or potential risks, recommending strategies/safest practices to manage these risks, and to minimize the possibility of injury during participation.

The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. However, some of these may not apply to all situations (e.g., home-based, recreational, or modified activities). There are many variables that will need to be taken into consideration when determining what level of instruction or supervision is appropriate for the student’s selected physical activities, as well as determining appropriate safety practices relating to the environment and equipment used for the activity. Examples of different variables include level of risk, experience, skill, physical condition, intensity, accessibility, and type of pursuit (competitive/recreational, individual/group). Therefore, the safety checklists have been provided to inform students of the different factors they need to be aware of, while the parent declaration/consent and student declaration forms provide the evidence that students have been informed.

Note

A template has been provided on pages E.5 and E.6 to assist in the development of safety checklists for additional activities not included in this inventory. For a complete list of the physical activities for which safety checklists have been provided, please refer to the Physical Activity Inventory in Appendix C. It should also be noted that safety checklists have been provided for camping activities (i.e., residential, summer, and winter). While camping in and of itself is not necessarily a physical activity, it may provide the opportunity for a number of physical activities that may be used for this course. Therefore, many of the safety checklists will refer to these camping safety checklists when overnight camping may be involved.
### Physical Activity Safety Checklists

**ACTIVITY NAME**

<table>
<thead>
<tr>
<th>(Description of activity)</th>
<th>Risk Factor Rating (1-4)</th>
</tr>
</thead>
</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.

- □
- □
- □

#### 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: (i.e., constant visual supervision, on-site supervision, in-the-area supervision, little or no supervision)
- □
- □
# Physical Activity Safety Checklists

<table>
<thead>
<tr>
<th>(Activity Name)</th>
</tr>
</thead>
</table>

## Facility
- □
- □
- □
- □

## Equipment
- □
- □
- □
- □

## Clothing/Footwear
- □
- □
- □
- □

## 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 has been 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
**Physical Activity Safety Checklists**

### Aerobics (Dance, Step)

Aerobics is a form of exercise, typically performed to music, often in a group setting with a leader.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>2</th>
</tr>
</thead>
</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 an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, 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 aware of potential risks of aerobic activities with specific reference to certain exercises that might constitute part of the program.
- Safety rules and procedures are learned prior to participation.
- Skills/movements are learned in proper progression.
- Each session is conducted with an appropriate warm-up and cool-down.
- Drinking water is available and consumed as needed.
- Program adheres to basic fitness and training principles.

#### 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** during initial instruction.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
### AEROBIC (DANCE, STEP)

#### Facility
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- 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
- Equipment is checked/cleaned regularly (steps, mats, dumbbells, etc.)
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

#### Clothing/Footwear
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (e.g., aerobics wear), permitting unrestricted movement

#### 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 has been 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
### Physical Activity Safety Checklists

#### Aerobics—Water/Aqua

| Water/aqua aerobics is a form of aerobic exercise performed in shallow water such as in a swimming pool. | 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 instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, 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 aware of potential risks involved in water/aqua aerobics with specific reference to certain exercises that might constitute part of the program.
- □ Safety rules are learned prior to participation.
- □ Skills/movements are learned in proper progression.
- □ Instructor is in control of class at all times.
- □ Distress levels of class members are monitored.
- □ Each session is conducted with an appropriate warm-up and cool-down.
- □ Drinking water is available and consumed as needed.
- □ Program adheres to basic fitness and training principles.

### 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.
# Physical Activity Safety Checklists

## Aerobics—Water/Aqua

### Facility
- ☐ Adequate space is provided in which students may participate in chest-deep water
- ☐ The water temperature is at an appropriate level
- ☐ Pool deck is free of obstacles
- ☐ Proper lighting and ventilation, when applicable, are provided
- ☐ Safety rules/regulations are posted
- ☐ 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
- ☐ Equipment is checked by a qualified person before every session
- ☐ Instructions are given regarding the proper maintenance/storage of equipment
- ☐ First aid kit and phone are available

### Clothing/Footwear
- ☐ An appropriate bathing suit is worn

### 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
# Physical Activity Safety Checklists

## Aikido

**Aikido** is a Japanese martial art created as a method of defending oneself without injuring the attacker.

| 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 a trained/certified aikido instructor approved by the Canadian Aikido Federation or an instructor capable of demonstrating the competencies required for certification
- [ ] All sessions are conducted in a safe environment, with students aware of the potential risks involved in aikido
- [ ] Safety rules and procedures are learned prior to participation
- [ ] Skills/movements are learned in proper progression
- [ ] Program adheres to basic fitness and training principles
- [ ] Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- [ ] Instructor is in control of the dojo (training area) at all times
- [ ] Student must demonstrate competency of skill/fitness prior to being allowed to enter competition
- [ ] Drinking water is available and consumed as needed

### 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
## Physical Activity Safety Checklists

### Aikido

#### Facility
- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are provided or posted
- □ 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
- □ Equipment is checked by a qualified person before every session
- □ Instructions are given regarding the proper maintenance of equipment
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Clothing must meet the requirements of the club or competition

#### 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 has been 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
### Archery

Archery is a precision/target sport using a bow to shoot arrows.

| 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 a trained/certified National Coaching Certification Program/Federation of Canadian Archers (FCA) coach or an experienced archer who is capable of demonstrating the competency expected from a certified coach
- [ ] All sessions are conducted in a safe environment, with all students aware of potential risks involved in archery
- [ ] Safety rules and procedures are learned prior to participation
- [ ] Skills/movements are learned in proper progression
- [ ] Instruction is received regarding the safe removal of arrows and retrieval procedures
- [ ] Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- [ ] Drinking water is available and consumed as needed

#### 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**
- [ ] Supervisor is in control of the firing line at all times; no one crosses the firing line without permission
- [ ] All students not involved in shooting must be positioned well behind the firing line and away from the archers on the line
- [ ] Safety rules and procedures are enforced
- [ ] Emergency action plan is in place to deal with accidents/injuries
### Physical Activity Safety Checklists

#### Archery

<table>
<thead>
<tr>
<th>Facility</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
</tr>
<tr>
<td>□ Activity area includes a clearly marked firing line and out-of-bounds areas</td>
</tr>
<tr>
<td>□ Indoor facility has a proper safety net behind targets</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
</tr>
<tr>
<td>□ Safety rules/regulations are posted</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
</tr>
<tr>
<td>□ Indoor facility has a clearly marked emergency exit</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Equipment (bows/arrow/targets/abutments) is checked by a qualified person before every session</td>
</tr>
<tr>
<td>□ Instructions are given regarding the proper maintenance of archery equipment</td>
</tr>
<tr>
<td>□ Appropriate targets are used</td>
</tr>
<tr>
<td>□ Floor quivers are used</td>
</tr>
<tr>
<td>□ Bow and arrow length and weight are correct for the student’s size and strength</td>
</tr>
<tr>
<td>□ Arm guards and finger tabs are available</td>
</tr>
<tr>
<td>□ All bows are secured when not in use</td>
</tr>
<tr>
<td>□ First aid kit and phone are available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Appropriate and properly fitted footwear is worn</td>
</tr>
<tr>
<td>□ Laces are tied and open-toed shoes are avoided</td>
</tr>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td>□ Appropriate clothing is worn for conditions, permitting unrestricted movement; upper-body clothing must not interfere with bow action</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
</tr>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan has been encouraged</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
<tr>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
</tbody>
</table>
Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The jumping events include high jump, long jump, pole vault, and triple jump.

Risk Factor Rating

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 certified National Coaching Certification Program/Athletics 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, indoors and outdoors, with students aware of potential risks involved in training for the jumping events

☐ Safety rules and procedures are learned prior to participation

☐ Skills/movements are learned in proper progression

☐ Students learn the proper mechanics of the jumps

☐ Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

☐ Drinking water is available and consumed as needed

☐ Coaches monitor weekly training load and increases of athletes (i.e., weight training loads and sprint work) through a training log/journal
## Physical Activity Safety Checklists

### Athletics—Jumps

#### 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** during initial instruction and **in-the-area supervision** during training sessions (In the case of the pole vault and high jump, **constant visual supervision** is required during vaulting/jumping sessions.)
- As some training sessions will be conducted by students on their own, students are encouraged to train in pairs.
- A person responsible for providing first aid should be present during the entire session.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.

#### Equipment

- Equipment to be used is suitable and in good condition.
- First aid kit and phone are readily accessible.

#### Clothing/Footwear

- Appropriate and properly fitted footwear is worn.
- Laces are tied and open-toed shoes are avoided.
- Spiked shoes must have appropriate spikes for the approach surface.
- Jewelry is removed or secured when safety is a concern.
- Appropriate clothing is worn, permitting unrestricted movement.
- Suitable clothing and protection is used for weather, sun, and insects.
- Clothing must meet the requirement of the club or competition.

#### Facility/Environment

- Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session.
- Jumps landing areas and approach run-up areas are inspected prior to jump training.
- Activity area is free of debris and obstructions.
- Approach surfaces are level and provide suitable footing.
- Activity area is free of traffic.
- Boundaries are clearly marked.
- Landing pits meet IAAF standards.

#### Facility/Environment

- 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.
# Physical Activity Safety Checklists

## Athletics—Long-Distance Running

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The long-distance running races are run on a 400m track and usually refer to 5000m and 10,000m events, but could include 3000m for high school students.

### Risk Factor Rating

| | 2 |

### 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 certified National Coaching Certification Program/Athletics 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, indoors and outdoors, with students aware of risks involved in long-distance running.
- Safety rules and procedures are learned prior to participation (including road safety).
- Skills/movements are learned in proper progression (The length of the event must be appropriate for the age and fitness level of the student.)
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work.
- Drinking water is available and consumed as needed.
- Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal.
**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: **in-the-area supervision**
- □ As some training sessions will be conducted by the students on their own, students are encouraged to train in pairs
- □ The person responsible for providing first aid is present and accessible during the entire session
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries

**Facility/Environment**

- □ Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session
- □ Prior to the run, a safety check of the track is performed
- □ Track is free of hazards/debris and traffic
- □ Track surface is level and provides suitable footing
- □ Boundaries are clearly marked

**Equipment**

- □ Equipment to be used is suitable and in good condition
- □ Portable media players (such as an MP3 player) are avoided while running as they reduce the runner’s awareness of any potential dangers in his/her surroundings
- □ First aid kit and phone are readily accessible

**Clothing/Footwear**

- □ Appropriate and properly fitted footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Spiked shoes must have appropriate spikes for the running surface
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Suitable clothing and protection is used for weather, sun, and insects
- □ Clothing must meet the requirement of the club or competition

**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
## Physical Activity Safety Checklists

### Athletics—Middle-Distance Running

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The middle-distance running races are run on a 400m track and include all racing distances from 800m to 3000m.

| Risk Factor Rating | 2 |

### 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 certified National Coaching Certification Program/Athletics 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, indoors and outdoors, with students aware of risks involved in middle-distance running
- Safety rules and procedures are learned prior to participation (including road safety)
- Skills/movements are learned in proper progression
- Length of the event must be appropriate for the age and fitness level of the student
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Drinking water is available and consumed as needed
- Instructor is aware of the local weather conditions/forecast, temperature, and humidity or wind chill
- Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal
## PHYSICAL ACTIVITY SAFETY CHECKLISTS
### ATHLETICS—MIDDLE-DISTANCE RUNNING

### 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: **in-the-area supervision**
- □ As some training sessions will be conducted by the student on their own, students are encouraged to train in pairs
- □ The individual responsible for providing first aid should be present and accessible during the entire session
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries

### Facility/Environment

| Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session |
| Prior to the run, a safety check of the track has been performed |
| Track is free of hazards/debris and traffic |
| Track surface is level and provides suitable footing |
| Boundaries are clearly marked |

### Equipment

- □ Equipment to be used is suitable and in good condition
- □ Portable media players (such as an MP3 player) are avoided while running as they reduce the runner’s awareness to any potential dangers in his/her surroundings
- □ First aid kit and phone are available

### Clothing/Footwear

- □ Appropriate and properly fitted footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Spiked shoes must have appropriate spikes for the running surface
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Suitable clothing and protection is used for weather, sun, and insects
- □ Clothing must meet the requirement of the club or competition

### 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
# Physical Activity Safety Checklists

## Athletics—Sprints, Relays, and Hurdles

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The sprints events involve all racing distances shorter than 800m and include relays and hurdles.

| Risk Factor Rating | 2 |

## 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 certified National Coaching Certification Program/Athletics 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, indoors and outdoors, with students aware of risks involved in sprint training
- □ Safety rules and procedures are learned prior to participation (including road safety)
- □ Skills/movements are learned in proper progression
- □ Students learn the proper mechanics of sprinting
- □ Length of the event must be appropriate for the age and fitness level of the student
- □ 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

#### Athletics—Sprints, Relays, and Hurdles

**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 initial instruction and then **on-site supervision**
- For sprints and relays, the recommended level of supervision is **on-site supervision**
- As some training sessions will be conducted by students on their own, they are encouraged to train in pairs
- The person responsible for providing first aid should be present and accessible during the entire session
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

**Facility/Environment**

- Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session
- Prior to the run, a safety check of the track has been performed
- Track is free of hazards/debris and traffic
- Track surface is level and provides suitable footing
- Boundaries are clearly marked
- Adequate space must be available at the end of the activity space for students to decelerate following a run

**Clothing/Footwear**

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Spiked shoes must have appropriate spikes for the running surface
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Suitable clothing and protection is used for weather, sun, and insects
- Clothing must meet the requirement of the club or competition

**Equipment**

- Equipment to be used is suitable and in good condition
- Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness to any potential dangers in his/her surroundings
- First aid kit and phone are available
PHYSICAL ACTIVITY SAFETY CHECKLISTS

ATHLETICS—SPRINTS, RELAYS, AND HURDLES

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
**Physical Activity Safety Checklists**

## Athletics—Throws

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The throwing events include: discus, hammer, javelin, and shot put.

| Risk Factor Rating | 2 |

### 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 certified National Coaching Certification Program/Athletics 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, indoors and outdoors, with students aware of risks involved in training for the throwing events.
- Safety rules and procedures are learned prior to participation.
- Skills/movements are learned in proper progression.
- Students learn the proper mechanics of the throws.
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work.
- Drinking water is available and consumed as needed.
- Coaches monitor weekly training load of athletes (i.e., weight training loads, distances, and increases) through a training log/journal.
Physical Activity Safety Checklists

Athletics—Throws

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 initial instruction and then **on-site supervision**
- As some training sessions will be conducted by the student on their own, students are encouraged to train in pairs
- The person responsible for providing first aid should be present during the entire session
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

- Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session
- Prior to throw training, a safety check of the throwing areas (cage and throwing circles) has been performed, these areas are inspected on a regular basis.
- Activity area is free of hazards/debris and traffic with boundaries clearly marked
- Throwing surface is level and provides suitable footing
- Adequate space must be available behind the cages for non-throwers

Clothing/Footwear

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Suitable clothing and protection is used for weather, sun, and insects
- Clothing must meet the requirement of the club or competition

Equipment

- Equipment to be used is suitable and in good condition
- Throwing implements must meet IAAF or Athletics Canada specifications
- First aid kit and phone are readily accessible

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
## Backpacking

Backpacking refers to long, self-contained, non-motorized trips, or hikes, in which the backpacker carries all the necessary equipment for one or more nights on the trail.

### 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.

- Leader is experienced and knowledgeable, able to organize instruction, demonstrate skills, and supervise students on a backpacking trip (The more remote the trip, the more experienced the leader must be.)
- Leader has recently traveled proposed trail
- Student is aware of potential risks of backpacking
- Safe hiking techniques, including buddy system, are learned
- Skills/techniques that will be necessary for the trip are learned (e.g., low-impact camping)
- Student’s receive instruction on the use of a compass/GPS and on what they should do if they get lost
- Student’s receive instruction in proper hygiene, including foot care
- Adequate drinking water is available and consumed as needed
- Students are at an appropriate physical fitness level (including their freedom from injury or disability) suitable for the trip
- Leader develops a detailed plan of trip, including itinerary, route, meals, and required group/personal equipment; plan of trip is made available to students/parents
- Emergency action plan and lost student plan is developed and rehearsed

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

### Backpacking

#### 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: **in-the-area supervision; constant visual supervision** may be required for specific hazards
- **□** Person in the group has training in first aid
- **□** Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with an injured person while two go for help.)
- **□** Local weather conditions/forecasts and fire restrictions are checked before the start of trip
- **□** Safety rules and procedures are enforced
- **□** Emergency action plan is in place to deal with accidents/injuries
- **□** Detailed plans for contingency and inclement weather are recorded in writing
- **□** A lost student plan is in place in case someone gets separated from the group; a head-count system is developed and used to ensure all students are present and accounted for
- **□** Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

#### Environment

- **□** Designated trails are used or permission is obtained from appropriate authorities to access the trail
- **□** Detailed maps are provided of the area in which the students will be hiking
- **□** Location of local emergency services have been identified

#### Equipment

- **□** Equipment to be used is suitable and in good condition
- **□** Equipment is checked by qualified person prior to trip departure
- **□** Instructions are given regarding the proper maintenance of equipment
- **□** Students each carry their own backpack, which is properly fitted and adjusted; contents of the backpack are verified for weight and distribution
- **□** A detailed map and working compasses are available
- **□** Students each carry a whistle and their own survival kit
- **□** First aid kit and phone or alternatively, an emergency communication system are available. (GPS [Global Positioning System] is now affordable. Walkie-talkies are a good way to keep the leader and the tail of the group in contact.)
- **□** Portable music players are discouraged/restricted as they cause distractions

#### Clothing/Footwear

- **□** Properly fitted shoes/boots are worn, depending on trail type, with no open-toed shoes
- **□** Clothing is worn in layers with extra clothing carried as appropriate
- **□** Suitable clothing and protection is used to protect against weather, sun (e.g., hat), insects (e.g., long-sleeved shirts and long pants to guard against wood ticks do buddy checks), animals (e.g., bear repellant if going into bear country), and plants (e.g., poison ivy)
- **□** Jewelry is removed/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 has been 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
### PHYSICAL ACTIVITY SAFETY CHECKLISTS

#### BADMINTON

The game of badminton is played by two to four players who attempt to hit the shuttlecock ("birdie") with a racquet over the net and onto the opposing side's court.

| Risk Factor Rating | 2 |

### 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 Badminton Canada coach or an experienced player/coach who is capable of demonstrating competency as expected from a National Coaching Certification Program 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 aware of potential risks involved in badminton
- [ ] Safety rules and procedures are learned prior to participation
- [ ] Code of conduct/etiquette for court play is learned
- [ ] 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 are aware of the benefits of protective eyewear

### 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** during initial instruction and then **in-the-area supervision**
- [ ] Setting up (and taking down) of equipment requires on-site supervision
- [ ] Safety rules and procedures are enforced
- [ ] Emergency action plan is in place to deal with accidents/injuries
# Physical Activity Safety Checklists

## Badminton

### Facility
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit for indoor facility is clearly marked

### Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing (t-shirt and shorts are best) is worn, permitting unrestricted movement
- Clothing meets requirements of the club or competition

### Equipment
- Equipment to be used is suitable and in good condition
- Equipment is checked before every session
- Players use protective eye gear as recommended by Badminton Canada or MHSAA (Manitoba High Schools Athletic Association)
- Instructions are given regarding setting up and taking down of equipment as well as the proper maintenance of badminton equipment
- Equipment is stored in a safe location in a tidy manner
- First aid kit and phone are 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 has been 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
**Physical Activity Safety Checklists**

**Bandy**

Bandy is a sport played by two teams of 11 players, skating on an ice surface the size of a soccer field and trying to hit a ball with a stick into the opposing team’s goal.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
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</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 bandy coach, or an experienced player/coach capable of demonstrating the 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 bandy.
- Safety rules and procedures 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.

**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**
- Supervisor ensures all protective equipment is worn.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
## Physical Activity Safety Checklists

### Bandy

#### Facility/Environment
- □ Local weather conditions/forecast, including wind chill, is checked prior to session
- □ Official ice surface is approximately the size of a soccer pitch
- □ Ice surface is smooth and free of cracks or rough spots
- □ Along the sidelines a 15cm-high border (wall) is placed to prevent the ball from leaving the ice (The border should not be attached to the ice so it can glide in the event of a collision, and should end one to three metres away from the corners.)

#### Equipment
- □ Equipment to be used is suitable and in good condition
- □ Equipment and ice surface are checked before every session
- □ Sticks are the correct length
- □ Instructions are given regarding the proper maintenance of bandy equipment
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Skates, a helmet, a mouth guard, and, in the case of the goalkeeper, a face guard are worn
- □ Teams must wear uniforms that make it easy to distinguish the two teams
- □ Skates, sticks, and any tape on the stick must be of another colour than the ball
- □ Additional protective equipment is used to protect knees, elbows, genitals, and throat; pants and gloves may contain padding
- □ Appropriate clothing is worn for weather conditions

#### 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 has been 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
# Physical Activity Safety Checklists

## Baseball (Hardball)

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>2</th>
</tr>
</thead>
</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 National Coaching Certification Program/Baseball Canada-trained/certified 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 (If participating in an organized baseball program, Baseball Canada requires that all coaches have certification appropriate for their level of competition.)
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in baseball
- Safety rules for baseball are learned
- Skills/movements are learned in proper progression, especially higher-risk activities such as sliding
- Drinking water is available and consumed as needed

### 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 higher-risk activities (e.g., sliding practice)
- Designated person is present with basic knowledge of first aid
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries. Pitchers are limited to a maximum of 60 pitches per game and no more than two games per day
### Physical Activity Safety Checklists

#### Baseball (Hardball)

**Facility/Environment**
- Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- Bases are secured
- Diamond is groomed and level, and free of holes, rocks, or other obstacles
- Backstop is free of holes or broken wires, and is checked prior to each game or practice
- Entrance gates to diamond must stay closed at all times
- Dugout is screened to protect players and coaches
- If the field is deemed to be unsafe, a game/practice must be rescheduled to a new field or new date, and a report must be submitted to appropriate authorities
- When training indoors the site is suitable for the activity being practised (e.g., a school gymnasium may be suitable for a pitching practice but not for batting practice)

**Equipment**
- Equipment to be used is suitable and in good condition
- Equipment (bats, helmets) are checked by a qualified person before every session
- Bats are the appropriate size (length and weight) for each participant
- CSA-approved helmets are worn by batters and base runners as well as players in the on-deck circle
- Helmets must have ear flaps on both sides
- Catchers must wear approved equipment
- Instructions are given regarding the proper care and maintenance of baseball equipment
- Equipment not being used as part of the game must be kept out of the playing area
- First aid kit and phone are available

**Clothing/Footwear**
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed when safety a concern (or in accordance with league rules)
- Appropriate clothing is worn (pants, team shirt, and baseball hat), permitting unrestricted movement
- Clothing must meet requirement of the club or competition
- Application of sunscreen/insect repellent is advised, depending on circumstances

**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 has been 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
## Physical Activity Safety Checklists

### Basketball

Basketball is a team sport in which two teams of five active players each try to score points against one another by throwing a ball through a 10-foot-high hoop (the basket).

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</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 National Coaching Certification Program/Canada Basketball trained/certified 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. If participating in an organized league, the league may require a certain level of coach certification.
- □ All sessions are conducted in a safe environment, with students aware of potential risks involved in basketball
- □ Safety rules and practices in basketball 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

#### 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 during initial instruction followed by in-the-area supervision when sufficient competency is demonstrated
- □ Designated person responsible for first aid care is present
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries
### Physical Activity Safety Checklists

#### Basketball

<table>
<thead>
<tr>
<th>Facility</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris and appropriate wall padding is in place</td>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Activity area is clearly marked with adequate out-of-bounds areas</td>
<td>□ Balls should be checked for proper inflation and lack of deformity before every session</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ Ball size is correct for students</td>
</tr>
<tr>
<td>□ Safety rules/regulations are posted</td>
<td>□ Instructions are given regarding the proper maintenance of basketball equipment</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
<td>□ Wall pads are in good repair</td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td>□ First aid kit and phone are available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
<th>Other Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Appropriate and properly fitted footwear is worn</td>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
</tr>
<tr>
<td>□ Laces are tied and open-toed shoes are avoided</td>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
</tr>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
<td>□ Registration in an accident insurance plan is encouraged</td>
</tr>
<tr>
<td>□ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement</td>
<td>□ 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</td>
</tr>
<tr>
<td>□ Eye wear must be secured and in accordance with the rules of competition</td>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
</tr>
<tr>
<td>□ Team uniforms must be in accordance with rules of competition as outlined by league</td>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
</tr>
</tbody>
</table>

- 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.
# Physical Activity Safety Checklists

## Biathlon

<table>
<thead>
<tr>
<th>Biathlon combines cross-country skiing and target shooting and is undertaken along a defined course.</th>
<th>Risk Factor Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td></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 provided by certified National Coaching Certification Program/Biathlon Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach in preparing programs for biathlon events 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, indoors and outdoors, with students aware of risks involved in biathlon training and competition
- Instruction in basic safety (including ski and rifle safety) is learned prior to participation
- Coaches monitor weekly training load (distance) and increases of athletes
- Skills/movements are learned in proper progression
- The length of the event must be appropriate for the age and fitness level of the student
- 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

### Biathlon

#### 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 shooting sessions, **on-site supervision** during initial instruction for skiing, and **in-the-area supervision** during training or competition
- □ Trained supervisor is present at shooting stations
- □ As some training sessions will be conducted by the student on their own, students should be encouraged to train in pairs.
- □ Designated person responsible for providing first aid is present during the entire session
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries

#### Facility/Environment

- □ Local weather conditions/forecast, including windchill, are checked prior to outdoor session
- □ A safety check of the ski trail has been performed prior to session
- □ Ski trail is free of debris/obstructions and as free of traffic as possible
- □ Route is clearly marked
- □ Shooting stations are set up in accordance with regulations

#### Equipment

- □ Equipment to be used is suitable and in good condition
- □ Skis, poles, and rifles are checked prior to each session; damaged equipment must be repaired or replaced
- □ Portable media players (such as an MP3 player) are avoided while training as they reduce the biathlete's awareness to his/her surroundings
- □ First aid kit and phone are available

#### Clothing/Footwear

- □ Appropriate footwear is worn with laces tied
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing permitting unrestricted movement is worn
- □ Suitable clothing provides protection from weather and sun
- □ Clothing must meet the requirement of the club or competition

#### 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
## Physical Activity Safety Checklists

### Bocce

Bocce is a precision sport where players throw balls toward a target.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>1</th>
</tr>
</thead>
</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 bocce coach (Special Olympics), or an experienced player/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 aware of potential risks involved in bocce.
- Safety rules 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.

### 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: **in-the-area supervision**
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
## Physical Activity Safety Checklists

### Bocce

#### Facility/Environment
- Local weather conditions, forecast, and temperature are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked
- Outdoor facilities are properly marked and fenced

#### Equipment
- Equipment to be used is suitable and in good condition
- Equipment should be checked before every session
- Instructions are given regarding the proper maintenance of bocce equipment
- First aid kit and phone are available

#### Clothing/Footwear
- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirements of club or competition

#### 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
## Physical Activity Safety Checklists

### Bowling (5 and 10 Pin)

Bowling is a precision sport where players throw balls toward a set of targets (pins).

### 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 5-pin or 10-pin bowling coach or an experienced bowler/coach who is capable of demonstrating competency 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 aware of potential risks involved in bowling.
- Safety rules and bowling 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.

### 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: in-the-area supervision.
- Safety rules and bowling etiquette are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
## Physical Activity Safety Checklists

### Bowling (5 and 10 Pin)

#### Facility
- □ Activity area is free of hazards/debris
- □ Proper lighting and ventilation are provided
- □ Safety rules/regulations are posted
- □ Instructions for use of facility are posted
- □ Emergency exit is clearly marked
- □ Bowling area is be free of food and drinks

#### Equipment
- □ Equipment to be used is suitable and in good condition
- □ Equipment is checked before every session
- □ Instructions are given regarding the proper maintenance of bowling equipment
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Appropriate and properly fitted footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Clothing must meet requirement of the club or competition
- □ Clothing not being used is properly stored away from the bowling area

#### 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
# Physical Activity Safety Checklists

## Boxing

Boxing is a combative sport where fighters wearing gloves attempt to hit their opponents with their fists.  

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</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/boxing coach, or an experienced athlete/coach capable of demonstrating competencies of a certified coach
- All sessions are conducted in a safe environment, with students aware of potential risks involved in boxing
- Boxing safety rules (including use of hand wraps) and proper training/competition etiquette are learned
- Skills/movements are learned in proper progression
- Training sessions include appropriate fitness training
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
- Drinking water is available and consumed as needed
- Student must demonstrate competency of skill/fitness prior to being allowed to enter competition
- Instruction/encouragement in proper techniques is provided to maintain appropriate fighting weight
- Instructor ensures that the boxer’s medical record is up-to-date

### 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
- Designated person responsible for providing first aid is present during the entire session
- Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Boxing

<table>
<thead>
<tr>
<th>Facility</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Flooring provides adequate traction</td>
<td>□ Personal equipment (gloves, head gear, etc.) is checked by a qualified person before every session</td>
</tr>
<tr>
<td>□ Activity area is clearly marked with adequate out-of-bounds areas</td>
<td>□ Equipment is the correct size for participant</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ Instructions are given regarding the proper maintenance of boxing equipment</td>
</tr>
<tr>
<td>□ Safety rules/regulations are posted</td>
<td>□ Training equipment (heavy bags, speed bags, etc.) is checked before use</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
<td>□ First aid kit and phone are available</td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Appropriate and properly fitted footwear is worn</td>
<td></td>
</tr>
<tr>
<td>□ Laces are tied and open-toed shoes are avoided</td>
<td></td>
</tr>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
<td></td>
</tr>
<tr>
<td>□ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement</td>
<td></td>
</tr>
<tr>
<td>□ Clothing must meet requirements of club or competition</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Considerations</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
<td></td>
</tr>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
<td></td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
<td></td>
</tr>
<tr>
<td>□ 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</td>
<td></td>
</tr>
<tr>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
<td></td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
<td></td>
</tr>
<tr>
<td>□ 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</td>
<td></td>
</tr>
</tbody>
</table>
### Broomball

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>3</th>
</tr>
</thead>
</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 coach or an experienced broomball player/coach who is capable of demonstrating competency 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 aware of potential risks involved in broomball.
- □ Safety rules and procedures 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.

#### 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**
- □ Designated individual responsible for first aid is available.
- □ Safety rules and procedures are enforced.
- □ Emergency action plan is in place to deal with accidents/injuries.
<table>
<thead>
<tr>
<th>Facility/Environment</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Local weather conditions/forecast, including windchill, are checked prior to outdoor session</td>
<td></td>
</tr>
<tr>
<td>□ Activity area is free of hazards/debris and cracks/uneven surfacing (ruts)</td>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ Sticks must be checked for cracks before every session and repaired or replaced accordingly</td>
</tr>
<tr>
<td>□ All rink doors must be closed</td>
<td>□ Instructions are given regarding the proper maintenance of broomball equipment</td>
</tr>
<tr>
<td>□ Safety rules/regulations are posted</td>
<td>□ Regulation (i.e., approved) broomball sticks must be used</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
<td>□ First aid kit and phone are available</td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Protective gear is worn as prescribed by the Canadian Broomball Federation.</td>
</tr>
<tr>
<td>□ CSA-approved helmet, with mask, must be worn</td>
</tr>
<tr>
<td>□ Mouth guard is worn</td>
</tr>
<tr>
<td>□ Appropriate footwear (broomball shoes) are worn with laces tied</td>
</tr>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td>□ Appropriate clothing is worn according to weather and temperature (indoors or outdoors), permitting unrestricted movement</td>
</tr>
<tr>
<td>□ Clothing must meet requirements of club or competition</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
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<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
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<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
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<tr>
<td>□ 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</td>
</tr>
<tr>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
</tbody>
</table>
### Physical Activity Safety Checklists

**Calisthenics**

Calisthenics is a system of simple exercises performed without weights or other equipment and is intended to promote general fitness. **Risk Factor Rating 1**

<table>
<thead>
<tr>
<th>General Learning Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Risk Management Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Note:</strong> 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.</td>
</tr>
</tbody>
</table>

- Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, 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 aware of potential risks of calisthenics exercises.
- Safety rules and procedures are learned prior to participation.
- Skills/movements are learned in proper progression.
- Each session is conducted with an appropriate warm-up and cool-down.
- Drinking water is available and consumed as needed.
- Program adheres to basic fitness and training principles.

<table>
<thead>
<tr>
<th>Supervision</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Note:</strong> The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</td>
</tr>
</tbody>
</table>

- Recommended level of supervision: **on-site supervision** during initial instruction.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
### Physical Activity Safety Checklists

#### Calisthenics

<table>
<thead>
<tr>
<th>Facility</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ Floor exercises are done on gymnastics mats, which should be cleaned on a regular basis</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
<td>□ First aid kit and phone are available</td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td></td>
</tr>
</tbody>
</table>

| Clothing/Footwear                                                                                                                        |                                                                                            |
| □ Appropriate and properly fitted footwear is worn                                                                                       |                                                                                            |
| □ Laces are tied and open-toed shoes are avoided                                                                                         |                                                                                            |
| □ Jewelry is removed or secured when safety is a concern                                                                               |                                                                                            |
| □ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement                                      |                                                                                            |
| □ Clothing must meet requirements of the facility                                                                                  |                                                                                            |

| 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 |                                                                                            |
Residential camping refers to visits to a permanent camp or outdoor centre in which a service provider offers dorms or cabins and toilets, shower, and kitchen facilities. While residential camping is not a physical activity per se, it provides the student with opportunities for alternative pursuits that are specific to a different or natural environment.

**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 camper, competent to organize, demonstrate, instruct and supervise the trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
- Students are aware of potential risks involved in camping
- Safety rules and techniques, including buddy system, are learned prior to participation
- Skills/techniques, including low-impact camping, are learned in proper progression
- Program must be planned in detail and shared with students/parents and includes contingency plans for inclement weather
- Behavioral expectations, boundaries for activity, and assembly procedures are reviewed prior to the trip
- Local weather conditions/forecasts and fire restrictions are checked before the start of trip
## Physical Activity Safety Checklists

**Camping—Residential**

### 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** for higher-risk activities, such as preparing fires and chopping wood, and otherwise **in-the-area supervision**
- Designated person responsible for providing first aid is available
- Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return
- Process for the accounting of the students must be in place
- Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

### Facility/Environment

- Detailed maps are provided of area where students will be camping
- Permission/permit to use site(s) is obtained. Regulations about campfires or guidelines about wildlife are verified.
- In Manitoba the camp is accredited by the Manitoba Camping Association, meeting minimum standards
- Access to adequate water supply is available and students are encouraged to consume water regularly

### Clothing/Footwear

- Properly fitted shoes/boots are worn (no open-toed shoes)
- Appropriate clothing is worn, providing unrestricted movement while protecting the body.
- Clothing is worn in layers; extra clothing is packed as appropriate
- Jewelry is removed/secured when safety is a concern
- Suitable clothing and protection for the elements is packed for weather, sun, insects, etc.

### Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by supervisor/qualified person prior to departure/usage
- Instructions are given regarding the proper use/maintenance of equipment
- Leader and each student has a whistle or other signaling device if off site
- Portable media players (such as an MP3 player) are discouraged/restricted as they reduce awareness to one’s surroundings
- First aid kit and phone are available. An alternative emergency communication system can also be used (GPS [Global Positioning System] is now affordable.)
### Physical Activity Safety Checklists

#### Camping—Residential

**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.
### Physical Activity Safety Checklists

#### Camping — Summer

Camping is an outdoor recreational activity that involves spending one or more nights in a tent, primitive structure, a travel trailer, or recreational vehicle with the purpose of getting away from civilization and enjoying nature. While summer camping is not a physical activity per se, it provides the student with opportunities for alternative pursuits that are specific to a different or natural summer environment.

| Risk Factor Rating | 2 |

### 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 camper, competent to organize, demonstrate, instruct and supervise the trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
- [ ] Leader is familiar with area and is in good physical condition
- [ ] Students are aware of potential risks involved in camping
- [ ] Safety rules/techniques, including buddy system, are learned prior to trip
- [ ] Instruction is received in use of compass/GPS and what to do if lost
- [ ] Skills/techniques, including low impact camping, are learned in proper progression
- [ ] Activity sessions are appropriate for the abilities of the students; if the trip will be strenuous, students need to be in good physical condition before setting out
- [ ] Behavioral expectations, boundaries for activity, and assembly procedures are reviewed prior to trip
- [ ] Program must be planned in detail and shared with students/parents, and must include detailed menus, cooking supplies, as well as group and personal equipment
- [ ] Local weather conditions/forecasts and fire restrictions are checked before the start of trip
# Physical Activity Safety Checklists

## Camping—Summer

### 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** for higher-risk activities, such as preparing fires and chopping wood, and otherwise **in-the-area supervision**
- Designated person responsible for providing first aid is available
- Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return
- Process for the accounting of the students must be in place
- Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries and evacuation
- Detailed plans for contingency and inclement weather are recorded in writing

### Facility/Environment

- Location of local emergency services have been identified
- Detailed maps are provided of area where students will be camping
- Washroom facilities are accessible
- Permission/permit to use site(s) is obtained; regulations about campfires or guidelines about wildlife are verified
- Access to adequate and safe water supply is available and water is consumed as needed
- Food is properly stored outside of tent in a closed container that can’t be easily broken into by animals (Food that is left out in the open can attract dangerous wildlife and can deplete the food supply.)
PHYSICAL ACTIVITY SAFETY CHECKLISTS

CAMPING—SUMMER

Equipment
- Equipment to be used is suitable and in good condition
- Equipment is checked by supervisor or qualified person prior to departure/usage
- Instructions are given regarding the proper use/maintenance of equipment
- Leader and each student has a whistle or other signaling device if off-site
- Other equipment required:
  - portable propane/liquid gas-type stove (1 per 8 students)
  - flashlight
  - shovel/trowel
  - sun protection and insect repellent
  - waterproof matches
  - nutritious food (which does not require preparation)
- Portable media players (such as an MP3 player) are discouraged/restricted as they reduce awareness to one’s surroundings
- First aid kit and phone are available (An alternative emergency communication system can also be used [GPS is now affordable].)

Clothing/Footwear
- Properly fitted shoes/boots are worn (no open-toed shoes)
- Appropriate clothing is worn, providing unrestricted movement while protecting the body
- Clothing is worn in layers; extra clothing is packed as appropriate
- Jewelry is removed/secured when safety is a concern
- Suitable clothing that protection from the elements is packed for weather, sun, insects, etc.

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
Camping—Winter

Camping is an outdoor recreational activity that involves spending one or more nights in a tent, primitive structure, a travel trailer, or recreational vehicle with the purpose of getting away from civilization and enjoying nature. Winter camping is a higher-risk activity than summer camping, due to the increased risks caused by the cold. While winter camping is not a physical activity, per se, it provides the student with opportunities for alternative pursuits that are specific to a different or natural winter environment.

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 winter camper, competent to organize, demonstrate, instruct and supervise the trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
- Leader has recently visited the site to be used for the program
- Students are aware of potential risks involved in winter camping
- Safety rules/techniques, including buddy system, are learned prior to trip
- Instruction is received in the use of compass/GPS and what to do if lost
- Winter camping and survival skills, including low-impact camping, are learned prior to the actual camping trip (Warm weather camping skills may have to be taught first.)
- Students are encouraged to eat more food each day via snacks
- Activity sessions are appropriate for the abilities of the students; if the trip will be strenuous, students need to be in good physical condition before setting out
- Behavioural expectations, boundaries for activity, and assembly procedures are reviewed with students
- Program must be planned in detail and shared with students/parents, and includes detailed menus, cooking, group and personal equipment as well as contingency plans for inclement weather
- Local weather conditions/forecasts and fire restrictions are checked before the start of trip
- Leader is familiar with weather conditions/forecast, normal storm patterns, and risks characteristic of the area (e.g., avalanches)
## Physical Activity Safety Checklists

### Camping—Winter

**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.
- Designated person responsible for providing first aid is available
- Recommended level of supervision: **constant visual supervision** for higher-risk activities, such as preparing fires and chopping wood, and otherwise **in-the-area supervision**
- Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return
- Process for the accounting of the students must be in place
- Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries and evacuation
- Detailed plans for contingency and inclement weather are recorded in writing
- If traveling into avalanche territory, group is registered with authorities and the services of a guide certified by the Association of Canadian Mountain Guides or a certified Ski Guide have been enlisted

### Facility/Environment

- Location of local emergency services have been identified
- Long range forecast and fire restrictions in area have been verified before heading out
- Detailed maps are provided of area where students will be camping
- Washroom facilities are accessible
- Permission/permit to use site(s) is obtained; regulations about campfires, or guidelines about wildlife are verified
- Access to adequate and safe water supply is available and water is consumed as needed
- Food is properly stored outside of tent in a closed container that can’t be easily broken into by animals (Food that is left out in the open can attract dangerous wildlife and can deplete the food supply.)

### Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by qualified person prior to departure/usage
- Instructions are given regarding the proper use/maintenance of equipment
- Leader and each student has a whistle or other signaling device and a personal survival kit
- All students should have an adequate sleeping bag and sleeping pad
- Portable media players (such as an MP3 player) are discouraged/restricted as they reduce awareness of one’s surroundings
- First aid kit and phone are available (An alternative emergency communication system can also be used. GPS [Global Positioning System] is now affordable. Walkie-talkies are available for communication within the group.)
## Physical Activity Safety Checklists

### Camping—Winter

#### Clothing/Footwear
- ☐ Appropriate boots for surface and conditions must be worn
- ☐ Appropriate clothing is worn in layers and provides unrestricted movement while protecting the body; adequate extra dry clothing is packed as appropriate for weather
- ☐ Jewelry is removed/secured when safety is a concern
- ☐ Adequate protection from the elements is packed (e.g., hats, mitts, sunglasses)

#### 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
### Canoeing/Kayaking/Rowing

Canoeing, kayaking, and rowing are activities where only muscle is used to propel a boat on water using a paddle.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>4</th>
</tr>
</thead>
</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/CanoeKayak Canada/Rowing Canada instructor or from an experienced paddler/rower capable of demonstrating competencies of a certified instructor, 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 canoeing/kayaking/rowing.
- Safety rules are learned prior to participation; students must know and follow the rules that govern the waters of the province they are paddling in (i.e., speed, “rules of the road,” required safety equipment and protecting the marine environment).
- Emergency rescue strategies are learned prior to participation.
- Skills are learned in proper progression, beginning with classroom sessions.
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work.
- Drinking water is available and consumed as needed.
- Students must know the rules of competition if participating in organized rowing sport.
- Leader is familiar with waters the group is paddling in, including hazardous rocks and strong currents.
- Instructor is aware of the local weather conditions/forecast.
- Weather/water conditions are appropriate for student’s development/capabilities.

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

## Canoeing/Kayaking/Rowing

### 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** during instruction and **in-the area supervision** during outings
- Designated person has NLS Lifeguard certification or Current First Aid Qualifications
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries and includes knowing what to do in a person-overboard emergency
- Instructor/supervisor has list of students on water

### Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked regularly by qualified person
- Paddles/oars are correct size for participant
- Students are all wearing a proper fitted Transport Canada-approved lifejacket/Personal Flotation Device (PFD) with a whistle attached; the law requires one PFD for each person on board
- Boat safety kit is carried for each canoe, including bailing device, waterproof flashlight, signaling device (whistle), 50-foot floating nylon rope
- Extra paddle is carried for each canoe
- First aid kit and phone are available

### Facility/Environment

- Local weather conditions, forecast, and temperature are checked prior to outdoor session
- A map of the route is provided or the course is clearly marked; students are briefed prior to entering the water
- Emergency rescue boat is available
- Course is free of hazards or has clearly marked hazards

### Clothing/Footwear

- Appropriate footwear is worn
- Jewelry is removed or secured when safety is a concern
- Appropriate protection from weather is used (e.g., hat, jacket, sunglasses, sunscreen)

### 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
## Physical Activity Safety Checklists

### Canoe/Kayak Tripping (Wilderness/White Water)

Canoe/kayak tripping is defined as traveling in groups by canoe/kayak through wilderness or semi-wilderness areas for a period of time which includes at least one overnight camp.

| Risk Factor Rating | 4 |

**General Learning Outcome**

The student will demonstrate safe and responsible behaviours in order to manage the risks of injury 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 instructor who has Level 2 canoe tripping certification from Paddle Canada (or Manitoba) or has the experience and competencies of a certified leader, capable of teaching/demonstrating canoe/kayak skills and able to organize/supervise trip as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

- Leader has experience traveling particular trip course

- Students are aware of the potential risks involved in canoe/kayak tripping

- Safety rules are learned prior to participation; students must know and follow the rules that govern the waters of the province they are paddling in (i.e., speed, “rules of the road,” required safety equipment and protecting the marine environment)

- Instruction is received in the skills necessary for the trip (e.g., packing, waterproofing, interpreting weather conditions, prevention/treatment of hypothermia, using a compass, map reading, cooking over open fire, capsized canoe/kayak, help-huddle positions, basic strokes, and river reading)

- Skills are learned in proper progression, beginning with classroom sessions; navigation of rapids should be avoided

- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

- Water purification method is learned; water is consumed as needed

- Route selected is appropriate for group’s abilities (grade 1 rivers, unless very well trained)

- Students have been assessed according to a recognized survival swim test prior to instruction

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

### Canoe/Kayak Tripping
*(Wilderness/Whitewater)*

#### 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** during instruction and **in-the-area supervision** during trip
- **□** Minimum of one supervisor is familiar with the area of the trip
- **□** Supervisors have training from Paddle Canada (or Manitoba)
- **□** Minimum of one instructor/supervisor/participant has:
  1. NLS Lifeguard Certificate, OR
  2. Current First Aid Qualifications:
     a) St. John Emergency First Aid Certificate, OR
     b) Canadian Red Cross Emergency First Aid, OR
     c) RLSS Aquatic Emergency Care Certificate, OR
     d) Canadian Ski Patrol First Aid Certificate
- **□** Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle at the drop-off point, the equipment being brought, the route plan, the weather anticipated and the anticipated date/time of return
- **□** Appropriate gender supervision is provided
- **□** Trip is conducted in safe manner with open water crossings avoided, particularly if wind, surface chop and/or currents are unfavorable
- **□** Heterogeneous pairings are set for each boat (more capable paddler with a less capable paddler) when canoe skills or fitness abilities vary significantly
- **□** Local weather conditions/forecasts, forest fire conditions and fire restrictions are checked before the start of trip
- **□** Safety rules and procedures are enforced
- **□** Emergency action plan is in place to deal with accidents/injuries, evacuation and knowing what to do in a person-overboard emergency
- **□** Detailed plans for contingency and inclement weather are recorded in writing
- **□** Trip is planned in detail and is appropriate for the abilities of the group

#### Environment

- **□** Trip route must be appropriate for the age/ability of the students
- **□** Trip avoids white water, selecting grade 1 rivers

#### Equipment

- **□** Equipment to be used is suitable and in good condition
- **□** Equipment (boats, paddles, lifejackets, etc.) is checked by qualified person before every session
- **□** Instructions are given regarding the proper maintenance of canoe equipment
- **□** Paddles/oars are correct size for participant
- **□** First aid kit and phone are available. An alternative emergency communication system can also be used (GPS [Global Positioning System] is now affordable.)
- **□** Students are all wearing a properly fitted Transport Canada Approved lifejacket/Personal Flotation Device (PFD) with a whistle attached; the law requires one PFD for each person on board

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*continued*
### CANOE/KAYAK TRIPPING
(WILDERNESS/WHITENAUTER)

#### Equipment (continued)
- Boat safety kit is carried for each canoe, including bailing device, waterproof flashlight, signaling device (whistle), 50-foot floating nylon rope
- Extra paddle is carried for each canoe
- Emergency canoe repair kit and rope is available
- Emergency communication system is available

Other equipment required:
- portable cooking stove (use a propane/liquid gas-type stove [1 per 8 students])
- flashlight
- shovel/trowel
- sun protection and insect repellent
- waterproof matches
- nutritious food (which does not require preparation)
- adequate and safe water supply, including water purification method/tablets

- Portable media players (such as an MP3 player) are discouraged/restricted

#### Clothing/Footwear
- Properly fitted shoes/boots are worn for portaging (no open-toed shoes)
- Rain gear is carried
- Clothing is worn in layers
- Dry change of clothing is carried in waterproof bags
- Jewelry representing a safety concern must be removed or taped and eyewear should be secured
- Hats and sunglasses are worn

#### 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
Cheerleading used to be an athletic activity designed to act as a support system for other sports, primarily for boosting school and team spirit. Cheer competitions changed all that as increasingly more difficult stunts, with an increasing risk of injury, have been introduced as an important factor in judging acrobatic cheerleading competitions.

<table>
<thead>
<tr>
<th>General Learning Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Risk Management Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

- Instruction is received from a certified/trained/experienced coach as per the minimum requirements of Manitoba Association of Cheerleading 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 aware of potential risks involved in cheerleading
- Safety rules and procedures are learned prior to participation
- Skills/movements are learned in proper progression, including proper spotting and catching skills
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Sessions include not only skill development but a conditioning component
- Drinking water is available and consumed as needed
- Students are assessed and assigned a physical conditioning program
- Skills not mastered in practice are not to be included in competitions
## Physical Activity Safety Checklists

### Cheerleading (Acrobatic, Spirit, or Dance)

#### 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 the initial skill learning stages and when high-risk moves are practised; otherwise, **in-the-area supervision** is provided
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

#### Facility

- Activity area is clearly marked and provides a dry, flat surface that is free of hazards (on floor and overhead)
- Adequate clear space around activity area is provided
- Proper lighting and ventilation, when applicable, are provided
- Emergency exit of indoor facility is clearly marked

#### Equipment

- Equipment to be used is suitable and in good condition
- Appropriate mats and safety equipment is available and in good repair
- Equipment is checked by a qualified person before every session
- First aid kit and phone are available

#### Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing for conditions is worn, permitting unrestricted movement
- Clothing must meet requirements of club or competition

#### 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 has been 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
# Physical Activity Safety Checklists

## Circuit Training

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
</tr>
</tbody>
</table>

**Circuit training** is a system utilizing a group of six to ten strength exercises that are completed one after another.

### 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 instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, 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 aware of potential risks of circuit training with specific reference to certain exercises which might constitute part of the program.
- □ Safety rules and procedures are learned prior to participation.
- □ Skills/movements are learned prior to commencing circuit.
- □ Each session is conducted with an appropriate warm-up and cool-down.
- □ Drinking water is available and consumed as needed.
- □ Program adheres to basic fitness and training principles.

### 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** during initial instruction and **in-the-area supervision** during training sessions.
- □ Safety rules and procedures are enforced.
- □ Emergency action plan is in place to deal with accidents/injuries.
### Physical Activity Safety Checklists

#### Circuit Training

<table>
<thead>
<tr>
<th>Facility</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Activity area is clearly marked</td>
<td>□ Equipment is checked by a qualified person before every session</td>
</tr>
<tr>
<td>□ Floor surface provides adequate footing</td>
<td>□ Equipment is the correct size/weight for the student's development/abilities</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ Instructions are given regarding the proper maintenance/storage of equipment</td>
</tr>
<tr>
<td>□ Safety rules/regulations are provided or posted</td>
<td>□ First aid kit and phone are available</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
<td></td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Appropriate and properly fitted footwear is worn</td>
<td></td>
</tr>
<tr>
<td>□ Laces are tied and open-toed shoes are avoided</td>
<td></td>
</tr>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
<td></td>
</tr>
<tr>
<td>□ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement</td>
<td></td>
</tr>
<tr>
<td>□ Clothing meets requirements of facility</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Considerations</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
<td></td>
</tr>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
<td></td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
<td></td>
</tr>
<tr>
<td>□ 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</td>
<td></td>
</tr>
<tr>
<td>□ The activity is suitable to the student's age, ability, mental condition, and physical condition</td>
<td></td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
<td></td>
</tr>
<tr>
<td>□ 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</td>
<td></td>
</tr>
</tbody>
</table>
**Physical Activity Safety Checklists**

### Climbing

#### 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 instructor trained by the Alpine Club of Canada, or a similar program, or is an experienced climber/teacher capable of teaching, demonstrating and supervising climbing sessions as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
- [ ] Instruction is received by a trained belayer if climbing requires the use of a belaying system
- [ ] All sessions are conducted in a safe environment, with students being aware of the potential risks of climbing
- [ ] Safety rules and procedures are learned prior to participation
- [ ] Climbing skills are learned in proper progression
- [ ] Climbing sessions are conducted with an appropriate warm-up and cool-down
- [ ] Difficulty of climb is appropriate for student's development/abilities
- [ ] Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- [ ] Drinking water is available and consumed as needed

---

* See camping checklists for safety information when camping overnight.
**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** until belayers or spotters (bouldering) are competent as well as for lowerings; otherwise **on-site supervision** is provided
- Instructor controls the climb
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

**Facility/Environment**

- Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- 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
- Ropes and harnesses are inspected before every use and replaced on a regular schedule
- Helmets fit properly
- First aid kit and phone are available

**Clothing/Footwear**

- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirements of club or conditions

**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
## Physical Activity Safety Checklists

### Cricket

<table>
<thead>
<tr>
<th>Cricket is a bat and ball game played on a field by two teams of eleven players.</th>
<th>Risk Factor Rating 2</th>
</tr>
</thead>
</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 Cricket 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 cricket
- [ ] Safety rules and procedures are learned prior to participation including safe bowling practice
- [ ] 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
- [ ] All non-participating players are in a place safe from the batter

### 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** during instruction
- [ ] Safety rules and procedures are enforced
- [ ] Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Cricket

#### Facility/Environment
- Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- Activity area is level and free of hazards/debris while providing adequate footing
- Activity area is clearly marked with adequate out-of-bounds areas, which are also free of hazards/debris
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are taught and posted
- Emergency exit of indoor facility is clearly marked
- Designated area is identified for non-participating players and in a place safe from the batter

#### Equipment
- Equipment to be used is suitable and in good condition
- Equipment (bats, stumps, and pads) are checked by a qualified person before every session
- Wicket keepers wear appropriate cricket pads and gloves
- Batters wear appropriate helmet and gloves when batting
- Suitable ball is used to match the experience and environment the game/practice is held in (e.g., tennis ball or indoor cricket ball when indoors)
- Instructions are given regarding the proper maintenance of cricket equipment
- First aid kit and phone are readily available

#### Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirements of club or competition

#### 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
# Physical Activity Safety Checklists

## Cross-Country Running

Cross-country running is a sport where individuals and teams race to complete a course over open or rough terrain.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
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</thead>
<tbody>
<tr>
<td>2</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/Athletics 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 aware of potential risks of cross-country running
- [ ] Basic safety is learned prior to participation, with reference to various terrains (including road safety and buddy system of running)
- [ ] Skills/movements are learned in proper progression
- [ ] Length and difficulty of course must be appropriate for age and ability level of athlete
- [ ] Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- [ ] Drinking water is available and consumed as needed
- [ ] Course is walked before a race when possible
- [ ] Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal
### 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: **in-the-area supervision**
- As some training sessions will be conducted by the student on their own, students are encouraged to train in pairs
- Person responsible for providing first aid should be present and accessible during the entire session
- Safety rules and procedures are enforced
- Marshals are stationed at accessible points throughout course
- Safety check of course is performed prior to run
- Pre- and post-run/race check-in system is in place
- Runners must be briefed on the course prior to run
- Plan in place in case someone gets separated from the group during a run or race
- Emergency action plan is in place to deal with accidents/injuries and lost runners

### Facility/Environment

- Local weather conditions, forecast, and temperature are checked prior to outdoor session
- Course/route is clearly marked

### Equipment

- Equipment to be used is suitable and in good condition
- Portable media players (such as an MP3 player) are avoided while running as they reduce the runner's awareness to any potential dangers in his/her surroundings
- First aid kit and phone are available

### Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement and providing adequate protection from elements and vegetation
- Protection from sun or insects is used as required
- Clothing must meet requirements of club or competition
- Extra clothing is available which is appropriate for weather for pre- and post-run/race
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
## Curling

Curling is a precision sport played on ice by two teams of four players alternately sliding polished granite stones towards a target area.  

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>Curling</th>
<th>General Learning Outcome</th>
<th>Risk Management Strategies</th>
<th>Instruction</th>
<th>Supervision</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.</td>
<td>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.</td>
<td>Instruction is received from a trained/certified National Coaching Certification Program/Canadian Curling Association Coach, or an experienced player/coach capable of demonstrating the competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill</td>
<td>Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>□ All sessions are conducted in a safe environment, with students aware of potential risks involved in curling</td>
<td>□ Instruction is received from a trained/certified National Coaching Certification Program/Canadian Curling Association Coach, or an experienced player/coach capable of demonstrating the competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill</td>
<td>□ Recommended level of supervision: on-site supervision</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>□ Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work</td>
<td>□ Skills/movements are learned in proper progression</td>
<td>□ Safety rules and procedures are enforced</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>□ Safety rules and proper on-ice procedures/etiquette are learned prior to participation</td>
<td>□ Drinking water is available and consumed as needed</td>
<td>□ Emergency action plan is in place to deal with accidents/injuries</td>
</tr>
<tr>
<td><strong>Facility/Environment</strong></td>
<td><strong>Equipment</strong></td>
<td></td>
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<td>--------------------------</td>
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<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>□ Local weather conditions are checked prior to outdoor session</td>
<td>□ Equipment to be used is suitable and in good condition</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Activity area is free of hazards/debris</td>
<td>□ Equipment (rocks and ice surface) is checked by a qualified person before every session</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ Sliders are available for students</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Safety rules/regulations and curling etiquette are taught, posted, and enforced</td>
<td>□ Instructions are given regarding the proper maintenance of curling equipment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td>□ First aid kit and phone are available</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Clothing/Footwear</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Clothing must be appropriate for cold-temperature activity, dressing in layers to maintain warmth</td>
</tr>
<tr>
<td>□ Curling shoes or slip-on sliders are worn</td>
</tr>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td>□ Suitable protection against the sun is used if curling outdoors</td>
</tr>
<tr>
<td>□ Appropriate clothing is worn for club or competition</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Other Considerations</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
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<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
<tr>
<td>□ The activity is suitable to the student's age, ability, mental condition, and physical condition</td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
</tbody>
</table>
### Physical Activity Safety Checklists

#### Cycling—Indoor/Stationary

Indoor/stationary cycling is a form of high-intensity exercise that involves using a stationary bicycle and includes completing programs such as “spinning,” “studio cycling,” and “powerpacing.”

| Risk Factor Rating | 1 |

### 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 instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, 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 aware of potential risks of indoor cycling.
- [ ] Safety rules and procedures are learned prior to participation.
- [ ] Skills/movements are learned in proper progression.
- [ ] Each session is conducted with an appropriate warm-up and cool-down.
- [ ] Drinking water is available and consumed as needed.
- [ ] Program adheres to basic fitness and training principles.

### 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](#) during initial instruction.
- [ ] Safety rules and procedures are enforced.
- [ ] Emergency action plan is in place to deal with accidents/injuries.
# Physical Activity Safety Checklists

## Cycling—Indoor/Stationary
*(Spinning®, Studio Cycling, or Powerpacing)*

<table>
<thead>
<tr>
<th>Facility</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Activity area is clearly marked</td>
<td>□ Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly by qualified staff and riders</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ Bike is correct size for participant</td>
</tr>
<tr>
<td>□ Safety rules/regulations are provided or posted</td>
<td>□ Instructions are given regarding the proper maintenance of equipment</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
<td>□ Bicycle repair kit is accessible</td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td>□ First aid kit and phone are available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Appropriate shoes (cycling or runners) are worn</td>
<td></td>
</tr>
<tr>
<td>□ Laces are tied and open-toed shoes are avoided</td>
<td></td>
</tr>
<tr>
<td>□ Appropriate clothing is worn, permitting unrestricted movement</td>
<td></td>
</tr>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
</tr>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
<tr>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
</tbody>
</table>
### Physical Activity Safety Checklists

#### Cycling — Recreational

Cycling involves riding bicycles, unicycles, tricycles, and other human-powered vehicles (HPVs). For the purposes of this safety checklist, recreational cycling refers to non-competitive cycling for pleasure or as a mode of transportation.

| Risk Factor Rating | 2 |

**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 cyclist capable of demonstrating and teaching basic cycling skills, road safety as well as organizing/leading group rides 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 aware of potential risks involved in cycling
- Cycling and road safety rules and procedures 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 rides
- Difficulty of ride is appropriate for student’s development/capabilities

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

## Cycling—Recreational

### 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: **in-the-area supervision**
- Riders are briefed on the route and potential hazards prior to ride
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries and lost students
- Supervisor has list of students on the course
- Instructor has recently ridden the course
- Pre- and post-ride check-in system is in place

### Facility/Course/Environment

- Local weather conditions, forecast, humidity, and windchill are checked prior to ride
- Appropriate permits for travel route or permission to use off-road properties have been obtained
- When applicable, map with route and hazards clearly marked is used; hazards on route are clearly marked and safe passage around the hazards is possible
- Courses are of appropriate length/challenge for rider’s ability
- Support vehicle is available for riders, if applicable
- Buddy system is used when riding, if possible

### Equipment

- Equipment to be used is suitable and in good condition
- Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly
- Bike is correct size for participant
- Bicycle repair kit, including pump, is accessible
- Portable music players and other electronic devices are not permitted on rides as they create distractions
- Safety vests for lead and sweep riders are worn when road riding
- First aid kit and phone are available

### Clothing/Footwear

- Correctly fitted CSA/Snell/ANSI/ASTM-approved helmet is worn at all times
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing (proper fit and visibility) is worn for conditions
- Suitable protection from the weather is used (e.g., hat, jacket, sunglasses, sunscreen)

### Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting into 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 has been 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
## Physical Activity Safety Checklists

### Cycling—Sport (BMX, Cyclocross, Mountain Bike, Road, Track)

Cycling involves riding bicycles, unicycles, tricycles, and other human-powered vehicles (HPVs). The types of competitions (disciplines) under the jurisdiction of the Canadian Cycling Association include BMX, cyclocross, mountain bike, road, track, and paralympics.

| 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/Canadian Cycling Association coach, trained through the Manitoba Cycling Association, or an experienced coach/cyclist 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 aware of potential risks involved in cycling
- □ Cycling and road safety rules and procedures 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 rides
- □ Difficulty of ride is appropriate for student’s development/capabilities

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

### Cycling—Sport (BMX, Cyclocross, Mountain Bike, Road, Track)

#### 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: in-the-area supervision
- Riders are briefed on the route and potential hazards prior to ride
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries and lost students
- Supervisor has list of students on the course
- Pre- and post-ride check-in system is in place

#### Facility/Course/Environment

- Local weather conditions, forecast, humidity, and windchill are checked prior to ride
- Appropriate permits for travel route or permission to use off-road properties have been obtained
- When applicable, map with route and hazards clearly marked is used; hazards on route are clearly marked and safe passage around the hazards is possible
- Courses are of appropriate length/challenge for rider’s ability
- Support vehicle is available for riders, if applicable
- Buddy system is used when riding if possible

#### Equipment

- Equipment to be used is suitable and in good condition
- Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly
- Bike is correct size for participant
- Bicycle repair kit including pump is accessible
- Portable media players (such as an MP3 player) are not permitted on rides as they produce distractions
- Safety vests for lead and sweep riders are worn when road riding
- First aid kit and phone are available

#### Clothing/Footwear

- Correctly fitted CSA/Snell/ANSI/ASTM-approved helmet is worn at all times
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing (proper fit and visibility) is worn for conditions
- Suitable protection from the weather is used (e.g., hat, jacket, sunglasses, sunscreen)

#### 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
**Physical Activity Safety Checklists**

### Cycling—Trips

Cycling involves riding bicycles, unicycles, tricycles, and other human-powered vehicles (HPVs). Cycling trips are very popular whether for group activity through a designated area or as a form of travel from one place to another.

| 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/Canadian Cycling Association coach (including CAN-BIKE bicycle touring I and/or II) trained through the Manitoba Cycling Association, or an experienced cyclist 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 aware of potential risks of cycling.
- □ Cycling and road safety rules and procedures are learned prior to participation.
- □ Skills/movements are learned in proper progression (Level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.)
- □ 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 rides.
- □ Difficulty of ride is appropriate for student’s ability.
- □ Adequate number of training rides are organized prior to trip to ensure students are physically capable of proposed trip.
- □ Leader develops detailed plan for trip including camp sites, meals, washrooms, etc.

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

### Cycling—Trips

<table>
<thead>
<tr>
<th><strong>Supervision</strong></th>
<th><strong>Equipment</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Note:</strong> The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</td>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Recommended level of supervision: <strong>on-site supervision</strong> during initial instruction and then <strong>in-the-area supervision; constant visual supervision</strong> may be required for a specific hazard</td>
<td>□ Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly</td>
</tr>
<tr>
<td>□ Riders are briefed on the route and potential hazards prior to ride</td>
<td>□ Leader inspects each bike prior to trip</td>
</tr>
<tr>
<td>□ Safety rules and procedures are enforced</td>
<td>□ Bike is correct size for participant</td>
</tr>
<tr>
<td>□ Emergency action plan is in place to deal with accidents/injuries and lost students</td>
<td>□ Bicycle repair kit including pump is accessible</td>
</tr>
<tr>
<td>□ Designated rider with first aid training is present</td>
<td>□ Spare parts and tools to make repairs are available</td>
</tr>
<tr>
<td>□ Buddy system is used when riding</td>
<td>□ Safety vests for lead and sweep riders are worn when road riding</td>
</tr>
<tr>
<td>□ Pre- and post-ride check-in system is in place</td>
<td>□ Support vehicles are available</td>
</tr>
<tr>
<td></td>
<td>□ Portable media players (such as an MP3 player) are not permitted on rides as they produce distractions</td>
</tr>
<tr>
<td></td>
<td>□ First aid kit and phone or other emergency communication device are available</td>
</tr>
<tr>
<td></td>
<td>□ Walkie-talkies are available for leaders</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Facility/Course/Environment</strong></th>
<th><strong>Clothing/Footwear</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Local weather conditions, forecast, humidity, and wind chill are checked prior to ride</td>
<td>□ Correctly fitted CSA/Snell/ANSI/ASTM-approved helmet is worn at all times</td>
</tr>
<tr>
<td>□ Appropriate permits for travel route or permission to use off-road properties have been obtained</td>
<td>□ Appropriate and properly fitted footwear is worn</td>
</tr>
<tr>
<td>□ Map with route and hazards clearly marked is used</td>
<td>□ Laces are tied and open-toed shoes are avoided</td>
</tr>
<tr>
<td>□ Route is free of hazards, or the hazards are clearly marked and safe passage around the hazards is possible</td>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td></td>
<td>□ Appropriate clothing (proper fit and visibility) is worn for conditions</td>
</tr>
<tr>
<td></td>
<td>□ Suitable protection from the weather is used (e.g., hat, jacket, sunglasses, sunscreen)</td>
</tr>
<tr>
<td></td>
<td>□ Cycling gloves are worn</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Other Considerations</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
</tr>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
<tr>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
</tbody>
</table>
Ballet is a form of classical dance demanding highly developed technique, grace, and precision, telling a story via specific gestures and flowing patterns of movement with costumes and music usually written by classical composers.

**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 ballet teacher or an experienced dancer capable of organizing a dance program, providing instruction and able to demonstrate steps 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 ballet
- Safety rules are learned prior to participation
- Skills/movements are learned in proper progression
- Students demonstrate competency of skill/fitness prior to moving on to more complex skills
- Difficulty of move 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

**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**
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
# Physical Activity Safety Checklists

## Dance—Ballet

### Facility
- Activity area is free of hazards/debris
- Dance area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- 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
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of ballet equipment
- First aid kit and phone are available

### Clothing/Footwear
- Appropriate footwear is worn
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing permitting unrestricted movement is worn
- Clothing must meet requirements of club or dance studio

### 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
## Physical Activity Safety Checklists

### Dance (Ballroom, Folk, Hip Hop, Hoop Line, Square, Tap, Jazz, Modern)

Dance programs include various forms such as ballroom, folk, hip hop, hoop, line, square, tap, jazz, and modern dance.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</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 dance teacher with training from a dance school or university capable of demonstrating competencies of a certified dance teacher, or an experienced dancer who is able to organize a dance program, provide instruction, and demonstrate steps 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 aware of potential risks involved in the dance program.
- Safety rules/regulations and routines are learned prior to participation.
- Skills/movements are learned in proper progression.
- Students demonstrate competency of skill/fitness prior to progressing to more complex routines.
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work.
- Drinking water is available and consumed as needed.

### 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.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
### Physical Activity Safety Checklists

#### Dance
(Ballroom, Folk, Hip Hop, Hoop Line, Square, Tap, Jazz, Modern)

<table>
<thead>
<tr>
<th>Facility</th>
<th>Equipment</th>
<th>Clothing/Footwear</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
<td>□ Equipment to be used is suitable and in good condition</td>
<td>□ Appropriate footwear is worn</td>
</tr>
<tr>
<td>□ Floor provides adequate traction</td>
<td>□ Equipment for the dance program is checked by a qualified person before every session</td>
<td>□ Laces are tied and open-toed shoes are avoided</td>
</tr>
<tr>
<td>□ Activity area is clearly marked with adequate out-of-bounds areas</td>
<td>□ Instructions are given regarding the proper maintenance of dance equipment</td>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ First aid kit and phone are available</td>
<td>□ Appropriate clothing is worn, permitting unrestricted movement</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
<td></td>
<td>□ Clothing must meet requirements of club or competition</td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 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

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# Physical Activity Safety Checklists

## Diving (Springboard or Platform)

Diving is a sport where acrobatics are performed while jumping or falling into water from an elevated platform.

| Risk Factor Rating | 2 |

### 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/Diving 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 aware of potential risks of diving
- □ Safety rules/regulations, both for swimming and diving, are learned prior to participation
- □ Skills/movements are learned in proper progression
- □ Difficulty of dive 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

### 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** while instructor provides **onsite supervision**
- □ Supervisor controls activities on the board
- □ Each instructor/supervisor has a whistle or other signaling device
- □ Diving rules are enforced, such as:
  - No running or pushing on deck
  - No gum chewing
  - No food in pool area

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*continued*
PHYSICAL ACTIVITY SAFETY CHECKLISTS

DIVING
(SPRINGBOARD OR PLATFORM)

Supervision (continued)

- Diving rules are enforced, such as
  - Only one person uses the board at a time
  - Move to the edge of the pool after a dive
  - Ensure diving area is clear before diving
  - No diving with goggles or earplugs
  - No diving in shallow end
  - No shoes on deck
- Emergency action plan is in place to deal with accidents/injuries

Facility

- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit is clearly marked

Clothing/Footwear

- Proper bathing suit is worn, as prescribed by club/competition
- Device for keeping hair out of eyes is used
- Towel and dry clothing are available for out-of-water sessions
- Appropriate footwear is worn for shower and pool deck areas
- Jewelry is removed

Equipment

- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- First aid kit, emergency equipment, and phone are readily 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
# Fencing (Foil, Épée, and Sabre)

Fencing, a combative sport where two opponents try to tag each other using a sword-like weapon, includes three events each based on the type of weapon used: foil, épée, and sabre.

| 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 a trained/certified National Coaching Certification Program/Canadian Fencing Federation coach or experienced fencer capable of demonstrating competencies required of certified coach
- [ ] All sessions are conducted in a safe environment, with students aware of potential risks involved in fencing
- [ ] Safety rules associated with fencing 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
- [ ] Opponents are appropriately matched
- [ ] Drinking water is available and consumed as needed

### 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
# Physical Activity Safety Checklists

## Fencing

(Foil, Épée, and Sabre)

### Facility
- [ ] Floor is clean/dry/free of obstacles and debris
- [ ] Floor surface is in good repair and provides good footing
- [ ] Safety rules are posted
- [ ] Proper lighting and ventilation are provided
- [ ] Emergency exit of indoor facility is clearly marked

### Equipment
- [ ] Equipment to be used is suitable and in good condition
- [ ] Fencing equipment is checked regularly by qualified personnel and students
- [ ] Damaged equipment must be repaired or replaced
- [ ] Foil/sabre/epee must be in good order
- [ ] Protective equipment must fit properly and be worn at all times
- [ ] First aid kit and phone are available

### Clothing/Footwear
- [ ] Running shoes are worn with laces tied
- [ ] Jewelry is removed or secured when safety is a concern
- [ ] Long athletic pants are worn
- [ ] Fencing vest/jacket and mask fit properly

### 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
<table>
<thead>
<tr>
<th>Physical Activity Safety Checklists</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Field Hockey</strong></td>
</tr>
<tr>
<td>Field hockey is played on a field (or in a gym) by two teams using curved sticks to try and drive a ball into the opponent's net.</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/Field Hockey Canada coach, or experienced coach capable of demonstrating minimum required competencies 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 aware of potential risks involved in field hockey
- Safety and game rules are learned prior to participation
- Skills 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

**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
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Field Hockey

#### Facility/Environment
- Local weather conditions, forecast, humidity, and temperature are checked prior to session
- Playing surface is level and free of debris
- Indoor facility is free of water/moisture
- Playing area is clearly marked/defined
- Area surrounding playing surface is free of potential hazards
- Playing area is situated a safe distance from traffic

#### Equipment
- Equipment to be used is suitable and in good condition
- Sticks must be checked regularly for cracks by coaches and players; damaged equipment must be repaired or replaced
- Regulation (or developmentally appropriate) field hockey sticks are used
- Canadian Field Hockey-approved ball is used
- First aid kit and phone are available

#### Clothing/Footwear
- Approved hockey helmet with cage and full goalie equipment must be worn by the goaltender
- Mouth guards and shin guards are worn by all students
- Appropriate footwear for playing surface and conditions are worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed/secured when safety is a concern, or as per regulations of the program
- Appropriate loose-fitting clothing is worn, providing unrestricted movement while adhering to the rules of field hockey
- Suitable protection from the weather is used (e.g., hat, jacket, sunscreen, insect repellent) for outdoor games/practices

#### 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
### Physical Activity Safety Checklists

#### Fitness Training—Exercise Machines

**E.g., Treadmills, Ergometers, Elliptical Trainers**

Exercise machines are designed to simulate the movements used in activities such as running, rowing, and stair climbing, allowing users to exercise indoors while personalizing their workouts according to desired fitness goals, intensity/resistance, and duration.

| 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, especially in the case of home-purchased exercise machines or equipment.
  - Instruction is received from an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, 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 aware of potential risks involved in fitness training with exercise machines with specific reference to certain exercises that might constitute part of the program
  - Safety rules and procedures are learned prior to participation
  - Skills/movements are learned in a proper progression with proper technique
  - Each session is conducted with an appropriate warm-up and cool-down
  - Drinking water is available and consumed as needed
  - Program adheres to basic fitness and training principles

**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 initial instruction and then **in-the-area supervision**
  - Safety rules and procedures are enforced
  - Emergency action plan is in place to deal with accidents/injuries
### Physical Activity Safety Checklists

**Fitness Training—Exercise Machines**
(e.g., Treadmills, Ergometers, Elliptical Trainers)

#### Facility
- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, 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
- □ Equipment is checked regularly by a qualified person
- □ Equipment is wiped with a disinfectant after each use
- □ Instructions are given regarding the proper maintenance/storage of equipment
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Appropriate footwear and clothing is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry is removed or secured when safety is a concern
- □ Clothing meets requirements of the club

#### 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
### Physical Activity Safety Checklists

**Fitness Training—Small Equipment**

*(e.g., Stretch Bands, Physio Balls, Jump Ropes, Agility Ladders, Medicine Balls)*

| Fitness training is a collective term for a variety of forms of exercise. A fitness program includes sessions normally comprising exercises to improve all elements of fitness (flexibility, muscle strength, and cardiovascular fitness) and is often associated with weight-loss regimes. | Risk Factor Rating 2 |

**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 instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor, 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 aware of potential risks involved in fitness training with specific reference to certain exercises which might constitute part of the program.
- Safety rules and procedures are learned prior to participation.
- Skills/movements are learned in proper progression.
- Each session is conducted with an appropriate warm-up and cool-down.
- Drinking water is available and consumed as needed.
- Program adheres to basic fitness and training principles.

**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** during initial instruction.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
### Fitness Training—Small Equipment
**Examples:** Stretch bands, physio balls, jump ropes, agility ladders, medicine balls

<table>
<thead>
<tr>
<th>Facility</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Activity area is clearly marked with adequate out-of-bounds areas</td>
<td>□ Equipment is checked regularly (steps, mats, dumbbells, etc.)</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ Instructions are given regarding the proper maintenance/storage of equipment</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
<td>□ First aid kit and phone are available</td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
<td></td>
</tr>
<tr>
<td>□ Appropriate footwear and clothing is worn</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
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<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
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<td>□ 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</td>
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<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
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<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
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<tr>
<td>□ 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</td>
</tr>
</tbody>
</table>
Flag football is similar to tackle football, but the play is ended by removing a flag worn on the player’s waist rather than by tackling the opponent. The game is played by two teams on a rectangular field 60 (or 80) yards long. Teams try to get possession of the ball and advance it across the opponent’s goal line in a series of running or passing plays.

| Risk Factor Rating | 2 |

**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/Football Canada coach or a coach 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 aware of potential risks involved in flag football
  - Safety rules are learned prior to participation
  - Rules and etiquette of the game (e.g., no blocking) 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
**PHYSICAL ACTIVITY SAFETY CHECKLISTS**

**FOOTBALL—FLAG**

### 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; constant visual supervision** is required during initial instructional stages of contact skills
- □ Individual trained in first aid must be present for all sessions
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries

### Facility/Environment

- □ Local weather conditions, forecast, humidity, and temperature are checked prior to session
- □ Field is free of hazards/debris and the surface provides adequate footing
- □ Activity area is clearly marked with adequate out-of-bounds areas clear of obstacles
- □ Goal posts are properly padded if they are on the field of play
- □ Safety rules/regulations are posted
- □ Indoor practice facilities have a clearly marked emergency exit

### Clothing/Footwear

- □ All players must be wearing mouth guards when blocking is involved
- □ Protective equipment (e.g., knee braces) is certified to meet minimal CSA standards and the regulations of the league
- □ Suitable and properly maintained footwear that satisfies football regulations must be worn
- □ All jewelry must be removed
- □ Clothing for practices and games are suitable for the weather conditions
- □ Clothing must conform to the rules and regulations of the club and the league

### Equipment

- □ Equipment to be used is suitable and in good condition
- □ Instructions are given regarding the proper maintenance of football equipment
- □ Equipment (e.g., ball) are appropriate for the age, size, and development of the students
- □ First aid kit and phone are 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
- □ Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- □ 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
# Physical Activity Safety Checklists

## Football—Tackle

Tackle football is a sport played by two teams on a rectangular field 110 yards long (100 yards in U.S. football). Teams try to gain possession of the ball and advance it across the opponent’s goal line in a series of running or passing plays. The ball carrier is thrown to the ground (tackled) to end a play.

### Risk Factor Rating

| 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 coaches are trained/certified according to National Coaching Certification Program/Football Canada Coach requirements
- All sessions are conducted in a safe environment, with students aware of potential risks involved in tackle football
- Safety rules and procedures are learned prior to participation
- Skills/movements are learned in proper progression
- During instruction players are matched by size and ability
- Students have received adequate training and can demonstrate competency of skill before participating in full contact situations
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Drinking water is available and consumed as needed

### 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 initial instructional stages of contact skills and **on-site supervision** the rest of the time
- Coach controls contact drills
- Individual trained in first aid must be present for all sessions
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
# Physical Activity Safety Checklists

## Football—Tackle

### Facility/Environment
- Local weather conditions, forecast, humidity, and temperature are checked prior to session
- Field is free of hazards/debris and the surface provides adequate footing
- Activity area is clearly marked with adequate out-of-bounds areas clear of obstacles
- Goal posts are properly padded
- Proper lighting is provided
- Safety rules/regulations are posted
- Indoor practice facilities have a clearly marked emergency exit

### Equipment
- Equipment to be used is suitable and in good condition
- Equipment (personal: e.g., helmet; and team: e.g., blocking sled) are checked before every session
- Instructions are given regarding the proper maintenance of football equipment
- First aid kit, spinal board, and phone are available

### Clothing/Footwear
- All protective equipment (e.g., helmets) is certified to meet minimal CSA standards
- All players must be wearing mouth guards
- Personal equipment is fitted correctly and worn correctly by all students
- Suitable and properly maintained footwear that satisfies football regulations must be worn
- All jewelry must be removed
- Clothing for practices and games are suitable for the weather conditions
- Clothing must conform to the rules and regulations of the club and the league

### 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
- Registering for an accident insurance plan is encouraged
- Players suffering injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- 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
**Physical Activity Safety Checklists**

**Geocaching**

Geocaching is an outdoor treasure-hunting game, or internet scavenger hunt in which the participants use a global positioning system (GPS) receiver or other navigational techniques to hide and seek containers (called “geocaches” or “caches”) anywhere in the world.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</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 in the operation of GPS is received from someone experienced in using the system as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
- Students receive instruction regarding the rules and methods of play, attainable from several geocaching websites or someone with experience
- Instruction is received on how to dress to enter the area where the “cache” is located
- Instruction is received in “low-impact” hiking or camping, when applicable, as the “caches” are pursued
- Drinking water is available and consumed as needed

**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: [in-the-area supervision](#) during initial instruction
- Students are encouraged to work in pairs when searching for sites

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

### Geocaching

#### Facility
- □ Local weather conditions, forecast, humidity, and windchill are checked prior to session
- □ Due to the nature of geocaching the caches may be located anywhere. Geocachers are encouraged to use safe sites that will not be destroyed by seekers.

#### Equipment
- □ GPS device is checked regularly

#### Clothing/Footwear
- □ Appropriate footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Appropriate clothing is worn, layered for cold weather and permitting unrestricted movement
- □ Suitable clothing and protection is used for the weather, sun, and location (e.g., in forest) of the cache

#### 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
- □ Registering for an accident insurance plan is encouraged
- □ Students suffering 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
### GOAL BALL

Goal ball is a competitive game for people with visual impairments. The game is played by two teams of three players each. Players are blindfolded to ensure that all players have no vision. Players track the ball on the court (similar to volleyball) but rely on their sense of hearing and touch to do so (the ball makes a continuous noise when in play). The object is to roll the ball past the defending team, who attempt to block the ball before it enters the goal.

| 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 a trained/certified by the Canadian Blind Sports Association or a trained teacher knowledgeable about the game of goal ball 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 aware of potential risks involved in goal ball
- Safety rules 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

#### 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**
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
## Goal Ball

### Facility
- Activity area is smooth and free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are 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
- Equipment (ball, blindfolds, and goals) are checked before every session
- Goal ball uses a standard goal ball that meets International Blind Sport Association (IBSA) specification. It weighs 1.25kg and is 76cm in diameter. The most important aspect of this ball is that it is audible when in motion. Players depend on the sound of the ball to determine where it is during the game.
- Another essential piece of equipment is the blindfold (Each player [whether totally blind or visually impaired] must be blindfolded during the game to ensure vision is equal.)
- First aid kit and phone are available

### Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Elbow and knee pads are worn to protect against bruises and floor burns
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts or sweatpants are best), permitting unrestricted movement.
- Clothing must meet requirements of club or competition

### 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
**APPENDIX E: PHYSICAL ACTIVITY SAFETY CHECKLISTS**

## GOLF

Golf is a precision sport in which individual players or teams strike a ball with a club into a hole with as few strikes as possible.

| Risk Factor Rating | 2 |

### 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 coach certified by the Royal Canadian Golf Association, or an experienced golfer 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 golf
- [ ] Instruction is received on the rules, proper golf etiquette, and safety (including procedures for bad weather) prior to participation
- [ ] Procedures are established for hitting and retrieving balls in group practice sessions (e.g., practicing chipping)
- [ ] 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

### 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** during initial instruction followed by **in-the-area supervision**
- [ ] Safety rules and procedures are enforced
- [ ] Emergency action plan is in place to deal with accidents/injuries
### Facility/Environment
- Local weather conditions, forecast, humidity, and temperature are checked prior to session
- Adequate space is available for each individual (more than enough for full backswing and full follow through)
- Hitting and waiting areas are clearly marked
- Mats and whiffle balls are used for indoor practice (e.g., school gym)

### Equipment
- Equipment to be used is suitable and in good condition
- Equipment (e.g., grips) are occasionally checked by a qualified person
- Club length is the correct size for the participant
- Appropriate golf balls are used for practice situations (e.g., use whiffle balls in a school gym)
- Instructions are given regarding the proper maintenance of golf equipment
- First aid kit and phone are available

### Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing/footwear meets requirements of club or competition
- Suitable protection is used against sun, heat, cold, rain, and insects

### 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
**Gymnastics (General, Tumbling, and Artistic)**

Gymnastics is a sport that involves the performance of sequences of physical movements, requiring physical strength, flexibility, and kinesthetic awareness; the different events involved are general gymnastics, women’s artistic gymnastics, men’s artistic gymnastics, rhythmic gymnastics, and aerobic gymnastics.

| 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 a trained/certified National Coaching Certification Program/Gymnastics 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 aware of potential risks involved in gymnastics
- Safety rules are learned prior to participation
- Skills/movements are learned in proper progression
- Difficulty of skill 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
<table>
<thead>
<tr>
<th>Supervision</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Note:</strong> The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</td>
</tr>
<tr>
<td>□ Recommended level of supervision: <strong>constant visual supervision</strong> during inversions, vault work, and initial instruction of difficult moves; <strong>on-site supervision</strong> is required the rest of the time</td>
</tr>
<tr>
<td>□ Spotters are in place as is appropriate</td>
</tr>
<tr>
<td>□ Safety rules and procedures are enforced</td>
</tr>
<tr>
<td>□ Emergency action plan is in place to deal with accidents/injuries</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Facility</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
</tr>
<tr>
<td>□ Floor provides good footing</td>
</tr>
<tr>
<td>□ Activity area is clearly marked with adequate out-of-bounds areas</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Equipment (beams, bars, etc.) is checked by a qualified person before every session</td>
</tr>
<tr>
<td>□ Instructions are given regarding the proper maintenance of gymnastics equipment</td>
</tr>
<tr>
<td>□ Instruction is given on how to set up/take down portable equipment</td>
</tr>
<tr>
<td>□ Good working sound system is available</td>
</tr>
<tr>
<td>□ First aid kit and phone are available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Appropriate footwear is worn; gymnastics shoes or bare feet may be acceptable</td>
</tr>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td>□ Appropriate clothing is worn, permitting unrestricted movement</td>
</tr>
<tr>
<td>□ Clothing must meet requirements of club or competition</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
</tr>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
<tr>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
<tr>
<td>G Y M N A S T I C S — R H Y T H M I C</td>
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<tr>
<td>-----------------------------------</td>
</tr>
<tr>
<td>Rhythmic Gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation. Competitors manipulate ropes, hoops, balls, clubs, and ribbons.</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/Gymnastics 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 aware of potential risks involved in gymnastics
- [ ] Safety rules are learned prior to participation
- [ ] Skills/movements are learned in proper progression
- [ ] Difficulty of skill 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
### Gymnastics—Rhythmic

#### 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 visual supervision** during initial instruction followed by **in-the-area supervision**
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

#### Facility

<table>
<thead>
<tr>
<th>Item</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity area is free of hazards/debris</td>
<td>☐</td>
</tr>
<tr>
<td>Floor provides good footing</td>
<td>☐</td>
</tr>
<tr>
<td>Activity area is clearly marked with adequate out-of-bounds areas</td>
<td>☐</td>
</tr>
<tr>
<td>Proper lighting and ventilation, when applicable, are provided</td>
<td>☐</td>
</tr>
<tr>
<td>Instructions for use of facility are posted</td>
<td>☐</td>
</tr>
<tr>
<td>Emergency exit of indoor facility is clearly marked</td>
<td>☐</td>
</tr>
</tbody>
</table>

#### Equipment

<table>
<thead>
<tr>
<th>Item</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipment to be used is suitable and in good condition</td>
<td>☐</td>
</tr>
<tr>
<td>Equipment (balls, ribbons, ropes, etc.) are occasionally checked by a qualified person</td>
<td>☐</td>
</tr>
<tr>
<td>Instructions are given regarding the proper maintenance of small hand apparatus</td>
<td>☐</td>
</tr>
<tr>
<td>Good working sound system is available</td>
<td>☐</td>
</tr>
<tr>
<td>First aid kit and phone are available</td>
<td>☐</td>
</tr>
</tbody>
</table>

#### Clothing/Footwear

<table>
<thead>
<tr>
<th>Item</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appropriate footwear is worn; gymnastics shoes or bare feet may be acceptable</td>
<td>☐</td>
</tr>
<tr>
<td>Jewelry is removed or secured when safety is a concern</td>
<td>☐</td>
</tr>
<tr>
<td>Appropriate clothing is worn, permitting unrestricted movement</td>
<td>☐</td>
</tr>
<tr>
<td>Clothing must meet requirements of club or competition</td>
<td>☐</td>
</tr>
</tbody>
</table>

#### Other Considerations

<table>
<thead>
<tr>
<th>Item</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>The student has completed a regular medical checkup and a medical history prior to starting the program</td>
<td>☐</td>
</tr>
<tr>
<td>The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
<td>☐</td>
</tr>
<tr>
<td>Registration in an accident insurance plan is encouraged</td>
<td>☐</td>
</tr>
<tr>
<td>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</td>
<td>☐</td>
</tr>
<tr>
<td>The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
<td>☐</td>
</tr>
<tr>
<td>The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
<td>☐</td>
</tr>
<tr>
<td>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</td>
<td>☐</td>
</tr>
</tbody>
</table>
Handball is a court game involving two or four players who strike a rubber ball against a wall with their hand.

**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/coach or an experienced handball player who is capable of demonstrating the competency expected from 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 handball.
- Safety rules 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.

**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** during initial instruction and then **in-the-area supervision**.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
### Physical Activity Safety Checklists

#### Handball

**Facility**
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- 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
- Equipment (gloves, goggles, and shoes) is checked before every session
- First aid kit and phone are available

**Clothing/Footwear**
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Appropriate type and fit of glove is worn

**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
# Hiking

Hiking is a form of walking, usually on trails in areas of relatively unspoiled wilderness, in order to explore nature and enjoy the surroundings.

| Risk Factor Rating | 2 |

## 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.

- Leader is an experienced hiker, familiar with the trails the group will be hiking as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
- Student is aware of potential risks involved in hiking
- Safe hiking techniques, including buddy system, are learned in proper progression prior to outing
- Camping skills are learned when applicable
- Behavioral expectations, boundaries for activity, and assembly procedures are reviewed with students when applicable
- Drinking water is available and consumed as needed
- Activity sessions are appropriate for the abilities of the students (If the trip will be strenuous, participants are in good physical condition before setting out.)
- Outing is planned in detail with contingency plans for inclement weather

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*See camping checklists for safety information when camping overnight.*
## Hiking

### 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: **in-the-area supervision; constant visual supervision** may be required for a specific hazard
- □ Process for the accounting of the students must be in place
- □ Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)
- □ Each individual has a whistle or other signaling device if off site
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries and evacuation
- □ Detailed plans for contingency and inclement weather are recorded in writing
- □ Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

### Clothing/Footwear

- □ Properly fitted shoes/boots are worn (no open-toed shoes)
- □ Appropriate clothing is worn providing unrestricted movement while protecting the body
- □ Clothing is worn in layers with extra clothing carried as appropriate
- □ Suitable clothing and protection is used against weather; sun (e.g., hat), insects (e.g., long-sleeved shirts and long pants against wood ticks do buddy checks), animals (e.g., bear repellent if going into bear country) and plants (e.g., poison ivy)
- □ Jewelry is removed/secured when safety is a concern

### Facility/Environment

- □ Local weather conditions/forecasts and fire restrictions are checked before the outing
- □ Designated trails are used or permission is obtained from appropriate authorities to access the trail
- □ Location of local emergency services have been identified
- □ Detailed maps are provided of area where students are hiking
- □ Washroom facilities are accessible

### Equipment

- □ Equipment to be used is suitable and in good condition
- □ Equipment is checked by qualified person prior to departure/usage
- □ Backpack is properly fitted and adjusted; contents are verified for weight and distribution
- □ Instructions are given regarding the proper use/maintenance of equipment
- □ Each individual has a whistle or other signaling device
- □ First aid kit and phone are available (An alternative emergency communication system can also be used. GPS [Global Positioning System] is now affordable. Walkie-talkies are a good way to keep the leader and the tail of the group in contact.)
- □ Portable media players are discouraged/restricted as they cause distractions
## Physical Activity Safety Checklists

### Hiking

**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
**Hockey — Ice**

Hockey is a sport played on ice where two teams composed of six players each attempt to score by skating and projecting a hard rubber disk (puck) into the opposing goal.

| 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 a trained/certified National Coaching Certification Program/Hockey Canada coach (ice hockey) 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 (If playing in an organized program, a specific level of certification may be required by a coach)
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in hockey
- Rules of hockey and safety rules are learned prior to participation
- Skills/movements are learned in proper progression
- Number of on ice sessions (per week) should be consistent with recommendations of local hockey program
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Drinking water is available and consumed as needed

**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 initial instructional stages of contact skills and **on-site supervision** the rest of the time
- Person trained in first aid is available
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Hockey—Ice

#### Facility/Environment
- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Ice area is free of hazards (ruts) and debris
- All doors to ice area are properly closed
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted (e.g., no horseplay in change rooms)
- 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
- Sticks are regularly checked for cracks, splinters, and breaks
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

#### Clothing/Footwear
- CSA-approved and properly fitted helmet with face mask must be worn
- Mouth guards must be worn
- Appropriate and properly fitted protective equipment is worn at all times
- Skates are properly fitted, sharpened, and satisfy league regulations
- Jewelry is removed
- Eyewear is secured or removed
- All uniforms must be acceptable to team and league guidelines

#### 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
- Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- 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
# Physical Activity Safety Checklists

## Hockey — Roller/Inline

Roller/inline hockey is a form of hockey played on a dry surface where players use skates with wheels and attempt to score by projecting a ball with a stick into the opposing goal.

### Risk Factor Rating

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<thead>
<tr>
<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/Hockey 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 (If playing in an organized program, coaches may require a specific level of certification.)
- [ ] All sessions are conducted in a safe environment, with students being aware of the potential risks involved in roller/inline hockey
- [ ] Rules of the game and safety rules 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

### 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 initial instructional stages of contact skills and **on-site supervision** the rest of the time
- [ ] Person trained in first aid is in the area
- [ ] Safety rules and procedures are enforced
- [ ] Emergency action plan is in place to deal with accidents/injuries
### Hockey — Roller/Inline

#### Facility/Environment
- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Playing area is free of hazards (ruts) and debris
- All doors to playing area are properly closed
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted (e.g., no horseplay in change rooms)
- 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
- Sticks are regularly checked for cracks, splinters, and breaks
- Instructions are given regarding the proper maintenance/storage of equipment
- First aid kit and phone are available

#### Clothing/Footwear
- CSA-approved and properly fitted helmet with face mask must be worn
- Mouth guards must be worn
- Properly fitted equipment is worn at all times
- Properly fitted inline skates are worn and satisfy league regulations
- Jewelry is removed
- Eyewear is secured or removed
- All uniforms must be acceptable to team and league guidelines

#### 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
- Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- 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
There are many versions of the game of hockey, some modified by rules of an organization and some modified by the needs or the group of participants. These games involve a low level of organization and structure.

### Risk Factor Rating

| 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 an instructor who is capable of organizing a game and demonstrating the competencies of an experienced 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 hockey-type games
- □ Safety rules are learned prior to participation
- □ Activity sessions are appropriate for the abilities of the students
- □ 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

### 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 initial instruction and **on-site supervision** when minimal competency is demonstrated
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Hockey-Type Games

(Ball Hockey, Floor Hockey, Road Hockey, Floorball, Gym Ringette, and Shinny)

#### Facility/Environment
- Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked
- Floor surface provides good traction

#### Equipment
- Equipment to be used is suitable and in good condition
- Nets are in good repair
- Sticks are in good repair, and free from cracks and sharp edges
- First aid kit and phone are available

#### Clothing/Footwear
- Goalies must wear masks; protective goalie equipment is encouraged
- Mouth guards and eye protection are worn
- Players wear gloves
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Eyewear is removed or secured
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

#### 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
# Physical Activity Safety Checklists

## Horseback Riding (Western and English Saddle)

The term “equestrian” refers to the skill of riding or driving horses for working purposes (ranching), as well as recreation, or competition.  

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<th>Risk Factor Rating</th>
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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 an instructor trained through Manitoba Horse Council (Equine Canada Hippique Program), the Certified Horsemanship Association, or another appropriate program or is capable of demonstrating 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 of horseback riding
- Safety rules and riding etiquette are learned prior to participation
- Skills/movements are learned in proper progression
- Students demonstrate competency of skill/fitness prior to longer rides or more difficult tasks
- Difficulty of ride 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
- On trail rides, the lead rider must be a capable horseperson who can read the terrain and make decisions
- Initial instruction is received in a ring

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

### Horseback Riding (Western and English Saddle)

#### 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** during instruction and otherwise providing **in-the-area supervision**
- Adequate space is maintained between horses
- On group trail rides one supervisor takes the lead while a second is the sweep
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

#### Facility/Environment

- Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked
- Trails are selected to match abilities of students and horses
- Riding along or across roads is avoided

#### Equipment

- Equipment to be used is suitable and in good condition
- Tack is adjusted properly
- Horse is suitable for size and ability of rider
- Portable media players (such as an MP3 player) are not permitted
- First aid kit and phone are available

#### Clothing/Footwear

- Appropriate and properly fitted helmet is worn
- Appropriate clothing (long pants) and footwear (closed toe and 1” heel) are worn
- Clothing is worn in layers
- Suitable protection from weather, sun, and insects is used

#### 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
**Physical Activity Safety Checklists**

<table>
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<tr>
<th>House and Yardwork</th>
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House and yardwork contribute to healthy active living and fitness, involving endurance, flexibility and strength activities. These activities include gardening, which is the second most popular form of exercise in Canada, attracting 48% of Canadian adults. It is second only to walking. (CFLRI, 2001 Physical Activity Monitor)

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<thead>
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<th>Risk Factor Rating</th>
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1

**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 someone experienced in house and yardwork, capable of demonstrating and instructing basic skills and safe techniques 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 aware of potential risks involved in house and yardwork
- Safety rules are learned prior to participation
- Proper skills/movements (e.g., lifting) are learned in proper progression
- Each session is conducted with an appropriate warm-up and cool-down
- Drinking water is available and consumed as needed

**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: in-the-area supervision during initial instruction
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

* For further information on garden safety, visit <www.hc-sc.gc.ca/iyh-vsv/life-vie/garden-jardin e.html>.

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Appendix E: Physical Activity Safety Checklists
PHYSICAL ACTIVITY SAFETY CHECKLISTS

HOUSE AND YARDWORK

Facility/Environment
- Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris as applicable
- Proper lighting and ventilation, when applicable, are provided
- Appropriate protection is used for weather, sun, and insects

Equipment
- Equipment to be used is suitable and in good condition
- Equipment is checked before every session
- Equipment is the correct size/weight for the student
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available
- Portable music players are avoided as they create distractions

Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing provides protection from the weather and insects when outdoors
- Insect repellent and sunscreen are used as necessary

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
## Jogging

<table>
<thead>
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<th>Risk Factor Rating</th>
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</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 certified National Coaching Certification Program/Athletics Canada coach, or Manitoba Fitness Council certified instructor, physical education teacher, or an experienced coach capable of demonstrating competencies of a certified coach in preparing fitness running programs 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 aware of potential risks of jogging.
- Basic safety is learned prior to participation with reference to various terrains (including road safety and buddy system of running).
- Coach monitors weekly training load (distance) increases of athlete.
- Skills/movements are learned in proper progression.
- Length and difficulty of course must be appropriate for age and ability level of runner.
- Each session is conducted with an appropriate warm-up and cool-down.
- Drinking water is available and consumed as needed.

### 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: **in-the-area supervision** for group runs.
- Students are encouraged to train in pairs.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
## Physical Activity Safety Checklists

### Jogging

#### Facility/Environment
- Local weather conditions, forecast, humidity, and wind chill are checked prior to outdoor session
- Route is relatively free of debris and obstructions
- Running surface is relatively level and provides suitable footing
- Traffic is avoided as permitted
- Routes that put runners at personal risk are avoided

#### Equipment
- Equipment to be used is suitable and in good condition
- Portable media players (such as an MP3 player) are avoided while running as they reduce the runner’s awareness to any potential dangers in his/her surroundings
- First aid kit and phone are available

#### Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Suitable clothing and protection is used for weather, sun, and insects

#### 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
- All injuries should be referred to appropriate medical personnel for treatment and rehabilitation
- 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
<table>
<thead>
<tr>
<th>Judo</th>
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<tbody>
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<td><strong>Risk Factor Rating</strong></td>
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</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 Judo instructor (Sensi) approved by Judo Canada and certified by the National Coaching Certification Program or an instructor capable of demonstrating the competencies required for certification
- Instructor/coach follows the Judo Canada Code of Conduct
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in judo
- Safety rules are learned prior to participation
- Skills/movements are learned in proper progression
- Program adheres to basic fitness and training principles
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Student must demonstrate competency of skill/fitness prior to being allowed to enter competition
- Drinking water is available and consumed as needed

**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
## Physical Activity Safety Checklists

### Judo

**Facility**
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- 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
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

**Clothing/Footwear**
- Jewelry is removed
- White or blue cotton uniforms (Judogi) are worn for competition
- Appropriate clothing permitting unrestricted movement is worn
- Clothing must meet the requirements of the club or competition

**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
## Physical Activity Safety Checklists

### Karate

Karate is a Japanese combative form of martial arts, which is known primarily as a striking art, featuring punching, kicking, knee/elbow strikes, and open-handed techniques. However, grappling, joint manipulations, locks, restraints/traps, throws, and vital point striking also appear in karate.

**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 a trained/certified karate instructor (a minimal belt standing and training is required before one can instruct), approved by the National Karate Association of Canada, or similar national organization, in conjunction with the National Coaching Certification Program
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in karate
- Safety rules and procedures are learned prior to participation
- Skills/movements are learned in proper progression
- Program adheres to basic fitness and training principles
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Student must demonstrate competency of skill/fitness prior to being allowed to enter competition
- Drinking water is available and consumed as needed

### 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
# Physical Activity Safety Checklists

## Karate

### Facility
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- 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
- Equipment is checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

### Clothing/Footwear
- Jewelry is removed
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club or competition

### 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
# Physical Activity Safety Checklists

## Kickball (Soccer Baseball)

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>2</th>
</tr>
</thead>
</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 an instructor capable of organizing, instructing, and demonstrating the skills and rules required to play kickball 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 kickball.

- Safety rules/regulations are learned prior to participation.

- Drinking water is available and consumed as needed.

### 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.

- Safety rules and procedures are enforced.

- Emergency action plan is in place to deal with accidents/injuries.
<table>
<thead>
<tr>
<th>PHYSICAL ACTIVITY SAFETY CHECKLISTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KICKBALL (SOCCER BASEBALL)</strong></td>
</tr>
</tbody>
</table>

### Facility/Environment
- □ Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- □ Playing surface is level and free of hazards, holes, or debris
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are 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
- □ Appropriate ball (10 16” inflatable) is used and inflated to the correct pressure
- □ Bases are used as per softball
- □ Ball and bases are in good repair prior to starting game
- □ First aid kit and phone are available

### Clothing/Footwear
- □ Appropriate footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- □ Clothing must meet requirements of club or competition

### 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
## Kickboxing

Kickboxing is a martial art developed in Japan where opponents are allowed to hit each other with fists and feet.

### Risk Factor Rating

| Risk Factor Rating | 4 |

<table>
<thead>
<tr>
<th>General Learning Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Risk Management Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Note:</strong> 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.</td>
</tr>
</tbody>
</table>

- Instruction is received from a trained/certified kickboxing instructor as approved by the Kickboxing Canada
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in kickboxing
- Safety rules and procedures are learned prior to participation
- Skills/movements are learned in proper progression
- Program adheres to basic fitness and training principles
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Student must demonstrate competency of skill/fitness prior to being allowed to enter competition
- Drinking water is available and consumed as needed

<table>
<thead>
<tr>
<th>Supervision</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Note:</strong> The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</td>
</tr>
</tbody>
</table>

- Recommended level of supervision: **constant visual supervision**
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
**Physical Activity Safety Checklists**

### Kickboxing

#### Facility
- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are provided or posted
- □ 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
- □ Equipment is checked by a qualified person before every session
- □ Instructions are given regarding the proper maintenance of equipment
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Wearing a helmet is strongly recommended
- □ Appropriate footwear is worn
- □ Jewelry is removed
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Clothing must meet the requirements of the club or competition

#### 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
LACROSSE—BOX/FIELD

Lacrosse is a sport where two teams attempt to score by projecting a ball into the opposing goal using a stick with a webbed pouch. Three forms of lacrosse are played: field lacrosse, which is played on a soccer-size field; box lacrosse, which is played within a hockey rink; and soft lacrosse which is a modified introductory version that can be played inside a gym or outside on a field.

Risk Factor Rating

<table>
<thead>
<tr>
<th>General Learning Outcome</th>
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</thead>
<tbody>
<tr>
<td>The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.</td>
</tr>
</tbody>
</table>

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 Lacrosse 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 involved in lacrosse
- Rules of lacrosse and safety rules 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
### Physical Activity Safety Checklists

#### Lacrosse—Box/Field

**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 initial instructional stages of contact skills and **on-site supervision** the rest of the time
- □ Individual with first aid training is present during entire practice or game
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries

**Facility/Environment**

- □ Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- □ Activity area is free of hazards/debris
- □ Playing surface (box/field) provides suitable footing
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are posted
- □ Emergency exit of indoor facility is clearly marked

**Equipment**

- □ Equipment to be used is suitable and in good condition
- □ Sticks are regularly checked for cracks, splinters, and breaks
- □ First aid kit and phone are available

**Clothing/Footwear**

- □ CSA-approved and properly fitted helmet with face mask must be worn
- □ Mouth guards must be worn
- □ Properly fitted equipment (gloves, shoulder pads, etc.) are worn at all times and must conform to lacrosse regulations
- □ Appropriate footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement.
- □ Clothing must meet requirements of club or competition
- □ Protection from elements and insects is suitable when playing outdoors

**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
- □ Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- □ 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
# Physical Activity Safety Checklists

## Lacrosse—Soft

Lacrosse is a sport where two teams attempt to score by projecting a ball into the opposing goal using a stick with a webbed pouch. Three forms of lacrosse are played: field lacrosse, which is played on a soccer-size field; box lacrosse, which is played within a hockey rink; and soft lacrosse which is a modified introductory version that can be played inside a gym or outside on a field.

| 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 an instructor capable of organizing, teaching, and demonstrating soft lacrosse skills and activities 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 lacrosse
- □ Rules of lacrosse and safety rules 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

### 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
- □ Individual with first aid training is present
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Lacrosse—Soft

#### Facility/Environment
- □ Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- □ Activity area is free of hazards/debris
- □ Playing surface provides suitable footing
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are posted
- □ Emergency exit of indoor facility is clearly marked

#### Equipment
- □ Equipment to be used is suitable and in good condition
- □ Sticks are regularly checked for cracks, splinters, and breaks
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Goalkeeper must wear helmet with face mask
- □ Mouth guards are recommended
- □ Appropriate footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- □ Clothing must meet requirements of club or competition
- □ Protection from elements and insects is suitable when playing outdoors

#### 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
- □ Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- □ 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
Lawn Bowling

Lawn bowling is a precision sport where players try to roll slightly asymmetrical balls (bowls) closer to a smaller white ball ("jack," "kitty," or "sweetie") than their opponent.

Risk Factor Rating

1

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 coach with training/certification from Bowls Canada Boulingrin and the National Coaching Certification Program, or is an experienced player/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 lawn bowling.
- Safety rules 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.

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: in-the-area supervision.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
## Physical Activity Safety Checklists

### Lawn Bowling

#### Facility/Environment
- □ Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are posted
- □ Instructions for use of facility are posted
- □ Emergency exit of indoor facility is clearly marked
- □ Outdoor facilities are properly marked and fenced

#### Equipment
- □ Equipment to be used is suitable and in good condition
- □ Equipment is checked before every session
- □ Instructions are given regarding the proper maintenance of lawn bowling equipment
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Appropriate footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Clothing must meet requirements of club or competition

#### 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
**Physical Activity Safety Checklists**

**Lawn Mowing**

| Lawn mowing while using a push mower contributes to healthy active living and fitness, contributing to endurance and strength. Push mowers may be non-motorized or gas/electric powered. | 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 lawnmowing with a push mower.

**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 individual experienced in lawn mowing and capable of demonstrating and providing instruction for safe lawn mowing 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 aware of potential risks involved in lawn mowing
- □ Safety rules and procedures* are learned prior to participation:
  - Read, understand, and follow all of the manufacturer's instructions before using any power tool
  - Keep children out of the mowing area and never allow them to operate a lawn mower
  - Remove all rocks, sticks, toys, and tools from the lawn before mowing
  - Never mow or use electrical equipment in wet conditions
  - If the blades of a power lawn mower become clogged, turn off the machine before clearing it (Use a stick or other tool to remove the clogged debris in case the blades complete a rotation after clearing.)
  - Always wear proper equipment when using power tools, including leather shoes or work boots, ear protection, gloves, and safety glasses
  - Mow across the face of slopes, not up and down
  - Before plugging in any power equipment, make sure the power switch is "off"
- □ Skills/movements are learned in proper progression
- □ Each session is conducted with an appropriate warm-up and cool-down
- □ Drinking water is available and consumed as needed
- □ Difficulty of task is appropriate based on student's capabilities

* For further information on garden safety and power tools, visit [www hc-sc gc ca/iyh vsv/life vie/garden-jardin e html].
## Physical Activity Safety Checklists

### Lawn Mowing

**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 initial instruction and then **in-the-area supervision**
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries

**Environment**

- □ Local weather conditions, forecast, humidity, and temperature are checked prior to session
- □ Activity area is free of hazards/debris and traffic, especially young children
- □ Slope does not exceed 15 degrees
- □ Conditions are dry when using electrical equipment

**Equipment**

- □ Mower to be used is suitable and in good condition
- □ Mower is checked before every session
- □ Equipment is the appropriate size/weight for the student
- □ Instructions are given regarding the proper use, maintenance, and storage of equipment, including correct technique for starting mower, refueling, and clearing blade area
- □ First aid kit and phone are available

**Clothing/Footwear**

- □ Appropriate footwear is worn; leather shoes/boots are recommended
- □ Laces are tied and open-toed shoes are avoided
- □ Gloves, ear, and eye protection are recommended
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Clothing provides protection from the weather and insects
- □ Insect repellent and sunscreen are used as necessary

**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
Low-organized games are simple or lead-up games/activities that require minimal time to get started. Risk may vary according to skills and equipment required as well as the physical interaction between participants and with the environment.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>1-4</th>
</tr>
</thead>
</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 an individual capable of organizing, teaching, and demonstrating low-organized game skills and activities 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 aware of potential risks involved in the low-organized game
- □ Safety rules 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

**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: when risk level is 1 (low risk), **little or no supervision** may be required (e.g., playing catch with a ball or frisbee); as the risk rises (e.g., risk of 4 for Dodging Games), **on-site supervision** may be required
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries
### Physical Activity Safety Checklists

#### Low-Organized Games

**Facility/Environment**
- Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- 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
- Equipment should be checked before every session
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

**Clothing/Footwear**
- Appropriate and properly fitted footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirements of club or competition

**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
Martial arts are systems of codified practices and traditions of training for combat. They may be studied for various reasons, including to acquire skills for combat, fitness, self-defense, sport, self-cultivation/meditation, mental discipline, character development, and to build self-confidence, as well as any combination of the above.

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 by a trained and certified instructor or from an instructor 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. (The martial arts form that is selected may require a certain belt level in order to provide instruction. This belt level varies based on the level of competition/recreation.)

☐ All sessions are conducted in a safe environment, with students aware of potential risks involved in the chosen martial arts form

☐ Safety rules and procedures are learned prior to participation

☐ Skills/movements are learned in proper progression

☐ Program adheres to basic fitness and training principles

☐ Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

☐ Student must demonstrate competency of skill/fitness prior to being allowed to enter competition

☐ Drinking water is available and consumed as needed
# Physical Activity Safety Checklists

## Martial Arts

### 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

- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are provided or posted
- □ 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
- □ Equipment is checked by a qualified person before every session
- □ Instructions are given regarding the proper maintenance of equipment
- □ First aid kit and phone are available

### Clothing/Footwear

- □ Appropriate footwear is worn; clean bare feet are usually required
- □ Protective equipment is worn as required
- □ Jewelry is removed
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Clothing must meet the requirements of the club or competition

### 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
# Physical Activity Safety Checklists

## Orienteering

Orienteering is a running sport that involves navigation with a map and compass, using markers to guide the participant.  

### Risk Factor Rating

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
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<tbody>
<tr>
<td>2</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 Orienteering 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 involved in orienteering
- □ Basic safety with reference to various terrains (including road safety) is received prior to participation
- □ Skills/movements are learned in proper progression
- □ Coaches monitor weekly training load (distance and increases) of participants
- □ Students are competent with a compass before entering competition
- □ Length and difficulty of course must be appropriate for ability level of the athletes
- □ Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- □ Drinking water is available and consumed as needed

### 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: in-the-area supervision
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries and lost runners
- □ Pre- and post-run/race check-in system is in place

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

### Orienteering

#### Facility/Environment
- Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
- Control stations are clearly marked
- Runners must be briefed on the course prior to run
- Marshals are stationed at accessible points throughout course

#### Equipment
- Equipment to be used is suitable and in good condition
- Most recent edition of area maps are used
- Compasses are in good repair
- All participants carry a whistle
- Portable media players (such as an MP3 player) are not permitted while running
- First aid kit and phone are available

#### Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement; extra clothing is available for pre- and post-run/race
- Suitable clothing and protection is used for weather, sun, insects, and vegetation
- Clothing must meet requirements of club or competition

#### 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
### Physical Activity Safety Checklists

#### Paddleball

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>Paddleball is a racquet sport similar to racquetball played in a walled court where two or four players hit a ball against the wall with a solid paddle.</th>
</tr>
</thead>
</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 coach or an experienced paddleball player who is capable of demonstrating the competency expected from a National Coaching Certification Program 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 paddleball
- Safety rules 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

#### 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** during initial instruction and then **in-the-area supervision**
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Paddleball

#### Facility
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- 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
- Equipment (racquets with wrist straps, goggles) are checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of paddleball equipment
- First aid kit and phone are available

#### Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn at all times
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

#### 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
Qigong is derived from traditional Chinese medicine. It involves the coordination of different breathing patterns with various physical postures and motions of the body. It is taught primarily for health maintenance, but it is also a therapeutic intervention. Aspects of qigong are often included in Chinese martial arts teachings, and are particularly common in advanced Neijia, or internal martial arts, where the participant is focused on the full mobilization and proper coordination and direction of the energies of the body as they are applied to facilitate all physical actions.

### Risk Factor Rating

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
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</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 an instructor trained in qigong 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 qigong
- Safety rules are learned prior to participation
- Skills/movements are learned in proper progression
- Program adheres to basic fitness and training principles
- 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

### Qigong

#### 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** during initial instruction
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

#### Facility

- Activity area is free of hazards/debris
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- 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
- First aid kit and phone are available

#### Clothing/Footwear

- Appropriate footwear is worn
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet requirements of club

#### Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student should have completed a Registration/Informed Consent Form 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
**Racquetball**

Racquetball is a racquet sport combining the rules of squash and handball; it is played in a four-walled court where two or four players hit a hollow rubber ball against the wall with a short-handled racquet.

| Risk Factor Rating | 2 |

### 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/coach or an experienced racquetball player who is capable of demonstrating the competency expected from 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 racquetball
- Safety rules and procedures 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

### 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** during initial instruction and then **in-the-area supervision**
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
**Physical Activity Safety Checklists**

### Racquetball

**Facility**
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- 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
- Equipment (racquets with wrist straps, goggles) are checked by a qualified person before every session
- Instructions are given regarding the proper maintenance of racquetball equipment
- First aid kit and phone are available

**Clothing/Footwear**
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Protective eyewear must be worn at all times
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

**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
### Physical Activity Safety Checklists

#### Ringette

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>4</th>
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</table>

**Ringette** is a sport played on ice where two teams composed of six players each attempt to score by skating and projecting a rubber ring into the opposing goal.

**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/Ringette 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 (If playing in an organized ringette league, coaches could be required to be certified at a minimum level.)
- [ ] All sessions are conducted in a safe environment, with students being aware of the potential risks involved in ringette
- [ ] Rules of ringette and safety rules/procedures 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

**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**
- [ ] Someone with first aid knowledge is present
- [ ] Safety rules and procedures are enforced
- [ ] Emergency action plan is in place to deal with accidents/injuries
# Physical Activity Safety Checklists

## Ringette

### Facility/Environment
- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Ice surface is free of hazards (e.g., ruts, cracks) debris
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- All doors to ice area are closed
- 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
- All sticks comply with Ringette Canada guidelines
- Sticks checked regularly for cracks
- Only appropriate rings are used
- First aid kit and phone are available

### Clothing/Footwear
- CSA-approved helmet and face mask worn at all times
- Mouth guard is worn
- Properly fitted skates are worn
- Appropriate and properly fitted protective equipment is worn as per Ringette Canada guidelines
- Goalies must wear face masks and protective equipment as per Ringette Canada guidelines
- Appropriate clothing is worn for cold weather conditions (outdoors)
- Jewelry is removed or secured when safety is a concern
- Eyewear is secured or removed

### 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
- Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- 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
**Flag Rugby—Flag**

Flag rugby is a non-contact coed version of the full game. The objective of the game is to get the ball across the other team’s goal line and touch the ball to the ground by running or passing the ball. A distinct characteristic of rugby is that you may only pass sideways or back.

<table>
<thead>
<tr>
<th>General Learning Outcome</th>
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</thead>
<tbody>
<tr>
<td>The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.</td>
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</tbody>
</table>

<table>
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<tr>
<th>Risk Management Strategies</th>
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<tr>
<td>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.</td>
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<table>
<thead>
<tr>
<th>Instruction</th>
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<tbody>
<tr>
<td><strong>Note:</strong> 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.</td>
</tr>
<tr>
<td>□ Instruction is received from a trained/certified National Coaching Certification Program/Rugby Canada Certified Community coach, or an experienced player 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. (Most leagues will require that the coaches have completed the Community Rugby [Flag] Coaching program including Safe Rugby training.)</td>
</tr>
<tr>
<td>□ All sessions are conducted in a safe environment, with students being aware of the potential risks involved in rugby</td>
</tr>
<tr>
<td>□ Rugby safety rules/procedures are learned prior to participation</td>
</tr>
<tr>
<td>□ Skills/movements are learned in proper progression</td>
</tr>
<tr>
<td>□ Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work</td>
</tr>
<tr>
<td>□ Drinking water is available and consumed as needed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supervision</th>
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</thead>
<tbody>
<tr>
<td><strong>Note:</strong> The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</td>
</tr>
<tr>
<td>□ Recommended level of supervision: <strong>on-site supervision</strong></td>
</tr>
<tr>
<td>□ Individual trained in first aid is present</td>
</tr>
<tr>
<td>□ Safety rules and procedures are enforced</td>
</tr>
<tr>
<td>□ Emergency action plan is in place to deal with accidents/injuries</td>
</tr>
</tbody>
</table>
## Physical Activity Safety Checklists

### Rugby—Flag

#### Facility/Environment
- □ Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are 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
- □ Rugby balls are inflated to correct pressure
- □ Adequate number of flags (2 per player) and belts are provided for all students
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Appropriate footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry must be removed
- □ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- □ Clothing must meet requirements of club or competition
- □ Mouth guards are worn
- □ Suitable protection is used against heat, cold, sun, or insects

#### 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
**Rugby—Tackle**

Rugby is a contact sport played by two teams of 7, 10, or 15 players per team on a field about the size of a soccer pitch. The objective of the game is to get the ball across the other team’s goal line and touch the ball to the ground by running or passing the ball. A distinct characteristic of rugby is that you may only pass sideways or back.

| 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 a trained/certified National Coaching Certification Program/Rugby Canada coach, or an experienced player capable of demonstrating competencies of a certified coach (Most leagues will require that the coach[s] have completed the Introduction to Competition Coaching program including Safe Rugby training)
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in rugby
- Rugby safety rules/procedures are learned prior to participation
- Skills/movements are learned in proper progression
- All students must demonstrate competency of skill/fitness prior to playing a game (Early game development is via modified versions of the game.)
- Players are matched by size and experience for instruction regarding/involving contact
- 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

### Rugby—Tackle

#### 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 initial instructional stages of contact skills and **on-site supervision** the rest of the time
- Coach controls all aspects of the drills involving contact
- Individual trained in first aid must be present
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

#### Facility/Environment

- Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- Field is level and free of hazards (e.g., gopher holes) or debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Instructions for use of facility are posted
- Proper lighting is provided
- Indoor practice facilities have a clearly marked emergency exit

#### Equipment

- Equipment to be used is suitable and in good condition
- Goalpost padding must be in place
- Rugby ball is properly inflated
- First aid kit, spinal board and phone are available

#### Clothing/Footwear

- Appropriate footwear is worn; boots must be as per International Rugby Board (IRB) specifications
- Laces are tied and open-toed shoes are avoided
- Jewelry must be removed
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet club or IRB requirements
- Mouth guards are mandatory
- Suitable protection is used against heat, cold, sun, or insects

#### 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
- Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual
- 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
### Physical Activity Safety Checklists

#### Sailing/Yachting

| Sailing involves controlling the motion of a sailing vessel. By adjusting the rigging and rudder, a sailor manages the force of the wind on the sails in order to change the direction and speed of a boat. | 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 a trained/certified National Coaching Certification Program/Canadian Yachting Association coach or an experienced sailor who is capable of demonstrating the competency expected from a National Coaching Certification Program 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 the sport of sailing/yachting.
- Safety rules are learned prior to participation.
- Emergency rescue strategies are learned and practiced.
- Sailors must know the rules that govern the waters of the province they are sailing in (i.e., speed, rules of the road, required safety equipment and protecting the marine environment); a government-approved boating safety course is completed by all sailors, providing them with the mandatory Pleasure Craft Operator Card (PCOC) needed to operate a pleasure craft.
- Skills are learned in proper progression, beginning with classroom sessions.
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work.
- Drinking water is available and consumed as needed.

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

### Sailing/Yachting

#### 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 initial instruction and **in-the-area supervision** until participant has demonstrated safe practice and proper techniques
- **□** Supervisor is familiar with the waters in which the group is sailing, including hazardous rocks and strong currents
- **□** Designated person has NLS Lifeguard certification or current first aid qualifications
- **□** Safety rules and procedures are enforced
- **□** Emergency action plan is in place to deal with accidents/injuries and includes knowing what to do in a person-overboard emergency
- **□** Supervisor has list of students on water
- **□** Supervisor has a float plan; someone knows where sailors are going and their expected date/time of return (When back ashore, contact person is informed of return.)
- **□** Supervisor is on the water in a motor-powered rescue boat

#### Facility/Course/Environment

- **□** Local weather conditions, forecast, and temperature are checked prior to session
- **□** Course is free of hazards or has clearly marked hazards on map and course
- **□** Emergency rescue boat is available
- **□** Map of route is available with route clearly marked; sailors are briefed prior to setting sail

#### Clothing/Footwear

- **□** Appropriate footwear is worn
- **□** Jewelry is removed or secured when safety is a concern
- **□** Appropriate clothing is worn, permitting unrestricted movement and protection from the weather as well as providing visibility
- **□** Suitable protection from the weather is carried (e.g., hat, jacket, sunglasses, sunscreen)

#### Equipment

- **□** Equipment to be used is suitable and in good condition
- **□** Equipment is checked regularly by qualified staff and sailors
- **□** A paddle must be carried on board (in case of breakdown or loss of wind)
- **□** Navigation tools are available, including a wristwatch and compass, as well as some regular tools including a knife, screwdriver, pliers, duct tape, line
- **□** Bailer is carried in the boat
- **□** Lifejacket (personal flotation device or PFD) is worn; the law requires one PFD for each person on board; lifejackets are Transport Canada-approved and properly fitted
- **□** Fire extinguisher and flares are carried in the boat
- **□** Whistle, horn, or some effective means of making noise is available; whistle is secured to lifejacket
- **□** Boat is equipped with lights for nighttime or unintentionally getting caught on the water after dark
- **□** First aid kit and phone are available
PHYSICAL ACTIVITY SAFETY CHECKLISTS

SAILING/YACHTING

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
## Scuba Diving

| Scuba diving is swimming underwater while using self-contained breathing equipment and 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 scuba diver certified by one of the following:
  - Scuba and Snorkeling: Association of Canadian Underwater Councils
  - The National Association of Underwater Instructors
  - The Professional Association of Diving Instructors
- Instructor is familiar with the water group is diving in
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in scuba diving
- 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

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* See camping checklists for safety information when camping overnight.
### 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
- □ Supervisor is familiar with the water in which the group is diving
- □ 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 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
- □ Certified scuba tanks must be used and all equipment must be checked before each use by a qualified person
- □ 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
## Sepak Takraw

Sepak takraw is a Southeast Asian sport that is similar to volleyball, except that it uses a rattan ball and only allows players to use their feet and head to touch the ball. It is also played on a badminton doubles-sized court.

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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 an instructor capable of organizing, teaching, and demonstrating sepak takraw skills and activities 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 sepak takraw.
- Safety rules and procedures 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.

### 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** during initial instruction and then **in-the-area supervision**.
- Individual with first aid training is present.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
## Physical Activity Safety Checklists

### Sepak Takraw

#### Facility/Environment
- □ Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked with adequate out-of-bound areas
- □ Proper lighting and ventilation, when applicable, are 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
- □ Rattan balls are inspected prior to each use and replaced if damaged
- □ Nets and poles are checked prior to use and stored safely when not in use
- □ Instructions are given regarding setting up and taking down of equipment
- □ First aid kit and phone available

#### Clothing/Footwear
- □ Appropriate footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement.
- □ Clothing must meet requirements of club or competition

#### 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
## Skateboarding

Skateboarding is an activity involving riding on or performing tricks with a skateboard, which is a small platform with four wheels.

### Risk Factor Rating

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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 an experienced skateboarder who is capable of demonstrating the competency expected from a certified National Coaching Certification Program 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 skateboarding (permanent impairment or even death may be suffered with a fall off the skateboard and striking the head without a helmet; most brain injuries happen when the head hits the pavement)
- □ Safety rules are learned prior to participation; instruction includes road safety if skateboarding on roads and near traffic
- □ Skateboarding skills/movements are learned in proper progression, including learning how to fall
- □ Drinking water available and consumed as needed

### 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 initial instruction and in-the-area supervision until participant has demonstrated safe practice and proper etiquette
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Skateboarding

#### Facility/Environment
- Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session
- Activity area is free of hazards/debris
- Proper lighting is provided if skateboarding at night/indoors
- Safety rules/regulations are posted
- 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
- Boards are selected that are appropriate for the type of riding to be done and the size of the rider
- Equipment is checked before every session
- Instructions are given regarding the proper maintenance of skateboarding equipment
- First aid kit and phone are available

#### Clothing/Footwear
- Appropriate protective equipment is worn at all times (Helmets and specially designed padding are recommended, but may not fully protect skateboarders from fractures; however, wearing protective equipment can reduce the number and severity of cuts and scrapes. Wrist braces and special skateboarding gloves also can help absorb the impact of a fall.)
- Appropriate footwear is worn, such as slip-resistant shoes
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement

#### 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
# Appendix E: Physical Activity Safety Checklists

## Skating—Figure

Figure skating is an ice skating sporting event where individuals, mixed couples, or groups perform spins, jumps, and other "moves" on the ice, often to music.

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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 instructor by National Coaching Certification Program and Skate Canada coach, or experienced coach capable of demonstrating minimum required competencies 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 figure 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

### 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 when practicing potentially dangerous skills; otherwise **on-site supervision** is provided
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
# Physical Activity Safety Checklists

## Skating — Figure

### Facility/Environment
- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Skating surface is level and free of debris/cracks
- Activity area is safe distance from traffic
- Area around activity area is free of debris/hazards
- 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

### Clothing/Footwear
- Approved (CSA) helmet is worn as appropriate (novice/practicing new skills)
- Skates are properly fitted
- Jewelry is removed or secured when safety is a concern (as per regulations of program)
- Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of fall
- Suitable protection from the weather is worn (e.g., hat, jacket, mitts, or gloves) for outdoor sessions

### 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
### Physical Activity Safety Checklists

#### Skating—Ice

Ice skating is a recreational or competitive activity using special boots with blades to travel on ice.

| Risk Factor Rating | 2 |

### 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 coach, or experienced skater/coach capable of demonstrating minimum required competencies 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 ice 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

### 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 initial instruction and then **on-site 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
- Skating surface is level and free of debris/cracks
- Activity area is safe distance from traffic
- Area around activity area is free of debris/hazards
- 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

### Clothing/Footwear
- CSA-approved helmet is worn
- Skates are properly fitted
- Jewelry is removed or secured when safety is a concern (as per regulations of program)
- Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of fall
- Suitable protection from the weather is worn (e.g., hat, jacket, mitts, or gloves) for outdoor sessions

### 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
PHYSICAL ACTIVITY SAFETY CHECKLISTS

SKATING—INLINE/ROLLER
(INDOOR OR OUTDOOR)

Inline skating is a contemporary form of roller skating. It is a recreational or competitive activity that involves traveling on smooth terrain on roller skates that are equipped with wheels placed in a line.

| Risk Factor Rating | 2 |

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 coach, or experienced skater/coach capable of demonstrating minimum required competencies 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 inline or roller skating.
- Safety rules and skating etiquette, including road safety for skating outdoors, 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.

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 initial instruction and **in-the-area supervision** when basic skills are being acquired.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.

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

#### Skating—Inline/Roller

_Facility/Environment_
- Local weather conditions, forecast, and wind chill are checked prior to outdoor session
- Skating surface is level and free of hazards, debris, and water/moisture
- Area surrounding skating surface is free of potential hazards
- Skating area (outdoors) is situated a safe distance from traffic
- Emergency exit of indoor facility is clearly marked

_Equipment_
- Equipment to be used is suitable and in good condition
- Skates must be checked regularly by coaches and players; damaged wheels must be repaired or replaced
- Appropriate wrist, elbow, and knee pads are worn
- First aid kit and phone are available

_Clothing/Footwear_
- Approved helmet is worn
- Properly fitted skates are worn
- Jewelry is removed or secured when safety is a concern (as per regulations of program)
- Appropriate loose-fitting clothing is worn that provides unrestricted movement, but does not impede movement or create a risk of fall
- Suitable protection from the weather is used (e.g., hat, jacket, sunscreen, and insect repellent)

_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
### Alpine Skiing (Downhill)

Alpine skiing (or downhill skiing) involves sliding down snow-covered hills with skis attached to the feet.

| 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 a trained/certified National Coaching Certification Program/Alpine 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 alpine skiing
- Alpine skiing safety rules and etiquette (including control at all times on the hills) 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 are screened and grouped according to abilities
- Difficulty of course/hill is appropriate for student’s development/capabilities
**PHYSICAL ACTIVITY SAFETY CHECKLISTS**

### SKIING—ALPINE (DOWNHILL)

#### 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 **in-the-area supervision** when skiing
- [ ] Designated person trained in first aid is present
- [ ] 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
- [ ] Tow ropes and lifts have posted instructions and clearly marked loading and unloading site
- [ ] Activity area is free of hazards/debris
- [ ] Ski runs are clearly marked and degree of difficulty is indicated
- [ ] Alpine skiing safety rules/regulations are posted
- [ ] Instructions for use of facility are posted

#### 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
- [ ] Skis and poles are appropriate size
- [ ] Bindings are in good repair
- [ ] Boots and bindings are compatible
- [ ] Portable media players (such as an MP3 player) must not be worn while downhill skiing as they reduce the skier’s awareness to his/her surroundings
- [ ] First aid kit and phone are available

#### Clothing/Footwear

- [ ] Approved helmet is worn
- [ ] Ski 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
## Cross-country skiing—CROSS COUNTRY

Cross-country skiing, traditionally a form of transportation on snow, is usually practiced on prepared trails or hills and involves three main styles: classic, skating, and telemarking.

### Risk Factor Rating

| Risk Factor Rating | 2 |

### 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 instructor trained/certified through a National Coaching Certification Program, Canadian Association of Nordic Ski Instructors (CANSI), Cross Country Canada, 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 aware of potential risks involved in cross-country skiing
- [ ] Safe skiing practice (including recognition and treatment of frostbite and hypothermia and the buddy ski system) and trail etiquette have been 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
- [ ] Coach ensures that all students demonstrate competency of skill/fitness prior to longer ski races/training sessions

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

## Skiing—Cross Country

### 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** during initial instruction and then **in-the-area supervision**; a specific hazard may require constant visual supervision
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries and lost students
- Pre- and post-ski check-in system is in place

### Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is clearly marked and free of hazards/debris
- Higher risk areas are clearly marked
- Safety rules/regulations are posted
- Ski trails are clearly marked and a detailed map displaying the ski trails is available
- Trails are a safe distance from vehicular traffic

### Equipment

- Equipment to be used is suitable and in good condition
- Equipment (skis, poles, boots, bindings, etc.) is checked by a qualified person before every session
- Equipment is appropriate size for the student
- Instructions are given regarding the proper maintenance of cross-country ski equipment
- Appropriate wax is used for conditions
- Portable media players (such as an MP3 player) are avoided while skiing as they reduce the skier’s awareness to his/her surroundings
- First aid kit and phone are available

### Clothing/Footwear

- Appropriate footwear is worn with laces tied
- Clothing is worn in layers
- Toques and gloves are worn
- Appropriate clothing is worn, permitting unrestricted movement and protection for weather and sun
- Clothing must meet requirements of club or competition
- 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
# Physical Activity Safety Checklists

## Skiing—Water

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</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/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 properly 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
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.
## Physical Activity Safety Checklists

### Snorkeling

**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
SNOWBOARDING

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>General Learning Outcome</th>
</tr>
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<tbody>
<tr>
<td>The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.</td>
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<th>Risk Management Strategies</th>
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<th>Instruction</th>
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<tr>
<td><strong>Note:</strong> 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.</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
<tr>
<td>□ All sessions are conducted in a safe environment, with students being aware of the potential risks of snowboarding</td>
</tr>
<tr>
<td>□ Snowboarding safety rules and etiquette are learned prior to participation</td>
</tr>
<tr>
<td>□ Skills/movements are learned in proper progression</td>
</tr>
<tr>
<td>□ Students are screened and grouped according to abilities</td>
</tr>
<tr>
<td>□ Difficulty of hill is appropriate for student's development/capabilities</td>
</tr>
<tr>
<td>□ Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work</td>
</tr>
<tr>
<td>□ Drinking water is available and consumed as needed</td>
</tr>
</tbody>
</table>
## 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
## Snowshoeing

Snowshoeing is a recreational activity that involves walking on snow with web-shaped footwear.

### Risk Factor Rating

2

### 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 snowshoer capable of organizing, teaching, and demonstrating snowshoeing skills and activities 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 aware of potential risks involved in snowshoeing
- Safe snowshoeing practice (including recognition and treatment of frostbite and hypothermia and the buddy system) 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 snowshoe treks or races

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

### Snowshoeing

#### 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** during initial instruction and **in-the-area supervision** during snowshoeing sessions
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries
- □ Pre- and post-check-in system is in place

#### Facility/Environment

- □ Local weather conditions, forecast, and windchill are checked prior to outdoor session
- □ Activity area is clearly marked and free of hazards/debris
- □ Higher-risk areas are clearly marked
- □ Safety rules/regulations are posted
- □ Snowshoeing trails are clearly marked and a detailed map displaying the trails is available
- □ Trails are a safe distance from vehicular traffic

#### Equipment

- □ Equipment to be used is suitable and in good condition
- □ Equipment (snowshoes and bindings) is checked by a qualified person before every session
- □ Equipment is appropriate size for the student
- □ Instructions are given regarding the proper maintenance of snowshoes
- □ First aid kit and phone are available
- □ Portable media players (such as an MP3 player) are avoided while snowshoeing as they reduce the snowshoer’s awareness to his/her surroundings

#### Clothing/Footwear

- □ Appropriate footwear is worn with laces tied
- □ Clothing is worn in layers
- □ Toques and gloves are worn
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Clothing must meet requirements of club or competition
- □ Precautions are taken against cold and sun

#### 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
**PHYSICAL ACTIVITY SAFETY CHECKLISTS**

<table>
<thead>
<tr>
<th>Soccer</th>
<th>Risk Factor Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer is played on a field (or in a gym) by two teams trying to drive a ball into the opponent’s net predominantly by using their feet.</td>
<td>2</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 Soccer 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 (If participating in an organized soccer league there may be a certification requirement for the coach.)
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in soccer
- Safety rules (including appropriate behaviours related to moveable goals and heading of the ball) 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

**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**
- Individual responsible for first aid is present
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
# Physical Activity Safety Checklists

## Soccer

### Facility/Environment
- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Playing surface is level and free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are 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
- Goals are securely in place
- Balls are correct size and properly inflated
- Corner flags meet Canadian Soccer Association requirements
- Students ensure they have a water bottle at all sessions
- Soft pylons are used to mark practice areas
- First aid kit and phone are available

### Clothing/Footwear
- Players should consider wearing mouth guard
- Protective orthopedic apparatus must be soft and padded, in compliance with Canadian Soccer Association regulations
- Footwear meets the requirements of the Canadian Soccer Association
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition
- Suitable protection is used against heat, cold, sun, or insects

### 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
### Softball Safety Checklist

**Softball**

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>2</th>
</tr>
</thead>
</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/Softball 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 (If participating in a league, there may be a coaching certification requirement.)
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in softball
- Softball safety rules (e.g., safe base running) and etiquette (e.g., dropping the bat after hitting the ball) are learned prior to participation
- Skills/movements are learned in proper progression, especially higher-risk activities such as sliding
- 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

#### SOFTBALL

*(SLO-PITCH, MODIFIED, OR FAST PITCH)*

**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**
- [ ] Safety rules and procedures are enforced (e.g., non-participants are in a safe area and an adequate distance from the batter)
- [ ] Designated person is present with basic first aid training
- [ ] 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
- [ ] The facility is checked prior to use for hazards
- [ ] Bases are secured
- [ ] Diamond is groomed and level, free of holes, rocks, or other obstacles
- [ ] Backstop is free of holes or broken wires and is checked prior to each game or practice
- [ ] Entrance gates to diamond must stay closed at all times
- [ ] Dugout is screened to protect players and coaches
- [ ] If the field is deemed to be unsafe, a game/practice must be rescheduled to a new field or new date, and a report must be submitted to the appropriate authorities
- [ ] When training indoors the site is suitable for the activity being practiced (e.g., a school gymnasium may be suitable for a pitching practice but not for batting practice)
- [ ] Instructions for use of facility are posted

**Equipment**

- [ ] Equipment to be used is suitable and in good condition
- [ ] Equipment (bats, helmets) are checked by a qualified person before every session
- [ ] Bats are the appropriate size (length and weight) for each participant
- [ ] Safety bases are used
- [ ] Helmets (CSA-approved) are used in accordance with Softball Canada directives
- [ ] Catchers wear approved protective equipment as per Softball Canada directives
- [ ] Equipment not being used as part of the game must be kept out of the playing area
- [ ] First aid kit and phone are available

**Clothing/Footwear**

- [ ] Appropriate footwear is worn
- [ ] Laces are tied and open-toed shoes are avoided
- [ ] Jewelry is removed or secured when safety is a concern
- [ ] Appropriate clothing is worn (t-shirt and shorts), permitting unrestricted movement
- [ ] Clothing must meet requirements of club or competition
- [ ] Suitable protection from the sun and insects is used

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**E.202**

**OUT-of-Class Safety Handbook**
## Physical Activity Safety Checklists

### Softball

(Slo-pitch, Modified, or Fast Pitch)

### 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.
### Speed Skating

#### Risk Factor Rating

| 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
# Physical Activity Safety Checklists

## 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
# Physical Activity Safety Checklists

## Squash

Squash is a racquet sport played in a four-walled court where two or four players hit a small, hollow rubber ball against the wall with a standard-sized racquet.

| Risk Factor Rating | 2 |

### 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/coach or an experienced squash player who is capable of demonstrating the competency expected from 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 squash
- □ Safety rules 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

### 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** during initial instruction and then **in-the-area supervision**
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries
### Physical Activity Safety Checklists

#### Squash

<table>
<thead>
<tr>
<th>Facility</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
</tr>
<tr>
<td>□ Activity area is clearly marked with adequate out-of-bounds areas</td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
</tr>
<tr>
<td>□ Safety rules/regulations are posted</td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Equipment (racquets, goggles) are checked by a qualified person before every session</td>
</tr>
<tr>
<td>□ Instructions are given regarding the proper maintenance of squash equipment</td>
</tr>
<tr>
<td>□ First aid kit and phone are available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Appropriate footwear is worn</td>
</tr>
<tr>
<td>□ Laces are tied and open-toed shoes are avoided</td>
</tr>
<tr>
<td>□ Protective eyewear must be worn at all times</td>
</tr>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td>□ Appropriate clothing is worn, permitting unrestricted movement</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
</tr>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
<tr>
<td>□ The activity is suitable to the student's age, ability, mental condition, and physical condition</td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
</tbody>
</table>
**Swimming Safety Checklist**

**Swimming (Open Water)**

Swimming is the movement through water without artificial assistance, and can be recreational or competitive. Open-water swimming involves both recreational and competitive swimming in outdoor waters not restricted to a swimming pool, such as a lake or the ocean.

| 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 swimmer with the following qualifications:
  - NLS Lifeguard Certificate OR Bronze Cross
  - Current First Aid Qualifications:
    - St. John Emergency First Aid Certificate, OR
    - Canadian Red Cross Emergency First Aid, OR
    - Lifesaving Society Canadian Swim Patrol Program, Star Patrol, OR
    - Canadian Ski Patrol First Aid Certificate

- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in swimming
- Swimming safety rules and emergency procedures are learned as part of the instructional program
- Skills/movements are learned in proper progression
- All screening and testing is initially done in shallow water
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Drinking water is available and consumed as needed

*See camping checklists for safety information when camping overnight.*
### 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
- **Minimum of one instructor/supervisor/participant has:**
  1. NLS Lifeguard Certificate, OR
  2. Current First Aid Qualifications:
     a) St. John Emergency First Aid Certificate, OR
     b) Canadian Red Cross Emergency First Aid, OR
     c) Canadian Ski Patrol First Aid Certificate.
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
- Process for the accounting of the students must be in place
- Buddy system is in place
- Each instructor/supervisor has a whistle or other signaling device
- Supervisor is in a motorized support boat, if possible, within easy reach of the swimmer

### Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Swimming area must be free of hazards/debris and unsuspecting currents
- Swimming area is clearly marked
- Safety rules/regulations are posted
- Electrical equipment is properly grounded and away from water

### Equipment

- Equipment to be used is suitable and in good condition
- Standard water safety equipment is available (e.g., ring buoys, reaching poles, spinal boards, etc.)
- First aid kit and phone are available

### Clothing/Footwear

- Suitable swimwear is worn
- Device for preventing hair from obstructing vision is worn (e.g., elastic band or swim cap)
- Jewelry is removed or secured if safety is a concern
- Eyewear is removed or secured
- Goggles are recommended for open-water swimming
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
Swimming is the movement through water without artificial assistance, and can be recreational or competitive.

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 swimmer with the following qualifications:
   1. NLS Lifeguard Certificate OR Bronze Cross
   2. Current First Aid Qualifications:
      a) St. John Emergency First Aid Certificate, OR
      b) Canadian Red Cross Emergency First Aid, OR
      c) Lifesaving Society Canadian Swim Patrol Program, Star Patrol, OR
      d) Canadian Ski Patrol First Aid Certificate

☐ All sessions are conducted in a safe environment, with students being aware of the potential risks involved in swimming
☐ Safety rules and procedures are enforced
☐ Swimming safety rules and emergency procedures are learned as part of instruction program
☐ Skills/movements are learned in proper progression
☐ All screening and testing is initially done in the shallow end of the pool
☐ Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
☐ Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.
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**
- Minimum of one instructor/supervisor/participant has:
  1. NLS Lifeguard Certificate, OR
  2. Current First Aid Qualifications:
     a) St. John Emergency First Aid Certificate, OR
     b) Canadian Red Cross Emergency First Aid, OR
     c) RLSS Aquatic Emergency Care Certificate, OR
     d) Canadian Ski Patrol First Aid Certificate
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
- Process for the accounting of the students must be in place
- Buddy system is in place
- Each instructor/supervisor has a whistle or other signaling device
- Safety rules are posted and enforced, including:
  - No running or pushing on deck
  - No gum chewing
  - No food in pool area
  - Diving area rules
  - No diving in shallow end
  - No shoes on deck
- Change rooms are regularly monitored

Facility/Environment

- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Swimming area must be free of hazards/debris
- Swimming area is clearly marked
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations and instructions for use of facility are posted
- Electrical equipment is properly grounded and away from water
- Emergency exits are clearly marked and must be identified

Equipment

- Equipment to be used is suitable and in good condition
- Standard water safety equipment is available (e.g., ring buoys, reaching poles, spinal boards, etc.)
- First aid kit and phone must be readily accessible
# Physical Activity Safety Checklists

## Swimming (Pool)

### Clothing/Footwear
- □ Suitable swimwear is worn
- □ Device for preventing hair from obstructing vision is worn (e.g., elastic band or swim cap)
- □ Jewelry is removed or secured if safety is a concern
- □ Eyewear is removed or secured
- □ Goggles are recommended for continuous swimming

### 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
**Physical Activity Safety Checklists**

### Table Tennis

Table tennis, also known as ping pong, is a sport in which two or four players hit a lightweight ball back and forth to each other with bats (also sometimes called racquets or paddles). The game takes place on a table divided by a net.

| Risk Factor Rating | 2 |

**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 certified National Coaching Certification Program/Table Tennis 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 table tennis
- [ ] Safety rules and procedures are learned prior to participation
- [ ] Skills/movements are learned in proper progression
- [ ] Drinking water is available and consumed as needed

**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: **in-the-area supervision**
- [ ] On-site supervision is required for setting up and putting away tables
- [ ] Safety rules and procedures are enforced
- [ ] Emergency action plan is in place to deal with accidents/injuries
### Physical Activity Safety Checklists

#### Table Tennis

<table>
<thead>
<tr>
<th>Facility</th>
<th></th>
<th>Equipment</th>
<th>Clothing/Footwear</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
<td>□ Equipment to be used is suitable and in good condition</td>
<td>□ Appropriate and properly fitted footwear is worn</td>
<td></td>
</tr>
<tr>
<td>□ Activity area is clearly marked with adequate out-of-bounds areas</td>
<td>□ Tables and paddles are checked prior to use; damaged equipment is repaired or replaced</td>
<td>□ Laces are tied and open-toed shoes are avoided</td>
<td></td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td>□ Routine is established for setting up, dismantling, and storing equipment and tables</td>
<td>□ Jewelry is removed or secured when safety is a concern</td>
<td></td>
</tr>
<tr>
<td>□ Safety rules/regulations are posted</td>
<td>□ First aid kit and phone are available</td>
<td>□ Appropriate clothing is worn, permitting unrestricted movement</td>
<td></td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 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 |                          |                                                       |                                                       |
### Tae Bo

Tae bo is an aerobic exercise routine developed by taekwondo practitioner Billy Blanks in 1989. It combines music with elements from his taekwondo and boxing training to form an intense workout regimen.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</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 an instructor certified by the Manitoba Fitness Council, a certified Tae Bo instructor or from an experienced instructor capable of demonstrating competencies of a certified instructor, 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 aware of potential risks of tae bo and aerobic activities with specific reference to certain exercises which might constitute part of the program.
- □ Safety rules are learned prior to participation.
- □ Skills/movements are learned in proper progression.
- □ Each session is conducted with an appropriate warm-up and cool-down.
- □ Drinking water is available and consumed as needed.
- □ Program adheres to basic fitness and training principles.

#### 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** during initial instruction.
- □ Safety rules and procedures are enforced.
- □ Emergency action plan is in place to deal with accidents/injuries.
## Physical Activity Safety Checklists

**Tae Bo**

### Facility
- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are provided or posted
- □ Instructions for use of facility are posted
- □ Emergency exit is clearly marked

### Equipment
- □ Equipment to be used is suitable and in good condition
- □ Equipment used is regularly checked by a qualified person
- □ Instructions are given regarding the proper maintenance/storage of equipment
- □ First aid kit and phone are available

### Clothing/Footwear
- □ Appropriate and properly fitted footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn (e.g., aerobics wear) providing unrestricted movement

### Other Considerations
- □ The student has completed a regular medical checkup and a medical history prior to starting the program
- □ The student should have completed a Registration/Informed Consent Form 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
# Physical Activity Safety Checklists

## Taekwondo

Taekwondo is a martial art and combat sport originating in Korea. It emphasizes kicks thrown from a mobile stance, using the leg's greater reach and power to disable the opponent from a distance.  

| 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 a trained/certified taekwondo instructor (a minimum belt standing and training is required before one can instruct), approved by Taekwondo Canada or an instructor capable of demonstrating the competencies required for certification
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in taekwondo
- Safety rules and procedures are learned prior to participation
- Skills/movements are learned in proper progression
- Program adheres to basic fitness and training principles
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Student must demonstrate competency of skill/fitness prior to being allowed to enter competition
- Drinking water is available and consumed as needed

### 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
## Physical Activity Safety Checklists

### Taekwondo

#### Facility
- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are provided or posted
- □ 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
- □ Equipment is checked by a qualified person before every session
- □ Instructions are given regarding the proper maintenance of equipment
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Appropriate footwear is worn as required
- □ Jewelry is removed
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Clothing must meet the requirements of the club or competition

#### 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
Tai chi (or tai chi chuan) is a “soft” Chinese martial art that often involves slow, relaxed movements, but may also have secondary, faster movements. Training may also consist of partner exercises known as “pushing hands,” and martial applications of the postures of the form.

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 instructor trained in tai chi, possibly by the Taoist Tai Chi Society of Canada
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in tai chi as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
- Safety rules are learned prior to participation
- Skills/movements are learned in proper progression
- Program adheres to basic fitness and training principles
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Drinking water is available and consumed as needed

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 during initial instruction
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Tai Chi

#### Facility
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are provided or posted
- 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
- Instructions are given regarding the proper maintenance of equipment
- First aid kit and phone are available

#### Clothing/Footwear
- Appropriate footwear is worn
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn, permitting unrestricted movement
- Clothing must meet the requirements of the club

#### 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
### Tchoukball

Tchoukball is an indoor team sport that involves passing a ball between teammates and attempting to throw and bounce the ball off a “frame” resembling an upright trampoline.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
<th>2</th>
</tr>
</thead>
</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 an instructor capable of organizing, teaching, and demonstrating tchoukball skills and activities 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 tchoukball
- [ ] Safety rules and etiquette of the game of tchoukball 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

#### 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**
- [ ] Safety rules and procedures are enforced
- [ ] Emergency action plan is in place to deal with accidents/injuries
<table>
<thead>
<tr>
<th>Facility</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Activity area is free of hazards/debris</td>
<td></td>
</tr>
<tr>
<td>□ Floor provides adequate traction</td>
<td></td>
</tr>
<tr>
<td>□ Activity area is clearly marked with adequate out-of-bounds areas</td>
<td></td>
</tr>
<tr>
<td>□ Proper lighting and ventilation, when applicable, are provided</td>
<td></td>
</tr>
<tr>
<td>□ Safety rules/regulations are posted</td>
<td></td>
</tr>
<tr>
<td>□ Instructions for use of facility are posted</td>
<td></td>
</tr>
<tr>
<td>□ Emergency exit of indoor facility is clearly marked</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Clothing/Footwear</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Equipment to be used is suitable and in good condition</td>
<td>□ Appropriate footwear is worn</td>
</tr>
<tr>
<td>□ All equipment is checked before starting a session; damaged equipment is repaired or replaced as required</td>
<td>□ Laces are tied and open-toed shoes are avoided</td>
</tr>
<tr>
<td>□ Balls are properly inflated</td>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td>□ First aid kit and phone are available</td>
<td>□ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Considerations</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
<td>□ Clothing must meet requirements of club or competition</td>
</tr>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
<td></td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
<td></td>
</tr>
<tr>
<td>□ 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</td>
<td></td>
</tr>
<tr>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
<td></td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
<td></td>
</tr>
<tr>
<td>□ 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</td>
<td></td>
</tr>
</tbody>
</table>
**Team Handball**

Team handball (also known as handball, field handball, European handball, or Olympic handball) is a team sport where two teams of seven players each (six players and a goalkeeper) pass and bounce a ball trying to throw it in the goal of the opposing team.

| Risk Factor Rating | 2 |

**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/Handball 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 (League may require certified coaches.)
- All sessions are conducted in a safe environment, with students being aware of the potential risks involved in team handball
- Safety rules (including never hang on goals) and game 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

**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**
- Safety rules and procedures are enforced
- Individual responsible for first aid is present for the entire session
- Emergency action plan is in place to deal with accidents/injuries
### Physical Activity Safety Checklists

#### Team Handball

**Facility**
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- 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
- Goals are properly anchored; damaged goals are repaired or replaced
- Balls are properly inflated
- First aid kit and phone are available

**Clothing/Footwear**
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Eyewear is removed or secured
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

**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
**Tennis**

Tennis is a racquet sport played between two or four players. A stringed racquet is used to strike a hollow, felt-covered rubber ball over a net into the opponent’s court.

| Risk Factor Rating | 2 |

**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/Tennis 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 tennis.
- Safety rules and game 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.

**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** during initial instruction and then **in-the-area supervision**.
- Safety rules and procedures are enforced.
- Emergency action plan is in place to deal with accidents/injuries.
- Bad weather plan is in place if using outdoor courts.
## Physical Activity Safety Checklists

### Tennis

#### Facility/Environment
- □ Local weather conditions, forecast, and wind chill are checked prior to outdoor session
- □ Activity area is free of hazards/debris
- □ Activity area is clearly marked with adequate out-of-bounds areas
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are posted
- □ 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
- □ Nets are in good repair
- □ Appropriate size racquet is used
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Appropriate footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- □ Clothing must meet requirements of club or competition

#### 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
**Physical Activity Safety Checklists**

### Tobogganing, Sledding, Tubing

Tobogganing, sledding, and tubing are very popular Canadian winter activities that have been enjoyed by generations of Canadians; all you need is a hill and something to “ride” down the hill.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
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</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 an instructor capable of organizing, teaching, and demonstrating skills and activities associated with tobogganing, sledding and/or tubing 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 tobogganing/sledding/tubing
- Safety rules and practice (e.g., taking time to avoid collisions and never going down a hill headfirst; facing forward and steering) are learned prior to participation
- Skills/movements are learned in proper progression
- Difficulty of course/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

**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**; the supervisor is positioned at the top of the hill to ensure slope is safe for descent
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries

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

#### Tobogganing, Sledding, Tubing

**Facility/Environment**
- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Sledding path is free of obstacles and the hill doesn’t end near a street, parking lot, pond, or other danger
- Adequate layer of snow is present
- If sledding in the evening, area is well-lit
- Activity area is clearly marked
- Safety rules/regulations are posted

**Equipment**
- Equipment to be used is suitable and in good condition
- Sled can be steered (safer than flat sheets, toboggans, or snow discs)
- Equipment is checked for damage before each use; damaged equipment is repaired or replaced
- First aid kit and phone are available

**Clothing/Footwear**
- Clothing is worn in layers and is appropriate for weather conditions
- Appropriate footwear is worn
- Toques and mitts/gloves are worn
- Scarves are avoided or well-secured
- Jewelry is removed or secured when safety is a concern
- Eyewear is secured or removed as is appropriate

**Other Considerations**
- The student has completed a regular medical checkup and a medical history prior to starting the program
- If the student is participating in an organized program they should have completed a Registration/Informed Consent Form 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
Triathlon is an athletic event that includes swimming, cycling, and running over various distances.

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 a certified National Coaching Certification Program/Triathlon Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach in preparing programs for triathlon events 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 triathlon programs (indoors and outdoors)
☐ Basic safety during training and racing sessions (including road and water safety) is 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
☐ Coaches monitors weekly training load (distance and increases) of athlete
☐ Length of event must be appropriate for the fitness level of the student
# Physical Activity Safety Checklists

## Triathlon

### 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* is required by a qualified swim instructor/lifeguard during all swimming activities; otherwise *in-the-area supervision*
- □ As some training sessions will be conducted by the student on their own, students are encouraged to train in pairs
- □ Process for the accounting of the students must be in place
- □ Individual responsible for providing first aid is present
- □ 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
- □ Safety check has been performed prior to run
- □ Route is free of debris and obstructions
- □ Running surface is level and provides suitable footing
- □ Traffic is avoided as permitted
- □ Routes that put runners/riders at personal risk are avoided
- □ Route is clearly marked
- □ Swimming area must be free of hazards/debris and unsuspecting currents
- □ Swimming area is clearly marked

### Equipment

- □ Equipment to be used is suitable and in good condition
- □ Standard water safety equipment is available (e.g., ring buoys, reaching poles, spinal boards, etc.)
- □ Bikes are checked prior to each ride
- □ Portable media players (such as an MP3 player) are avoided for training as they reduce athlete’s awareness of surroundings, and not permitted for competition
- □ First aid kit and phone are available

### Clothing/Footwear

- □ Appropriate footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Approved helmet is worn during the cycling portion
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Suitable swimwear is worn, including device for preventing hair from obstructing vision (e.g., elastic band or swim cap) during swim portion
- □ Suitable clothing and protection is used for weather, sun, or insects
- □ Clothing must meet requirements of club or competition
### Physical Activity Safety Checklists

#### Triathlon

<table>
<thead>
<tr>
<th>Other Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
</tr>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
</tr>
<tr>
<td>□ All injuries should be referred to appropriate medical personnel for treatment and rehabilitation</td>
</tr>
<tr>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
</tbody>
</table>
**Ultimate**

Ultimate (also commonly called ultimate frisbee) is a non-contact, competitive team sport played by two teams of seven players using a 175-gram flying disc on a field similar to a football/soccer field, but about half the width. The object of the game is to score points by passing the disc to a player in the opposing end zone.

| Risk Factor Rating | 2 |

**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 National Coaching Certification Program trained/certified 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 ultimate
- [ ] Safety rules and game 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

**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 during initial instruction and then in-the-area supervision
- [ ] Safety rules and procedures are enforced
- [ ] Individual responsible for first aid is present for the entire session
- [ ] Emergency action plan is in place to deal with accidents/injuries
### Physical Activity Safety Checklists

#### Ultimate

#### Facility/Environment
- Local weather conditions, forecast, and wind chill are checked prior to outdoor session
- Activity area is free of hazards/debris and level; providing good footing
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are 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
- Discs are checked for damage prior to each use
- First aid kit and phone are available

#### Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Eyewear is removed or secured
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition
- Suitable protection is used against heat, cold, sun, or insects

#### 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
## Physical Activity Safety Checklists

### Volleyball

Volleyball is a team sport in which two teams of six active players, separated by a high net, each try to score points against one another by grounding a ball on the other team's court.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
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<tbody>
<tr>
<td>2</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 National Coaching Certification Program trained/certified Volleyball 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 volleyball
- [ ] Safety rules (e.g., do not climb standards) and etiquette of the game 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

### 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** during initial instruction and then **in-the-area supervision**
- [ ] Supervisor monitors the setting up and taking down of the net (i.e., on-site supervision) and checks net prior to start of activity
- [ ] Safety rules and procedures are enforced
- [ ] Individual responsible for first aid is present
- [ ] Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Volleyball

#### Facility/Environment
- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Surface provides good footing
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Emergency exit of indoor facility is clearly marked

#### Equipment
- Equipment to be used is suitable and in good condition
- Volleyball standards, antennae, and nets are checked for damage prior to each use
- Students are instructed on how to set up and take down the net
- Balls are inflated to proper pressure and are free of deformities
- First aid kit and phone are available

#### Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Knee pads are worn as required
- Jewelry removed safety is a concern
- Eyewear is removed or secured
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition
- For outdoor sessions suitable protection is used against heat, cold, sun, or insects

#### 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
# Physical Activity Safety Checklists

## Walking

Walking is the most popular form of exercise and contributes to cardio-respiratory fitness.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
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<tr>
<td>1</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 an experienced walker capable of organizing a walking program 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 walking (indoors and outdoors).
- Basic safety during training (including road safety) is learned prior to participation.
- Skills/movements are learned in proper progression.
- Instructor monitors weekly training load (distance) of students; this can best be done through a training log/journal.
- Length of walks must be appropriate for the age and fitness level of the student.
- Drinking water is available and consumed as needed.

### 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: in-the-area supervision or no supervision.
- As some training sessions will be conducted by the students on their own, they are encouraged to walk in pairs.
- Emergency action plan is in place to deal with accidents/injuries.
<table>
<thead>
<tr>
<th>Facility/Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Local weather conditions, forecast, and windchill are checked prior to outdoor session</td>
</tr>
<tr>
<td>□ Route is relatively free of debris and obstructions</td>
</tr>
<tr>
<td>□ Walking surface is level and provides suitable footing</td>
</tr>
<tr>
<td>□ Traffic is avoided as permitted</td>
</tr>
<tr>
<td>□ Routes that put walkers at personal risk are avoided</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Equipment to be used is suitable and in good condition</td>
</tr>
<tr>
<td>□ Portable media players (such as an MP3 player) are discouraged as they may cause distractions from traffic and other hazards</td>
</tr>
<tr>
<td>□ Treadmills used for walking indoors are regularly inspected by qualified personnel</td>
</tr>
<tr>
<td>□ First aid kit and phone are available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clothing/Footwear</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Appropriate walking shoes are worn</td>
</tr>
<tr>
<td>□ Laces are tied and open-toed shoes are avoided</td>
</tr>
<tr>
<td>□ Jewelry is removed or secured when safety is a concern</td>
</tr>
<tr>
<td>□ Appropriate clothing is worn, permitting unrestricted movement</td>
</tr>
<tr>
<td>□ Clothing provides protection from weather, sun, or insects as required</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ The student has completed a regular medical checkup and a medical history prior to starting the program</td>
</tr>
<tr>
<td>□ The student has submitted the signed Parent Declaration and Consent &amp; Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program</td>
</tr>
<tr>
<td>□ Registration in an accident insurance plan is encouraged</td>
</tr>
<tr>
<td>□ All injuries should be referred to appropriate medical personnel for treatment and rehabilitation</td>
</tr>
<tr>
<td>□ The activity is suitable to the student’s age, ability, mental condition, and physical condition</td>
</tr>
<tr>
<td>□ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate</td>
</tr>
<tr>
<td>□ 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</td>
</tr>
</tbody>
</table>
# Physical Activity Safety Checklists

## Water Polo

Water polo is a team water sport combining swimming and handball. It involves two teams of seven (six field players and one goalkeeper) who try to score by throwing an inflated rubber ball into the opponent’s net.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
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<tbody>
<tr>
<td>4</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/Water Polo 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 polo.
- □ Safety rules regarding the game of water polo and emergency procedures, as well as proper conduct on the deck, are learned prior to participation.
- □ Students are assessed for swimming ability prior to start of program.
- □ 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.

### 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**
- □ Supervisor with lifeguard qualifications is present.
- □ Safety rules and procedures are enforced.
- □ Emergency action plan is in place to deal with accidents/injuries.
## Physical Activity Safety Checklists

### Water Polo

#### Facility/Environment
- Local weather conditions, forecast, and windchill are checked prior to outdoor session
- Activity area is free of hazards/debris
- Deck of pool is free of obstacles
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- 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
- Goals are checked prior to each use to ensure they are securely anchored
- Balls are properly inflated
- Emergency rescue equipment is readily available
- First aid kit and phone are available

#### Clothing/Footwear
- Appropriate bathing suit is worn

#### 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
**Physical Activity Safety Checklists**

### Weightlifting

Weightlifting is a sport in which competitors attempt to lift heavy weights mounted on barbells.

| 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/Canadian Weightlifting 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 involved in weightlifting
- Proper lifting techniques, safety precautions (e.g., check that plates are secure before lifting) and routines (e.g., putting weights away when finished) 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 must demonstrate competency of skill/fitness prior to lifting in competition

**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** during initial instruction and **in-the-area supervision** during training sessions
- Supervisor ensures adequately trained spotters are present
- Safety rules and procedures are enforced
- Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Weightlifting

#### Facility
- Activity area is free of hazards/debris and the floor must offer sufficient traction
- Activity area is clearly marked
- Non-lifters have a designated area
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit of indoor facility is clearly marked
- Facility is locked when not supervised

#### Equipment
- Equipment to be used is suitable and in good condition
- Equipment is checked prior to use; damaged equipment is repaired or replaced
- First aid kit and phone are available

#### Clothing/Footwear
- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry is removed or secured when safety is a concern
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Clothing must meet requirements of club or competition

#### 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
**PHYSICAL ACTIVITY SAFETY CHECKLISTS**

**WEIGHT TRAINING (STRENGTH/RESISTANCE)**

Weight training, sometimes referred to as weight lifting or strength/resistance training, is a group of exercises usually involving weights, or some other form of resistance, designed to improving an individual's strength.

| 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 an instructor certified by the Manitoba Fitness Council or from an experienced instructor capable of demonstrating competencies of a certified instructor 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 weight training
- Safe weight/strength training (including spotting techniques) techniques and procedures are learned prior to participation
- Skills/movements are learned in proper progression
- Students demonstrate competency of skill/fitness prior to progression; training sessions are monitored and adjusted to meet needs
- Each session is conducted with an appropriate warm-up and cool-down
- Drinking water is available and consumed as needed
- Program adheres to basic fitness and training principles
# Physical Activity Safety Checklists

## Weight Training (Strength/Resistance)

### 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** during initial instruction and **in-the-area supervision** during training sessions
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries
- □ Weight-training area is locked when not supervised

### Facility

- □ Activity area is free of hazards/debris
- □ Adequate space is provided between stations
- □ Floor provides adequate traction
- □ Proper lighting and ventilation, when applicable, are provided
- □ Safety rules/regulations are posted
- □ 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
- □ Equipment is checked regularly
- □ Instructions are given regarding the proper maintenance/storage of equipment
- □ First aid kit and phone are available

### Clothing/Footwear

- □ Appropriate footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- □ Clothing must meet requirement of the club

### 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
### 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.
## Physical Activity Safety Checklists

### Windsurfing/Sailboarding

#### 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
**Physical Activity Safety Checklists**

**Wrestling**
(Freestyle or Greco-Roman)

Wrestling is the act of physical engagement between two unarmed persons, in which each wrestler strives to control or to get an advantage over his opponent.

| 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 a certified National Coaching Certification Program/Wrestling 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 wrestling
- Safety techniques and rules are learned prior to participation
- Skills/movements are learned in proper progression
- Students demonstrate competency of skill/fitness prior to competition
- Difficulty of drill 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
- Instructor matches students by size and abilities
- Students are checked for infections

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Appendix E: Physical Activity Safety Checklists
### Physical Activity Safety Checklists

#### Wrestling

**(Freestyle or Greco-Roman)**

#### 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
- Individual responsible for first aid is present for the duration of the session

#### Facility

- Activity area is free of hazards/debris and must provide good traction
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Safety rules/regulations are posted
- 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
- Mats are cleaned and checked for damage prior to use
- Mats are securely attached together
- First aid kit and phone are available

#### Clothing/Footwear

- Appropriate footwear is worn
- Laces are tied and open-toed shoes are avoided
- Jewelry must be removed
- Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement
- Ear guards are worn as required
- Clothing must meet requirements of club or competition

#### 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
# Physical Activity Safety Checklists

## Yoga

Yoga is a group of ancient spiritual practices from India, often thought of as disciplines of asceticism and meditation. Outside India, where there is a strong emphasis on individualism, yoga has become primarily associated with the health benefits of the practice of asanas (postures) of Hatha Yoga.

<table>
<thead>
<tr>
<th>Risk Factor Rating</th>
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<td>2</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 yoga instructor or a yoga practitioner 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 yoga
- □ Safety rules and procedures are learned prior to participation
- □ Skills/movements are learned in proper progression
- □ Program adheres to basic fitness and training principles
- □ Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- □ Drinking water is available and consumed as needed

### 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] during initial instruction
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries
## Physical Activity Safety Checklists

### Yoga

#### Facility
- □ Activity area is free of hazards/debris
- □ Proper lighting and ventilation, when applicable, are 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
- □ Mats are cleaned regularly
- □ Instructions are given regarding the proper maintenance/storage of equipment
- □ First aid kit and phone are available

#### Clothing/Footwear
- □ Classes are conducted in bare feet, unless otherwise instructed
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Clothing must meet requirement of the club

#### 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
Appendix F

Glossary of Terms
The following definitions of key terms in this document are provided to ensure clarity and understanding.

IN
IN refers to IN-class instructional time that is teacher-directed and based on learning outcomes from the curriculum. This class time is timetabled as part of the instructional day and students are required to attend.

OUT
OUT refers to OUT-of-class time that is student-directed and based on learning outcomes from the curriculum that promote participation in physical activity. The OUT-of-class delivery option will require teacher/parent/guardian sign-off. The OUT-of-class time may include physical activities that occur
- in school with teacher supervision (e.g., intramurals, interschool sports, fitness workouts) but not during instructional class time
- outside of the school or off school property, and without direct supervision by a certified teacher or other person employed by or under contract with a school division

Teacher-directed
Teacher-directed refers to the scheduled instructional time organized and taught by a certified teacher.

Student-directed
Student-directed refers to the time when the student takes responsibility for achieving the learning outcomes through a Physical Activity Practicum approved by the parent/guardian and teacher. Time spent engaging in physical activity as part of employment for remuneration does not qualify.

Risk management
Risk management is the process of identifying inherent or potential risks involved with any activity and then identifying strategies to minimize the risk of injury during participation in that activity.

Physical activity
Physical activity means all forms of large-muscle movement, including sports, dance, games, walking, and exercise for fitness and physical well-being. It may also include physical therapy or mobility training for students with special needs.

Physical Activity Practicum
Physical Activity Practicum is programming that students choose with teacher guidance to address health-related fitness components over a period of time with a primary emphasis on cardiovascular-respiratory endurance. Eligible practicum physical activities, particularly for the student-directed OUT-of-class time, must
- contain a minimum of 55 hours of moderate to vigorous physical activity that contributes to cardio-respiratory endurance (heart, lungs, circulatory system) plus one or more of the health-related fitness components (muscular strength, muscular endurance, and flexibility)
- be safe, ethical, and age/developmentally appropriate
- address risk management measures based on Safety Guidelines for Physical Activity in Manitoba Schools and YouthSafe Manitoba: School Field Trip Guide, and require special parental permission
Moderate activities
Moderate activities are physical activities that cause breathing and heart rate to increase. People engaging in moderate activities can hear themselves breathe but they can still talk. Examples of moderate activities include brisk walking, bicycling (less than 15 km/hour), skateboarding, shooting baskets, and curling.

Vigorous activities
Vigorous activities are physical activities that cause breathing and heart rate to increase to a higher level whereby it would be difficult to talk. Examples include jogging, swimming, jumping jacks, sports that involve running, tobogganing, shoveling snow, and walking through deep snow.

Pre- and Post-sign-off
Pre- and Post-sign-off refers to the sign-off process required for the student-directed option prior to implementing the Physical Activity Practicum and upon its completion. This process involves teachers, students, parents/guardians, and/or supervising adult(s). The purpose of the Pre-Sign-off Form is to ensure the student/parent/guardian has chosen physical activity that is safe and appropriate to meet the learning outcomes. The purpose of the Post-Sign-off Form is to provide the documentation or evidence that the student met the requirements of the Physical Activity Practicum.

School-based activities
School-based activities that may be selected for the OUT-of-class component of PE/HE are organized by the school/division and include sports teams, intramurals, clubs, field trip, and others.

Non-school-based activities
Non-school-based activities are home-, community- or independently based activities that are not directly organized by the school or school division, such as community sports, classes and clubs, and exercising at home.

Liability
Liability is the legal responsibility for one’s actions or for one’s failure to act. A person or other entity that fails to meet this responsibility is vulnerable to be sued (i.e., be a defendant) in a lawsuit from a body that feels somehow wronged by this failure to act (i.e., a plaintiff). The plaintiff must prove the legal liability of the defendant in order to receive a court order for the defendant to pay damages or to otherwise remedy the situation (such as by fulfilling the terms of a contract). To prove liability the plaintiff must present evidence that the defendant had a responsibility to act, failed to fulfill that responsibility, and caused damages to the plaintiff as a result of this failure.

Negligence
Negligence is a breach of the legal duty to take care which results in harm or injury, undesired by the person who is negligent, to the person who is harmed or injured.
Bibliography


