



GOOD SPIRIT SCHOOL DIVISION No. 204

Physical Activity Safety Manual Appendix 215

Guidelines, although helpful, should never replace common sense and the expected standard of care within the School Division.



This is an evergreen document so please avoid printing off a copy of this manual. When updates occur, the document will be replaced in the Administrative Procedures section and staff will be notified through the Friday File. The updated manual will come into effect immediately.



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ARCHERY

GRADES 4 – 12

Risk Level: High: Archery is not sanctioned in Kindergarten to Grade 3 and is a high risk activity in Grades 4-12. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1. This activity requires all instructors to be fully certified as a NASP Basic Archery Instructor.

EQUIPMENT

- As per NASP Basic Archery Instructor Training. Only NASP certified equipment to be used.

FACILITIES

- As per NASP Basic Archery Instructor Training.

SPECIAL RULES / INSTRUCTION

- As per NASP Basic Archery Instructor Training.

SUPERVISION

- As per NASP Basic Archery Instructor Training.



BASEBALL and Softball (Fast Pitch)

BASEBALL and SOFTBALL is not sanctioned at any grade level.

BASKETBALL

AND RELATED GAMES SUCH AS: BORDENBALL, ENDBALL, MATTBALL, BENCHBALL, NETBALL, ETC.

GRADES K – 12

RISK LEVEL: LOW EQUIPMENT

- First aid kit should be stocked and accessible.
- Where an end wall is close to the baseline, place protective gym mats or padding beyond the “key” area.
- Extend protective end wall mats up the wall a minimum of 1.88 metres (6’) from the top of the baseboard up the wall and a minimum width of 6 metres (19.7’) across the wall.
- Where a stage is close to the baseline, place gym mats over the edge of the stage and extend close to the floor.
- Wear suitable clothing and footwear. Remind students to tie shoelaces securely.
- No stocking feet.
- Remove all jewelry prior to participating in basketball activities.
- No gum or candy.
- Tie, tape or pin back long hair when it could obscure vision.

FACILITIES

- Use a playing surface (indoor & outdoor) and surrounding area that is clean, free of all obstacles and provides safe footing and good traction.
- Don’t locate winch for raising/lowering backboards directly under the supporting wall-mounted structure.
- Ensure that only trained adults or students under supervision use motorized or hand winches to raise and lower baskets.
- Use protective padding on rectangular backboard edges in secondary school facilities.
- When raising or lowering baskets, the area directly below the moving basket must be clear of people and equipment.
- Floor sockets should have cover plates in place.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Base games and activities on skills that are taught.
- If cross-court play involves immovable obstacles or confined space (e.g., doors and radiators under side baskets or wall close to the baseline) modify rules appropriately (e.g., no lay-ups).
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



BENCHES AND CHAIRS

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Caution should be exercised in the selection of appropriate chairs that provide good traction between legs or frames and the ground/gymnasium floor.
- Damaged chairs/benches or folding chairs should not be used.
- Benches must not have cracks, chipped corners or splinters on the top surface, and they must be stable.
- Secure bench tops to all supports.
- Wear suitable clothing and footwear. Remind students to tie shoelaces securely.
- No stocking feet.
- Remove all jewelry prior to participating in bench and chair activities.
- No gum or candy.

FACILITIES

- Landing area should be a safe distance away from walls and other equipment.
- Teacher should ensure that there is enough space around chairs/benches for safe use.
- Use a playing surface (indoor & outdoor) and surrounding area that is clean, free of all obstacles and provides safe footing and good traction.
- Move loose clothing away from playing area.
- Floor sockets should have cover plates in place.

SPECIAL RULES / INSTRUCTION

- Teach all skills in proper progression.
- Games and activities should be based on skills that are taught.
- Ensure that student demonstrates control of basic movement before moving to more complicated skills. (e.g., forward jumping and landing before backward jumping and/or jumping with turns).
- Instruct students to jump up from chair/bench and land close so that chair/bench does not move.
- Instruct students to have chair/bench secure.
- Instruct students never to jump from seat over back of chair.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



BOWLING

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Street clothes are acceptable.
- Wear proper shoes at all times, as provided or approved by the facility.
- Remove all jewelry prior to participating in bowling activities.
- No gum or candy.

FACILITIES

- Bowling alley.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Rules and etiquette should be followed as outlined by the facility. Make sure all students know the “house” rules of the local business.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- In-the-area supervision is recommended following initial instruction and after all safety concerns have been emphasized.



BROOMBALL NON-ICE AND ICE

GRADES 4-12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- When broomball is played on fields, blacktop or on an ice rink, wear suitable footwear and clothing for weather conditions.
- Remind students to tie shoelaces securely.
- No skates unless all participants are wearing skates. If all students are wearing skates, refer to Ice Hockey guidelines.
- Wear CSA approved helmets (hockey) and face masks.
- It is suggested that students wear padded gloves or mitts.
- Use regulation broomball sticks.
- Use Nerf ball, indoor ball, utility ball, or broomball.
- Use hockey nets or pylons for goals.
- Check sticks for cracks and splinters.
- Remove all jewelry prior to participating in broomball activities.
- No gum or candy.

FACILITIES

- NON-ICE BROOMBALL
 - Blacktop area must not be obstructed e.g., tetherball poles, tennis standards, or basketball.
 - Standards.
 - Field must be free from ice patches.
- ICE BROOMBALL
 - Ice surface must be free from obstructions.
 - Ensure that all door/gates remain closed while game is in progress, e.g., penalty boxes, player's benches, zamboni gate, entry to and exit from ice doors.
 - Before playing broomball on outdoor ponds, determine ice safety with absolute certainty.
- Contact local authorities for information.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Teach students how to run and stop on ice.
- Games and activities should be based on skills that are taught.
- Keep sticks below waist at all times.
- Play only non-contact broomball.
- Crease should extend 2 metres from the goal line. No other player or their brooms should be allowed in the crease.
- Ensure all ice surface doors/gates are closed and bolted.
- Make parents aware of off-campus activities and the mode of transportation.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Teacher should have access to a phone when broomball is played on any type of a slippery surface.



CHEERLEADING with Stunts

Not Sanctioned for Physical Education Classes at any Grade Level

CHEERLEADING Grades 6-12 Extracurricular

RISK LEVEL: High – Cheerleading with stunting is a high risk activity. Staff who wish to instruct should have a gymnastics or strong cheerleading background. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1. Cheerleading with stunts is not sanctioned in Kindergarten to Grade 5.

EQUIPMENT

- First aid kit should be stocked and accessible.
- Place mats on all designated landing areas.
- Where mats are side by side, velcro them together
- Do not overlap mats.
- Check mats regularly for wear and tears.
- Appropriate sizes for utility mats are: ensolite 3.8 cm (1½”), rocellen 5.1 cm (2”), ethefoam 3.8 cm (1½”), sarneige 3.8 cm (1½”), or mats of equivalent compaction rating

FACILITIES

- Design floor plan so that landings take place at a safe distance from walls.
- Remove excess equipment (e.g., tables and chairs) from perimeter of gym.

SPECIAL RULES/INSTRUCTION

- Teach skills in proper progression.
- One member of the coaching staff must be certified in first-aid and have access to a medical kit at all practices, games, and competitions.
- A school approved supervisor must be present for all cheerleading activities including practices, games and competitions.
- Practice sessions should be held in an area appropriate for cheerleading activities. Mats must be present.
- Stunting and gymnastics elements must be performed on a matted surface

SUPERVISION

- It is mandatory that all cheerleading coaches/advisors receive technical cheer training through an S.C.A. approved in-service, clinic, or training session. The agenda may include first-aid, general safety, spotting techniques and stunt progressions.
- To be a fully certified S.C.A. coach, theoretical, technical and practical requirements must be achieved.
- Provide on-site supervision.



CRICKET

Note: The official game of CRICKET is not recommended for Grades K-6.

Cricket Variations (e.g. Cricket Wicket, Continuous Cricket, and Wood Cricket) suggested for Grades K-12

GRADES 7-12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use regulation cricket bats, stumps and balls.
- Official Kanga Ball set or equipment modifications: e.g.:
 - Tennis balls, cosom plastic balls, waffle balls or “soft” balls may be used for indoor cricket.
 - Regulation cricket balls are not to be used indoors.
 - Paddle bats /plastic bats.
 - Pylons for wicket.
- No cleats.
- Approved cricket pads and gloves should be worn by batters and the wicketkeeper if playing with wooden paddles and hard balls.
- When facing fast bowling, batter must wear an approved cricket helmet.
- Remove all jewelry prior to participation in cricket activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Wear insect repellent as needed.

FACILITIES

- Select a playing area that is level, free from debris, obstructions and large holes, provides suitable footing and is well removed from traffic areas.
- Report holes and severely uneven surfaces to the principal and make students aware of them.
- A designated area must be established for non-active players at a safe distance behind the batter.
- For indoor games, playing surface and surrounding area must be free of all obstacles, e.g., tables, chairs, pianos.
- For indoor games, move loose clothing away from the playing area and make sure floor sockets have cover plates in place.

SPECIAL RULES/INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Observe rules concerning forbidden types of pitches.
- Throwing bouncers and “bean balls” must be discouraged.
- The bowler, standing behind a designated line, should underhand lob or roll the ball (Gr. 1 – 8), at the batter’s wicket.
- The wicket keeper should stand a safe distance behind a striker.
- Teach players to lie down or drop the paddle after hitting, not release it during the follow through of the swing.

SUPERVISION

- On-site supervision is recommended following initial instruction and after all safety concerns have been emphasized.



CROSS-COUNTRY RUNNING

GRADES K – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Wear suitable clothing and footwear.
- Wear appropriate footwear. NO bare feet. Remind students to tie shoelaces securely.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.
- Remove all jewelry except for a watch (if needed) prior to participation in cross country activities.
- No gum or candy.

FACILITIES

- Prior to initial use of cross-country route or course, complete a safety check “walk through” to identify potential hazards.
- Familiarize students with the route or course before initial attempt (e.g., point out areas to approach with caution).
- If route includes sidewalks around the school, ensure that students do not cross intersections unless directly supervised. Avoid busy intersections as part of the training route.
- Flag any dangerous obstacles.
- Start and finish areas should be wide flat areas.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Modify length and difficulty of route to suit the age and ability level of the participants.
- Primary students must not be out of sight for long periods of time.
- Include a proper warm-up and cool-down in all classes.
- Instruct students in basic road safety.
- Teachers should be aware of students with history of asthma and other respiratory problems and severe allergies, e.g., bee sting allergy.
- Students with severe asthma and/or allergy to bee stings should be encouraged to run with inhaler/auto-injector.
- Students should be provided with opportunity to re-hydrate during activity.
- Give attention to:
 - Temperature of the day.
 - Length of time in sun.
 - Previous training and length of preparation.
- Teacher should encourage the use of the buddy system.
- Parents and students must be informed of importance of sun protection.
- Students should be instructed in strategies that enhance safety with “crowded” starts.
- Make parents aware of off-campus activities and the mode of transportation.



SUPERVISION

- If GSSD students are being taken off of school division property teachers need to make sure all request forms are filled out and approved.
Teachers should make sure they have pre scouted the area in which students will be taken.
In-the-area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency phone should be accessible.
- Attendance should be taken before and after each activity session.



CROSS-COUNTRY SKIING & SNOWSHOEING

If going off school site instructor should make sure the Field Trip (AP 261) form is filled out and approved.

GRADES K – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Wear layered clothing and footwear appropriate for outdoor activities.
- Have a warm hat and gloves available.
- Wear sun protection for summer and winter outdoor activities.
- Equipment brought from home should be inspected to ensure it is in safe working order.
- Remove all jewelry (other than medical alert jewelry) prior to participating in cross country/snowshoeing activities.
- No gum or candy.
- When appropriate, students should carry a day pack with water, change of socks, etc.

CROSS-COUNTRY SKIING

- Use skis, boots and poles that are in good repair and of appropriate size for the student.
- Teachers should carry a spare tip and first aid kit, especially in back country.

SNOWSHOEING

- Use snowshoes with frames and bindings that are in good repair and the appropriate size for the student.

FACILITIES

- Define specific routes to the students, so they are aware of the boundaries for the activity, whether
- Using a commercial or non-commercial site.
- Consider sun, wind and snow conditions, and suitability of terrain when choosing a site. An ideal non-commercial site should include:
 - A level field with practice tracks.
 - A hill with a gentle slope and a long run out, or the bottom section of a larger hill.
 - A variety of terrain.
 - Proximity to warmth, food, waxing and other facilities.
 - An area situated a safe distance from roads and other hazards.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Teach basic uphill and downhill maneuvers with a very gentle slope.
- Length and difficulty of route should be appropriate to the age and skill level of students.
- Proper warm-up and cool-down should be included in all activities.
- Establish emergency procedures and explain the procedures to the students.
- Discuss recognizing and treating frostbite and hypothermia with the students.
- Have students check to be sure boots are secure in bindings.
- Ski poles have sharp tips. Caution students about their use, especially when working close to others.
- Be aware of students with a history of asthma and other medical problems such as seizures, heart conditions, severe allergies, etc.
- Students with severe asthma should be encouraged to ski or snowshoe with inhaler.
- Use a buddy system.



SPECIAL RULES / INSTRUCTION

- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION (cross country skiing and snowshoeing)

- In-the-area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency transportation should be available.
- A trained individual responsible for providing first aid to injured students should be present during the entire activity.
- Designate a supervisor (teacher, parent or responsible adult) who has a vehicle and is not the supervisor "in charge" to accompany an injured student to hospital.
- Clearly outline duties of supervisors, including supervisors of small groups of students.
- Emergency phone should be accessible.
- Attendance should be taken before and after each activity session.



CURLING

Curling is not a recommended in-class activity for students from kindergarten to grade 3. Teachers who wish to instruct curling to kindergarten to grade 3 require permission from the school principal. If going off school site instructor should make sure the Field Trip (AP 261) form is filled out and approved.

GRADES 4 – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Wear appropriate clothing and footwear (curling shoes, sliders or running shoes with the sliding shoe taped).
- Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in curling activities.
- No gum or candy.
- Consider the use of helmets for young and novice curlers.
- For younger curlers, use of junior rocks (if available) is encouraged.

FACILITIES

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- All curlers should observe rules of etiquette.
- Off-ice instruction, including safety rules and etiquette should precede on-ice instruction.
- Teach students to step onto ice with non-slider first and to step off of the ice with the slider foot first.
- Students should be instructed to not step over curling rocks, but to walk around them.
- Appropriate stretching exercises should be taught prior to participation.
- Students should be provided with opportunity to re-hydrate during activity.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency phone should be accessible.



CYCLING

GRADES K – 12

If going off school site instructor should make sure the Field Trip (AP 261) form is filled out and approved.

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Students should do a safety inspection of bicycle before each use, e.g., properly working brakes and tires inflated to the recommended p.s.i.
- Bicycle size should be appropriate to the rider.
- Wear approved and correctly fitting bicycle helmets.
- Have one rider carry a bicycle tool kit, including a pump.
- Have the supervisor carry a first aid kit.
- Wear suitable clothing, e.g., no pants with baggy legs when bikes do not have chain guards, gloves/warm hat when cycling in cool weather conditions, etc.
- No open toed shoes or sandals. Remind students to tie shoelaces securely.
- Wear sun protection for summer and winter outdoor activities.
- Remove all jewelry (other than medical alert jewelry) prior to participation in cycling activities.
- Use insect repellent as needed.

FACILITIES

- Choose routes carefully in terms of the length, amount of gravel and pavement, frequency of traffic, and number of complex intersections and railway crossings.
- Students should walk bicycles across busy intersections.
- Trails should be selected according to technical elements present and skill level of the students.
- Prior to initial use of route, have teacher do a safety ride-through to address safety and suitability.
- For off-road routes, obtain permission of landowner.
- Provide students with map and/or clear directions.
- Cycling for Kindergarten - Grade 2 should be on campus only.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- An initial riding pretest, with safety emphasized, should be passed before leaving school property.
- Correct positioning on bicycle should be taught.
- Students should be informed of how and when to shift gears and cope with hills.
- Racing is not a suitable in-class activity.
- No personal listening devices, e.g., MP3 players, Discmans, etc.
- Rules outlined in current provincial legislation must be reviewed and followed.
- Teacher should provide instruction on cycling courtesy, e.g., cycle in the same direction as others, cycle safe distance from the bicycle in front to allow for sudden stops, cycle on the right, pass on the left, and announce your intention to pass by saying "passing on your left".
- Water should be available to prevent dehydration.
- Parents and students must be informed of importance of sun protection.
- Attention should be given to temperature of the day, length of time in sun and previous training and length of preparations.



SPECIAL RULES / INSTRUCTION

- Review and emphasize the safety procedures to be followed (including group riding procedures) before activities begin.
- Leave a record of students and the route they will be traveling in the school with an appropriate person. Make students aware of emergency procedures in case of an accident.
- Use a buddy system.
- Make parents aware of off-campus activities.

SUPERVISION

- In-the-area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- If possible, teacher should have access to a cell phone.
- A designated leader should stay at the front of the group to set pace, and a “sweep” should stay at the back of the group. If there is a change in road direction, the leader should wait to regroup.
- Suggested guidelines for cycling:
 - (Gr. K-6); 1:10 ratio
 - (Gr. 7-9); 1:15 ratio
 - (Gr. 10-12); 1:30 ratio



DANCE, RHYTHMIC GYMNASTICS AND ACTIVITIES

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use electrical equipment that is in good working order and located a safe distance from activity.
- Suitable clothing and footwear should be worn. Bare feet permitted. Remind students to tie shoelaces securely.
- No stocking feet.
- Rhythmic clubs should not be used.
- Remove all jewelry prior to participation in dance and rhythmic activities.
- No gum or candy.

FACILITIES

- Use a gym or very large room free from obstacles for instruction.
- Dance surface should be clean and provides safe footing and good traction.
- Floor sockets should have cover plates in place.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills that are taught.
- Students should be instructed in safe use of equipment, e.g., ribbon sticks.
- Activity should be modified to the age and ability level of students, e.g., throws of equipment (ropes, ribbons and hoops, etc.) are to be kept to a low height.
- No personal listening devices e.g., MP3 players, cell phones, etc.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended for all rhythmic activities following initial skill instruction and after all safety concerns have been emphasized.
- In-the-area supervision is recommended for all



DIVING

Diving is not sanctioned as an in-class activity for students from Kindergarten to grade 5.

GRADES 6 – 12

Risk Level: High – Diving is a high risk activity. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- First aid kit must be stocked and accessible.
- Standard safety equipment should be used, as stated in pool regulations, e.g., ring buoys, reaching poles and spinal boards.
- Remove all jewelry prior to participation in diving activities.
- No gum or candy.
- Appropriate swimwear should be worn.
- Suitable device to keep hair from obstructing vision should be used, e.g., elastic.
- No wearing goggles, ear plugs.
- No shoes on deck.

FACILITIES

- Diving board and fulcrum must be in proper working order.
- Water depths must conform to Canadian Amateur Diving Association (CADA) regulations.
- School or Community pools should be used.
- Backyard pools and lake sites must not be used.

SPECIAL RULES/INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills that are taught.
- Inform in-charge person on deck of any student having medical conditions that may affect the student's safety in the water. Conditions that require specific mention include a history of diabetes, asthma, heart condition, convulsions, epilepsy, and frequent ear infections.
- Diving should be at 3 metre board or lower.
- Students should be informed of, and adhere to, the following rules:
 - Only one person on the board at one time.
 - Move toward a predetermined edge of the pool immediately after completing a dive.
 - Make sure diving area is clear before proceeding to dive.
 - No diving into shallow end.
 - Follow pool rules.
- Take showers if possible before entering the pool.
- Students should be provided with opportunity to re-hydrate during activity.
- No students with infected cuts or sores in pool.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Constant visual supervision by a qualified lifeguard/instructor is recommended during the entire activity.
- Emergency phone must be accessible.
- Teachers should accompany students to the pool and stay on the deck, in the stands or in the pool.
- Students must ask permission to leave pool area.



DODGEBALL TYPE GAMES/TAG GAMES

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- A “soft” ball, e.g., Nerf, soft foam, or Goatskin ball must be used for dodgeball games. A partially deflated ball is not appropriate.
- Suitable clothing and footwear should be worn. Remind students to tie shoelaces securely.
- No stocking feet.
- Remove all jewelry prior to participation in dodgeball & tag type games.
- No gum or candy.

FACILITIES

- Use a playing surface and surrounding area that is clean, free of all obstacles and provides safe footing and good traction.
- All entrance/exit doors should be closed, but not locked.
- Use an outdoor playing area that is level, free of rocks and holes and provides good footing.
- Floor sockets should have cover plates in place.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Modify rules to accommodate age, ability, and physical development of participants.
- Rules for contact by the ball must be in place, e.g., below shoulders or below waist.
- Gr. K - 3 students should receive instruction in starting and stopping skills prior to playing games.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- Constant visual supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



FIELD HOCKEY

GRADES 4 – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Regulation or soft indoor field hockey sticks must be used.
- Check sticks regularly for cracks.
- Regulation field hockey ball or indoor softball or other soft rubber ball should be used.
- Mouth guards and shin guards should be worn by all students during activity when a regulation (hard) field hockey ball is used.
- Goalkeepers should wear a CSA approved hockey helmet and face mask at all times. Gloves, a chest protector, a lower abdominal protector, goalie pads and kickers should be worn by goalkeeper or designated kicking back.
- Portable goals should be checked prior to activity to ensure they are secure.
- Suitable clothing and footwear should be worn. Molded cleats or turf shoes may be worn. Remind students to tie shoelaces securely.
- Metal cleats must not be worn.
- Wear eye protection.
- Remove all jewelry prior to participation in field hockey activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Wear insect repellent as needed.

FACILITIES

- If playing outdoors, select a playing area that is level, free from debris, obstructions and large holes, provides good traction and is well removed from traffic areas.
- Field should be checked prior to activity. Holes and severely uneven surfaces should be brought to the attention of the students and the principal.
- There should be sufficient turf for proper traction and impact absorption.
- If playing indoors, floor sockets should have cover plates in place.
- If playing indoors, use a playing surface and surrounding area that is clean, free of all obstacles such as tables, chairs, etc. and provides good traction.
- For indoor field hockey, move all articles of loose clothing away from the playing area.

SPECIAL RULES/INSTRUCTION

- Teach skills in proper progression
- Games and activities should be based on skills that are taught.
- Implement a LARGE (comparable to a soccer goal area) crease for protection of the goalie and don't allow any player except the goalie in the crease.
- Sticks should not be brought above waist level or allowed in the crease.
- Teachers should provide instruction on proper offensive and defensive skills and strategies.
- No body contact.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- On-site supervision is recommended following skill instruction and after all safety concerns have been emphasized.



FITNESS ACTIVITIES

AEROBICS, CIRCUIT TRAINING, AEROBIC STEPS, SLIDES, TUBING, CHINNING BAR, TREAD MILLS, STATIONARY BIKES, etc

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- Use stationary bicycles, benches, chinning bars, peg boards, tubing/elastic straps and other fitness equipment that is in good repair.
- Steps and/or slides should be equipped with a non-slip tread.
- Tubing/elastic strips should be of a proper tension and length for skill level of student.
- Suitable clothing and footwear should be worn. Remind students to tie shoelaces securely. No stocking feet.
- Use electrical equipment that is in good working order and located a safe distance from activity.
- Don't use free weights at the elementary level.
- Remove all jewelry prior to participation in fitness activities.
- No gum or candy.

FACILITIES

- Do fitness activities in a floor area that is clean, free of all obstacles.
- Allow adequate space between fitness activities and equipment to provide free flow of motion.
- Move loose clothing away from activity area.
- Floor sockets should have cover plates in place.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Fitness activities should be based on skills that are taught.
- Modify fitness activities to reflect the age and ability level of students, the facilities, and the equipment available.
- Where fitness equipment is being used (e.g., stationary bicycle, medicine ball, chinning bar, tubing) instruct students in the proper use of equipment before they begin using it.
- Resistance training for the development of endurance can be done emphasizing high repetitions, low weights.
- Teachers should encourage development of core body strength first.
- Use a proper progression of activities:
 - Warm-up, stretching.
 - Peak work activities (which may include muscle strength and endurance activities).
 - Cool-down activities including tapering off, stretching, and relaxation

SPECIAL RULES / INSTRUCTION

- Permit students to work at personal levels of intensity (e.g., low impact to high impact, low intensity).
- Encourage students to participate at their level of comfort, focusing on participation.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- Provide on-site supervision during initial skill instruction.
- In-the-area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



FLOOR HOCKEY/ GYM RINGETTE

GRADES K – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Check sticks regularly to ensure the blades are securely attached to the sticks and that there are no cracks or splinters.
- For floor hockey, use only regulation commercially produced plastic hockey sticks or hockey stick shafts with plastic blades.
- Use a “soft” ball such as a Nerf ball, yarn ball, plastic or soft rubber or felt puck.
- For ringette, use regulation ringette sticks.
- Wear suitable clothing and footwear. Remind students to tie shoelaces securely.
- No stocking feet.
- Wear protective eyewear.
- Goalies must wear eye protection or some type of protective mask that incorporates eye protection into the mask.
- Remove all jewelry prior to participation to in floor hockey/ringette activities.
- No gum or candy.

FACILITIES

- Use a playing surface and surrounding area that is clean, free of all obstacles and provides safe footing and good traction.
- Move loose clothing away from playing area.
- Floor sockets should have cover plates in place.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Base games and activities on skills that are taught.
- Penalties for rule and stick infractions must be enforced.
- Body contact, stick-on-body contact or stick-on-stick contact should not be allowed.
- Keep stick below the waist at all times.
- No slap shots are allowed.
- Implement a crease for protection of the goalie and do not allow other players or their sticks in the crease.
- Limit participants based on gym size.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



FOOTBALL

TACKLE FOOTBALL is not sanctioned as an in-class activity at any grade level.

FLAG OR TOUCH FOOTBALL

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use footballs appropriate to the size and ability of the group, e.g., smaller football or Nerf ball for younger students.
- Wear suitable clothing and footwear. Remind students to tie shoelaces securely.
- No metal or molded cleats for in class time.
- Remove all jewelry prior to participation in football activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Playing field should be inspected prior to play.
- Play in an area that is level, free of debris and obstructions and provides safe footing and good traction.
- Major depressions should be brought to the attention of the students.
- Report holes and severely uneven surfaces to the principal.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Modify the rules of the game to accommodate differences in ability/age/physical development.
- No blocking or tackling allowed.
- Clearly mark boundary lines.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



GOLF

Golf is not sanctioned for students in Kindergarten to Grade 3. Teachers who wish to instruct golf in grades 4-8 require written permission from the Director of Education or designate.

GRADES 4 – 12

RISK LEVEL: Grades 4-8 High: Golf is a high risk activity in Grades 4-8. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

Grades 9-12: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Check equipment regularly and repair as needed – especially grips.
- Equipment brought from home for use in class should be inspected to ensure it is in safe working order.
- Plastic waffle or rubber golf balls are recommended for schoolyard use.
- Real golf balls should not be used on school property, except for putting and chipping.
- Clubs of appropriate length should be used.
- Remove all jewelry prior to golfing activities.
- No gum or candy.
- Wear suitable clothing and footwear.
- Use insect repellent as needed.

FACILITIES

- School property or proper golf facility should be used, e.g., golf dome, putting course, golf course, or driving range.
- Regardless of facility, the hitting area must be well marked and controlled.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Instruct students on proper golf etiquette and safety practices.
- Students must have had an opportunity to develop skills, learn proper golf etiquette and safety rules prior to playing on a golf course.
- Students should be a sufficient distance away from those executing back swing and follow through.
- Establish a safe routine for hitting and retrieving golf balls and a designated safe area for use of regulation balls while chipping.
- Rules of play pertaining to the driving range and/or mini-putt should be followed.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- On-site supervision for initial skill instruction and when chipping with real golf balls.
- In-the-area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



GYMNASTICS - OLYMPIC

OLYMPIC GYMNASTICS (use of bars, high beam, rings, ropes or trampoline) is a high risk activity and is not sanctioned at any grade level.

GYMNASTICS- EDUCATIONAL (as described in the Curriculum)

GRADES K – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Suitable clothing and footwear should be worn. Bare feet permitted. Remind students to tie shoelaces securely.
- No stocking feet.
- Remove all jewelry prior to participation in educational gymnastics activities.
- No gum or candy.

FACILITIES

- Use a gym or very large room free from obstacles for instruction.
- Use general utility mats in good condition.
- Design floor plan to allow for ample space between equipment.
- Surface should be clean and provides safe footing and good traction.
- Floor sockets should have cover plates in place.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills through The Basic Movement Patterns
- Teach safe movement skills, e.g., landings
- Teach skills in proper progression, e.g., a landing on the feet should be performed with control on the floor before working on an elevated surface
- Activities should be based on skills that are taught.
- Students should be instructed in safe use of equipment.
- Spotting - manual assistance provided to participants while performing skills on the floor or on equipment - is not appropriate, this is a good indication that the student lacks the necessary physical or motor skills
- Activity should be modified to the age and ability level of students
- No personal listening devices e.g. cell phones, etc.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- Constant visual supervision is recommended for all educational gymnastics activities



HORSEBACK RIDING

HORSEBACK RIDING is a high risk activity and is not sanctioned at any grade level.

ICE HOCKEY/SHINNY/RINGETTE

RISK LEVEL: High: Ice Hockey is a high risk activity in all grades. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- First aid kit should be stocked and accessible.
- Wear appropriate clothing for outdoor activity.
- Wear properly fitting skates.
- No figure skates allowed.
- Remove all jewelry prior to participation in hockey activities.
- No gum or candy.

HOCKEY/ SHINNY

- Wear CSA approved hockey helmet with facemask, gloves, elbow pads, and throat protector.
- Use a tennis ball, sponge puck, floor hockey ball or a soft plastic or rubber ball.
- If using regulation hockey puck, wear full hockey equipment.
- Check sticks often for cracks and splinters.

FACILITIES

- Use an ice surface that is free from debris and deep ruts.
- Ensure that all doors/gates remain closed while game is in progress,
- Before skating on outdoor ponds, determine ice safety with absolute certainty. Contact local authorities for information.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Base games on skills that are taught.
- Give all students, regardless of ability, basic instruction in: motion, stopping and turning.
- All rules should be clearly outlined and enforced.
- Outline safety rules clearly to students.
- No sticks above the waist.
- No slap shots.
- Body contact, stick on body contact stick-on-stick contact should not be allowed.
- Modify the game to suit equipment available and ability of students.
- Implement a crease for protection of the goalie and do not allow other players in the crease.
- Make parents aware of off-campus activities and the mode of transportation.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Teacher should have access to a phone



IN-LINE SKATING (ROLLER BLADING)

GRADES K – 12

If going off school site instructor should make sure the Field Trip (AP 261) form is filled out and approved.

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Students must wear a correctly fitting approved CSA helmet.
- Elbow pads, knee pads and wrist guards are highly recommended.
- Teacher should ensure that each student has properly fitting skates.
- Wear clothing appropriate for outdoor activity.
- Roller blades must be good repair with a good brake.
- Students should not use technological devices while skating
- Remove all jewelry (other than medical alert jewelry) prior to in-line skating activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Wear insect repellent as needed.

FACILITIES

- Skating surface should be dry and free of obstacles, debris and large holes.
- On School Site: Teacher should designate a skating area free from traffic and significant declines/inclines. Gymnasiums should be used where accessible.
- Off School Site: Teacher should carefully select routes based on length, quality of paved surface, steepness (grade) and frequency of traffic.
- Teacher should follow all municipal bylaw regulations pertaining to roller blading.
- All commercial in-line facilities must meet safety guidelines.

SPECIAL RULES/INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills that are taught.
- Teacher should provide all skaters with basic instruction in motion, stopping, and turning.
- Teacher should provide all skaters with basic instruction in skating courtesies, e.g., skate in the same direction as others, skate on the right, pass on the left, announce your intention to pass by saying, “passing on your left”. Teacher should designate direction of travel, e.g., clockwise or counterclockwise.
- Students should not be allowed to race, chase or play tag games.
- Teach how to fall properly.
- Instruct students in safety prior to practice and teach road safety rules.
- Teacher should emphasize, “Skate safe and always be in control”.
- Teacher should provide beginner skaters with their own designated area within the total area provided for the class. This enables beginner skaters to skate without interference from faster moving peers.



- Additional Off School Site:
 - Students should have mastered basic skills.
 - Students should follow traffic regulations.
 - Students should yield to pedestrians.
 - Students should skate with a “buddy”.
 - Parents must be informed when roller blading will take students off school property.

SUPERVISION

- In-the-area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- One supervisor should lead the group and one supervisor should follow at the end of the group.



KINBALL (OMNIKIN)

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit must be stocked and accessible.
- Large inflated ball should be used, e.g., Omnikin ball.
- Suitable clothing and footwear should be worn. No stocking feet. Remind students to tie shoes securely.
- Remove all jewelry prior to participation in Kinball activities.
- No gum or candy.

FACILITIES

- Use a floor surface that is clean, level, provides safe footing and good traction and is free of all obstacles such as tables, chairs, etc.
- All entrance/exit doors should be closed.
- Floor sockets should have cover plates in place.

SPECIAL RULES/INSTRUCTION

- Skills should be taught in proper progression.
- Activities should be based on skills that are taught and modified based on skill level, age, and facilities/equipment available.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



LACROSSE

(BOX or SOFT only)

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use "soft" lacrosse balls.
- Have goaltender wear a face mask.
- Use molded plastic sticks.
- Wear protective eyewear.
- Wear suitable clothing and footwear. Remind students to tie shoes securely.
- Remove all jewelry prior to participation in lacrosse activities.
- No gum or candy.

FACILITIES

- Use a playing surface (indoor & outdoor) and surrounding area that is clean, free of all obstacles and provides safe footing and good traction.
- Outdoor playing field should be inspected prior to play.
- Bring holes and severely uneven surfaces to the attention of the principal and make students aware of them.
- Gymnasium floor sockets should have cover plates in place.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Play only non-contact lacrosse in physical education class.
- Modify rules to prevent stick-on-stick, or stick-on-body contact and to prevent accidental contact within 1m of the gym wall or playground fence.
- Stress student responsibility regarding individual space.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- Provide on-site supervision following initial skill instruction and after all safety concerns have been emphasized.



LOW ORGANIZATIONAL AND LEAD-UP GAMES GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use equipment that is appropriate for the age, size, strength, and skill level of students.
- Wear suitable clothing and footwear. No stocking feet. Remind students to tie shoes securely.
- Remove all jewelry prior to participation in low organizational and lead-up games.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Use a playing surface (indoor & outdoor) and surrounding area that is clean, free of all obstacles and provides safe footing and good traction.
- Turning points and finish lines must be a safe distance away from walls and equipment, trees, posts, natural hazards and holes.
- Games that take place over a large area require instructor to set and communicate definite boundary lines.
- Gymnasium floor sockets should have cover plates in place.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Teach students to stop playing immediately when a signal (such as a double whistle blast is given or the word "freeze" is spoken).
- For shuttle relays, all participants must have their own lane.
- No running backward relays.
- Walls, stages and fences must not be used as finish lines or safe zones.
- Safe zones must be clearly delineated.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



MARTIAL ARTS/SELF DEFENSE

Risk Level: High – Martial Arts is a high risk activity at all grade levels. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- First aid kit should be stocked and accessible.
- Mats should be used for landings where appropriate. 5.1 cm (2”) mats, wrestling mats, or mats of equivalent compaction rating is required when the activity involves throws or falls. (See Gymnastics, general mats for specifications).
- Mat surface must be clean.
- Bare feet and loose, comfortable clothing should be worn.
- Tie back long hair.
- Remove all jewelry prior to participation in martial arts activities.
- No gum or candy.

FACILITIES

- Use a floor surface that is clean, dry, smooth, level, provides safe footing and is free of all obstacles such as tables, chairs, etc.
- Floor sockets should have cover plates in place.

SPECIAL RULES/INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills that are taught.
- Teacher should stress the importance of anticipation, avoidance of risky situations, self-defense tactics and appropriate aggression.
- Select warm-up activities that emphasize conditioning and flexibility.
- Students should be provided with opportunity to re-hydrate during activity.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Use qualified instructors to deliver the program.



ORIENTEERING/GPS ACTIVITIES

GRADES K – 12

If going off school site instructor should make sure the Field Trip (AP 261) form is filled out and approved.

RISK LEVEL: LOW

EQUIPMENT

- First aid kit must be stocked and accessible.
- In forested areas, students should carry a whistle and be instructed in its use, i.e., three loud blasts indicate that they require assistance.
- Suitable clothing for outdoor activities and footwear should be worn. Remind students to tie shoelaces securely.
- In areas of heavy brush and forest students should wear protective eye wear.
- Remove all jewelry prior to participation in orienteering activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Wear insect repellent as needed.

FACILITIES

- Prior to initial use of orienteering course, teacher should do a safety check “walk through” to identify potential hazards.

SPECIAL RULES/INSTRUCTION

- Skills should be taught in proper progression.
- Activities should be based on skills that are taught and modified based on skill level of the students.
- Attendance should be taken before and after each activity session.
- Length and difficulty of course should be appropriate to the age and skill level of the students.
- Proper warm-up and cool-down should be included in all activities.
- Teachers should be aware of students with history of asthma and other respiratory problems and severe allergies, e.g., bee sting allergy. Those students should be encouraged to run with inhaler/auto injector.
- Attention should be given to:
 - Temperature of the day.
 - Length of time in sun.
 - Previous training and length of preparation.
- Control flags and markers should be set in a safe manner.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- In-the-area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency communication system should be in place.



OUTDOOR EDUCATION – GENERAL PROCEDURES

If going off school site instructor should make sure the Field Trip (AP 261) form is filled out and approved.

BACKPACKING:		Grades 5 - 12
CAMPING:		Grades 5 – 12
CANOEING:		Grades 5 - 12
FLAT WATER KAYAKING:		Grades 7 – 12
CANOE TRIPPING:		Grades 9 – 12
LAKE/RIVER SWIMMING:		Grades 5 – 12
SAILING:		Grades 10 – 12
MOUNTAIN BIKING:		Grades 10 – 12
WINTER CAMPING:	Warm	Grades 7 – 12
	Cold	Grade 10 - 12
DOG SLEDDING:		Grades 10 – 12
ALPINE SKIING/SNOWBOARDING:		Grades 4 – 12
ICE FISHING:		Grades 4 – 12

GENERAL PROCEDURES:

- At least one teacher/supervisor must have a minimum level of first aid training or wilderness first aid certification.
- Approval must include consideration of: itinerary, suitability of trip activities to the curriculum, travel time, safety factors, supervision arrangements, special group behavioral issues, age appropriateness, expense to students.
- Parental/guardian consent forms should be on file prior to any student going off the school site.
- Information on parent/guardian consent forms should include: itinerary including dates, routes, locations, contacts, relationship of trip activities to curriculum, supervision arrangements, mode of transportation, cost per student, behavioral expectations, inherent risks, and where applicable, parent/guardian information meeting.
- All transportation should be conducted in accordance with transportation admin procedures of the school division.
- If students are participating in any high risk activities an informed consent form is required stating the activities.
- Staff or volunteer drivers must comply with Administrative Procedure 552.
- For overnight trips, students should provide medical and special health information to the chaperone including Health Card number before leaving on the trip.
- Supervisors on trip must be aware of any students with medical conditions or dietary needs with medical implications and any student on medication.
- Students on vital medication must bring an extra supply of that medication in a clearly marked container and it should be in the possession of a supervisor. In unique circumstances, it may be more appropriate that it is in the student's possession, e.g., epi-pen. Supervisor should use discretion in determining who is responsible for medication.
- Supervisors should monitor weather conditions and postpone or modify the trip to ensure safety of all individuals.
- Supervisors on trip should have access to a cell phone and a list of parent contact/emergency contact numbers. Be cognizant that cell phone, GPS and other electronic positioning systems do not operate in all regions. If cell phones do not have coverage in the area you are traveling to, check into alternate communication systems such as satellite/two-way radios.
- Prior to the trip, teacher(s) must plan how they would access emergency medical care.



- In situations where sufficient drinking water cannot be taken on the trip, arrangements must be made for boiling or treating water to kill disease-causing organisms. Water should be boiled for at least 10 minutes adding one minute of boiling time for every 300 m of altitude above sea level. When boiling is not practical, approved methods of chemical disinfecting must be used.

EQUIPMENT:

- Provide students with a list of recommended clothing and personal items suitable for the specific activity.
- A bear banger and bear spray should be taken when the activity will occur in an area potentially inhabited by bears.
- Remove all unnecessary jewelry.
- Prior to the trip, teacher(s) should teach students how to use equipment such axes used for splitting wood.
Supervision of students using this equipment is mandatory. Supervisors will always store and be responsible for equipment of this type. Students in grade 8 and under are not to use this equipment.

SUPERVISION:

- Both male and female chaperones must accompany mixed groups for overnight trips.
- A vehicle for emergency purposes must be accessible.
- A supervisor should be designated to transport an injured student to the hospital, e.g., teacher or parent. This must not be the supervisor in charge of the trip.
- Students should be instructed to maintain visual contact with someone else in the group at all times.
- For the purpose of providing first aid coverage, at least one supervisor should have:
 - N.L.S. Lifeguard Certificate for swimming or appropriate water sport certification if activities include on/in- water experience. If no one has the appropriate certification all students must wear PFD's when on or in the water.
 - Current First Aid Qualification:
 - Wilderness First Aid Certificate, OR
 - St. John emergency First Aid Certificate, OR
 - Canadian Red Cross Emergency First Aid, OR
 - Canadian Ski Patrol First Aid Certificate, OR
 - Sport Medicine Certification, OR
 - Registered Nurse, Doctor, EMT or EMR.



OUTDOOR EDUCATION BACKPACKING

BACKPACKING AND DAYHIKING (DAY TRIPS FROM SCHOOL /BASE CAMP/OVERNIGHT TRIPS)

SEE: *** OUTDOOR EDUCATION – GENERAL PROCEDURES ***

GRADES 5 – 12

RISK LEVEL: MODERATE EQUIPMENT

- First aid kit should be stocked and accessible.
- All necessary equipment must be collected and checked out before the trip.
- Each student should carry their own pack for both day tripping and overnight backpacking.
- Tie or pin back long hair when it could obscure vision.
- Remove all jewelry.
- Teacher should ensure the following items are brought:
 - Flashlight.
 - Water bottle(s).
 - Whistle or other signaling device for each person.
 - Any necessary medication.
 - First aid kit (with emergency blanket and moleskin).
 - Cell phone or two-way radio.
 - Nutritious food which does not require preparation and adequate and safe water.
 - Repair kit.
 - Appropriate knife if students have been taught how to properly use them and of proper age.
 - Compass.
 - Zip lock bags for waterproofing essentials.
 - Bear bangers and bear/pepper spray (when in bear country). Teacher/supervisor should have knowledge of proper use.
 - Sun protection and insect repellent.
 - Hat and sunglasses. Encourage students to wear a hat and sunglasses.
 - Matches in waterproof containers should be kept in at least two places.
 - Comfortable and durable flat shoes or boots with an aggressive tread (ankle support preferable) for hiking and a pair of comfortable “camp site” shoes with light treads.
 - Students should not have bare feet in campsite area.
 - Rain gear.
 - Clothing in layers suitable for season, and warm head gear and gloves when necessary. Have a dry change of clothing for one to two days longer than the number of the days the trip is scheduled for.
 - Sleeping bag inside waterproof bag.
 - Thermo-rest or insulating pad.
 - A backpack that fits the student.

FACILITIES

- Use only designated trails.
- Teacher should have a map of route, a compass (and GPS when possible), and have thorough knowledge of how to use them.
- A copy of the map and route should be on file at school.
- Ensure that teacher is familiar with the route. Students should be made familiar with route. If backpacking trip originates from base camp, leave a map with the supervisor at base camp.
- Teacher should register group at warden’s office, if applicable.



SPECIAL RULES / INSTRUCTION

- Skills should be taught in proper progression.
- Teacher should outline behavioral expectations to students.
- Students should be aware of emergency procedures and a “signal to assemble”.
- Trip supervisors must possess any necessary medication for designated students.
- Plan trip so that length and difficulty is appropriate for age and ability of students.
- Students should be provided with opportunity to re-hydrate during activity.
- Except for emergencies, travel should not take place in darkness.
- Teacher should be familiar with emergency first aid and emergency evacuation.
- Use a buddy system.
- All food items, gum, sunscreens, repellants and cosmetics (including toothpaste and deodorant) should not be allowed in tents or kept in tents at night, they should be stored in bear-proof containers or vehicles located a safe distance from students.
- Teacher should ensure that wood tick precautions are taken.
- Teacher should implement a night check system.
- Teacher should inform students of, and enforce, minimum impact camping skills.
- Postpone trip if there is any indication of threatening weather that could put student safety at risk.
- Parents and students must be informed of importance of sun protection.
- Obtain signed parent permission for participation.
- Make parents aware of off-campus activities and the mode of transportation.
- Avoid hiking in areas where there is a potential for falling rocks.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Both male and female chaperones must accompany mixed groups for overnight trips.
- Grades 9 – 12: 1:8 ratios for distant overnight hikes, 1:15 for day hikes and 1:15 for local overnight hikes.
- Grades 5 – 8: 1:10 ratio. No distant overnight hikes.
- A supervisor should be designated to transport an injured student to the hospital, e.g., teacher or parent. This should not be the supervisor in charge of the trip.
- Cell phone for emergency purposes should be accessible at base camp. Remember, cell phones do not work in all regions.
- If cell phone coverage is not available, check into other options including satellite radio or two-way radio(s).
- Teacher should be aware of location of nearest phone or help in case of an emergency.
- Vehicle for emergency purposes should be accessible.
- A leader should be assigned to the front and back of the group. A leader could be a responsible student. The supervisor(s) can move along the group from front to back.
- The front and back of the group should be within whistle contact of the supervisor(s) at all times.
- Teacher should designate regular rendezvous – check sites.
- Route cards should be left with school or other supervising body with emergency contacts and response system planned and in place.
- At least one supervisor must have:
 - N.L.S. Lifeguard Certificate, OR
 - Current first-aid qualifications including:
 - St. John Emergency First Aid Certificate, OR
 - Canadian Red Cross Emergency First Aid, OR
 - R.L.S.S. Aquatic Emergency Care Certificate, OR
 - Canadian Ski Patrol First Aid Certificate.
- See OUTDOOR EDUCATION – CAMPING FOR MORE INFO.



OUTDOOR EDUCATION CAMPING

An extended overnight camping experience in an outdoor environment, with students using dorm or tents and doing their own food preparation. GSSD does not sanction canoeing for Grade K – 4.

SEE: *** OUTDOOR EDUCATION – GENERAL PROCEDURES ***

GRADES 5 – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- If cooking on stoves, use propane/liquid gas type stoves (1 per 4 students).
- Collect and check all necessary equipment before the trip.
- Remove all jewelry.
- Tie or pin back long hair when it could obscure vision.
- Teacher should ensure the following items are brought:
 - Matches in waterproof containers should be kept in at least two places.
 - Sun protection and insect repellent.
 - Shovel/trowel.
 - Activity specific repair kit.
 - Flashlight.
 - Appropriate knife if trained and approved for age.
 - Bear bangers and bear/pepper spray when in bear country. Teacher should have knowledge of proper use.
 - Nutritious food that does not require extensive preparation and adequate and safe water supply (precooking is encouraged).
 - Suitable layers of clothing and a change of clothing for one to two days longer than the number of the days the trip is scheduled for.
 - Encourage students to wear a hat and sunglasses.
 - Rain gear.
 - Aggressive soled, solid and broken-in shoes/boots. Students must not have bare feet in campsite area.
 - Sleeping bag inside waterproof bag.
 - Thermo-rest or insulating pad.

FACILITIES

- Facilities and routes should be suitable to the age and abilities of group.
- Teacher should register group at warden's office if applicable.

SPECIAL RULES / INSTRUCTION

- Skills should be taught in proper progression.
- Plan program activities that are age and skill level appropriate.
- Teachers should encourage use of buddy system with students.
- Have trip supervisors carry any necessary medication for designated students.
- Plan program in detail with contingency plans for inclement weather.
- All food items, gum, sunscreens, repellants and cosmetics (including toothpaste and deodorant) should not be allowed in tents or kept in tents at night, they should be stored in bear-proof containers or vehicles located a safe distance from students.
- Students should only use axes, and saws following a detailed instructional session and under supervision of a qualified supervisor. Students in grades 5 – 8 must not use axes and saws.



- Students filling and lighting camp stoves should be under constant visual supervision following instruction. Students should be trained in the safe use of stoves before the trip.
- Make students aware of behavioral expectations, boundaries for activity, assembly procedures.
- Teacher should inform students of, and enforce, minimum impact camping skills.
- No open flame should be allowed in, or near, tents. An area for filling stoves must be designated away from tents.
- Develop a process to account for students and to identify any students who may be missing.
- With the exception of winter camping, eating and sleeping areas should be separated by 50- 100 metres.
- Obtain signed parent permission for participation (informed consent forms are acceptable).
- Make parents aware of off-campus activities and the mode of transportation.
- Students should be provided with opportunity to re-hydrate during activity.
- Except for emergencies, travel should not take place in darkness.
- Teacher should ensure that wood tick precautions are taken.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- On-site supervision with night checks – by male and female supervisors is recommended.
- A trained individual responsible for providing first aid and transportation of injured students must be present during the entire outing. This should not be the supervisor in charge of the trip.
- Cell phone for emergency purposes should be accessible at base camp. Remember, cell phones do not work in all regions.
- Emergency communication system should be accessible.
- If cell phone coverage is not available, check into other options including satellite radio or two-way radio(s).
- Have access to a vehicle for emergency purposes.
- Suggested guideline 1:8 ratio (Gr. 5 - 8). 1:10 ratio (Gr. 9-12) supervisors to students for extended overnight trips.
- At least one of the leaders should have tent camping experience.
- Route cards should be left with school or other supervising body with emergency contacts and response system planned and in place.
- At least one supervisor must have:
 - N.L.S. Lifeguard Certificate, OR
 - Current first-aid qualifications including:
 - St. John Emergency First Aid Certificate, OR
 - Canadian Red Cross Emergency First Aid, OR
 - R.L.S.S. Aquatic Emergency Care Certificate, OR
 - Canadian Ski Patrol First Aid Certificate.
- See OUTDOOR EDUCATION GENERAL PROCEDURES.



OUTDOOR EDUCATION CANOEING

Pools, Lake Water Canoeing, Base Camp Canoeing, Flat River Canoeing

SEE: *** OUTDOOR EDUCATION – GENERAL PROCEDURES ***

GRADES 5 – 12

Risk Level: High: Canoeing is not sanctioned in Kindergarten to Grade 4 and is a high risk activity in Grades 5-12. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- Waterproof first aid kit should be stocked and accessible (with emergency blanket).
- Bailing device and 50 ft – 15m (GSSD) Throw rope in each canoe.
- Paddles and canoes should be inspected for cracks, splinters and leaks.
- Correct fitting and Transport Canada approved PFD/life jacket, must be worn properly and done up at all times while on the water.
- A whistle with one person in each canoe.
- Remove all jewelry.
- Sun protection and insect repellent should be available.
- Students should wear clothing appropriate for open water canoeing.
- Tie or pin back long hair when it could obscure vision.
- Hat and sunglasses wearing is encouraged.
- All equipment should meet Canadian Coast Guard Regulation standards, e.g., bailing device, 15 m of buoyant rope (tow line) in each canoe.
- GSSD includes no aluminum canoes in pools.

FACILITIES

- Select water conditions appropriate for the skill level of the group.
- Supervisors should be familiar with the route.
- Supervisors must not plan trip through white water.

SPECIAL RULES / INSTRUCTION

- At least one instructor must have been certified in Paddle Canada Canoeing Basics, and Lake Canoe Intro Teach skills in proper progression.
- Activities should be based on skills that are taught.
- Consideration must be given to the age and experience of the students and the difficulty of the experience.
- Students should be taught basic competence in:
 - Power stroke.
 - “J” stroke”.
 - Sweep strokes.
 - Draw stroke.
 - Back stroke (or check stroke).
 - Proper entry/exit from canoe.
 - Self-rescues into dry and/or swamped canoes.
 - Canoe over canoe rescue procedures.
 - Synchronized strokes, positioning of paddlers, and packing the canoe.
- Teacher/supervisors should be aware of weather forecast, especially wind conditions. Canoeing must be canceled in adverse conditions.
- Students should be taught whistle signals for danger and help.



- A rescue craft must be on shore and accessible while students are canoeing on open water or there must be sufficient craft and instructors on the water to provide rescue operations.
- If possible prior to going on the water for canoe activities students should successfully complete the following swim test:
 - Swim 100 m continuously any stroke with a personal floatation device (PFD).
 - In deep water show a high level of comfort wearing a PFD for 5 minutes.
- Make parents aware of off-campus activities and the mode of transportation.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency phone should be accessible.
- At least one instructor must have been certified in both Paddle Canada Canoeing Basics, and Lake Canoe Intro
- All teachers should be familiar with both Transport Canada and Canadian Coast Guard Regulations.
- Vehicle for emergency purposes should be accessible.
- Designate a responsible individual who is not the “in-charge” person to transport an injured student to hospital.
- Suggested guideline for Gr. 5 – 8 is a ratio of 1:8 instructor to students and for Gr. 9 – 12 is 1:20 ratio of instructor to students. GSSD suggests a ratio of 1:10 for grades 5 – 8.
- Route cards should be left with school or other supervising body with emergency contacts with response system planned and in place.
- Have at least one supervisor with:
 - National Lifeguard Service Lifeguard certificate, OR
 - Current first aid qualifications, OR
 - St. John Emergency First Aid Certificate, OR
 - Royal Life Saving Society Aquatic Emergency Care Certificate, OR
 - Canadian Ski Patrol First Aid Certificate.



OUTDOOR EDUCATION FLAT WATER KAYAKING

(Pool, Lake Water Kayaking, Flat Water Kayaking)

SEE: *** OUTDOOR EDUCATION – GENERAL PROCEDURES ***

GRADES 5 – 12

Risk Level: High- Kayaking is not sanctioned in Kindergarten to Grade 4 and is a high risk activity in Grades 5-12. This activity requires an informed consent form filled out and turned in for each student before they can participate.

EQUIPMENT

- Waterproof first aid kit should be stocked and accessible (with emergency blanket).
- Kayak should have adequate flotation in nose and stern to ensure buoyancy.
- Kayak paddle must be used.
- Teacher should check paddle and kayak for cracks, splinters, or leaks.
- Correct fitting and Transport Canada approved PFD/life jacket, with whistle attached, must be worn properly and done up at all times while on the water.
- All equipment should meet Canadian Coast Guard Regulation standards, e.g., bailing device, 15 m of buoyant rope in each kayak.
- Appropriate knife should be accessible, e.g., worn on the leader's PFD.
- Sun protection and insect repellent should be available.
- Students should wear clothing appropriate for open water kayaking.
- Students must wear closed footwear that is securely attached and is able to get wet.
- Remove all jewelry prior to participation in kayaking activities.
- No gum or candy.

FACILITIES

- Water conditions should be appropriate for the type of kayak being used and the skill level of the group. (Flat water involves paddling on lake water or river where no rapids exist and eddies are very slight).

SPECIAL RULES/INSTRUCTION

- Skills should be taught in proper progression.
- Activities should be based on skills that are taught.
- Teacher must ensure to teach students to seal spray skirt on kayak when upright and escape safely when capsized.
- Before open water kayaking, in a pool, sheltered bay or shallow water students should demonstrate basic competence in:
 - Getting in and out, launching kayak.
 - Emptying the kayak (beach and dock).
 - T-rescue.
 - Wet exit.
 - Forward stroke.
 - Back Stroke.
 - Front Sweep.
 - Back sweep.
 - Stopping.
 - Draw stroke.
 - Bracing.



- If possible prior to going on the water for canoe activities students should successfully complete the following swim test:
 - Swim 100 m continuously any stroke with a personal floatation device (PFD).
 - In deep water show a high level of comfort wearing a PFD for 5 minutes.
- Students should be provided with opportunity to re-hydrate during activity.
- Make parents aware off off-campus activities and the mode of transportation.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Cell phone, satellite phone or two-way radio(s) for emergency purposes should be accessible.
- Vehicle for emergency purposes should be accessible.
- A supervisor should be designated to transport an injured student to the hospital, e.g., teacher or parent. This should not be the supervisor in charge of the trip.
- Ratio of supervisor to students 1:8. At least one supervisor must be an instructor.
- Instructor must possess Paddle Canada River Kayaking Instructor Beginner Certification or equivalent.
- A rescue craft should be on shore and accessible while students are kayaking on open water.
- Have at least one supervisor with:
 - National Lifeguard Service Lifeguard certificate, OR
 - Current first aid qualifications, OR
 - St. John Emergency First Aid Certificate, OR
 - Royal Life Saving Society Aquatic Emergency Care Certificate, OR
 - Canadian Ski Patrol First Aid Certificate.
- See OUTDOOR EDUCATION – CAMPING FOR MORE INFO.



OUTDOOR EDUCATION CANOE TRIPPING

(VOYAGEUR CANOEING & VOYAGEUR TRIPPING)

SEE: *** OUTDOOR EDUCATION – GENERAL PROCEDURES ***

Canoe Tripping is defined as traveling in groups by canoe through wilderness or semi-wilderness areas for a period of time which includes at least two overnight camp stays.

GRADES 9 – 12

Risk Level: Risk Level: High: Canoeing Tripping is not sanctioned in Kindergarten to Grade 8 and is a high risk activity in Grades 9-12. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- Waterproof first aid kit should be stocked and accessible (with emergency blanket).
- Paddles and canoes should be inspected for cracks, splinters and leaks.
- Bailing device.
- Correct fitting and Transport Canada approved PFD/life jacket, must be worn properly and done up at all times while on the water.
- A whistle with one person in each canoe.
- Sun protection and insect repellent should be available.
- Suitable layers of clothing and a change of clothing for one to two days longer than the number of the days the trip is scheduled for.
- Tie or pin back long hair when it could obscure vision.
- Hat and sunglass wearing is encouraged.
- Remove all jewelry.
- Students must wear closed footwear that is securely attached and is able to get wet.
- All equipment should meet Canadian Coast Guard Regulation standards, e.g., bailing device, 15 m of buoyant rope (tow line) in each canoe.
- Teacher should ensure that there is an extra paddle in each canoe.
- Teacher should ensure the following items are brought:
 - Matches in waterproof containers should be kept in at least two places.
 - Flashlight.
 - Appropriate knife should be accessible.
 - Repair kit for canoe.
 - Appropriate canoe tripping packs.
 - Emergency communication system where feasible.
 - A water purification method, e.g., stove to boil water, water purification unit, chemical tablets.
 - Rain gear – (ponchos are not recommended).
 - Appropriate clothing layers and a dry change of clothing.

FACILITIES

- Plan a route that is appropriate to age/ability of students.
- Supervisors should be familiar with the route.
- Route should be dependent on leader's qualifications.
- Teacher should ensure water conditions are appropriate for the skill level of the group.
- Supervisors must not plan trip through white water.
- Appropriate knife should be accessible, e.g., worn on the leader's PFD.



- Teacher should have a map of the area, a compass and knowledge of how to use them.

SPECIAL RULES / INSTRUCTION

- Skills should be taught in proper progression.
- Teacher should be aware of weather forecast, especially wind conditions and possible storm activity.
- Canoeing must be cancelled in adverse conditions.
- Teacher must postpone the trip if there is an indication of inclement weather severe enough to put student safety at risk.
- Students should be taught whistle signals for danger and help.
- A rescue craft must be on shore and accessible while students are canoeing on open water or there must be sufficient craft and instructors on the water to provide rescue operations.
- Make parents aware of off-campus activities and the mode of transportation.
- Obtain signed parent permission for participation.
- Students should be provided with opportunity to re-hydrate during activity.
- All students considered for participation in a school canoe trip must meet the following minimum guidelines:

WATER SAFETY:

- Swim 100 m continuously any stroke without a personal floatation device (PFD).
- Tread water for 3 minutes without a PFD.
- Put on PFD/life jacket in the water.
- Demonstrate the help/huddle position.
- Demonstrate comfort swimming while wearing a PFD.
- Or have the student produce documentation that proves they are capable to do these skills.

CANOEING SKILLS:

- Power stroke.
- “J” stroke.
- Sweep strokes.
- Draw stroke.
- Backwater strokes.
- Proper entry/exit from canoe.
- Self rescues into dry and/or swamped canoes.
- Canoe over canoe rescue procedures.
- Synchronized strokes.
- Packing a canoe.
- Portaging techniques.
- Basic river maneuvers, e.g., forward ferry, eddy turns, sideslips.
- The person in the stern should have mastered the “J” stroke.
- Students should be instructed on how to handle unexpected wind and wave conditions.

RELATED AREAS:

- Basic first aid including hypothermia treatment.
- Personal camping: suitable clothing and canoeing equipment and repairs.
- Camping skills and safety.
- Environmental concerns.
- Use of a compass.
- Map reading.
- Complete a trip itinerary and file it with an appropriate school official.
- Develop an emergency action plan and communicate it to all involved with the trip.



SPECIAL RULES / INSTRUCTION

- Make parents aware of off-campus activities and the mode of transportation.
- Obtain signed parent permission for participation.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Both male and female chaperones must accompany mixed groups for overnight trips.
- Cell phone, two-way radio(s) or satellite radio for emergency purposes should be accessible.
- Vehicle for emergency purposes should be accessible.
- Designate a responsible individual who is not the “in-charge” person to transport an injured student to hospital.
- All teachers should be familiar with both Transport Canada and Canadian Coast Guard Regulations.
- Lead instructor should possess both Paddle Canada Canoeing Basics, and Lake Canoe Intro and canoe tripping experience.
- Lead instructor should possess Paddle Canada Canoe Tripping Intro for any trips after Jan. 1, 2012
- If the group is divided into two trips, then two teachers/supervisors must have relevant qualifications.
- Route cards should be left with school or other supervising body with emergency contacts with response system planned and in place.
- Have at least one supervisor with:
 - National Lifeguard Service Lifeguard certificate or
 - Canadian Red Cross Emergency First Aid Certificate, or
 - Royal Life Saving Society Aquatic Emergency Care Certificate, or
 - Canadian Ski Patrol First Aid Certificate.
- Staff/supervisor to student ratio must be 1:8. Supervisors must demonstrate competencies in water safety, canoeing skills and related areas as required for students.
- Have at least one supervisor who has experience with:
 - Bug season.
 - Cold water rapids (recognize inherent danger and ways to avoid).
 - Cooking over open fire without a grate.
 - Camp craft waterproofing methods during wet weather.
- At least one teacher/supervisor must have general knowledge of the area.
- A systematic pattern for group travel and communication must be established.
- For all overnight trips, there should be a minimum of two teacher/supervisors present.
- One supervisor is responsible to contact the principal or designate from the school once a day.
- See OUTDOOR EDUCATION – CAMPING FOR MORE INFO.



OUTDOOR EDUCATION OUTDOOR (LAKE) SWIMMING

SEE: *** OUTDOOR EDUCATION – GENERAL PROCEDURES ***

GRADES 4 – 12

Risk Level: High- Lake Swimming is not sanctioned in Kindergarten to Grade 3 and is a high risk activity in Grades 4-12. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- First aid kit should be stocked and accessible (with emergency blanket).
- Teacher should ensure the following items are accessible:
 - Whistle or other signaling device.
 - Buoyant throw line.
 - Blanket.
- Wear appropriate swimming attire.
- Sun protection and insect repellent should be available.
- Remove all jewelry prior to participation in water activities.
- No gum or candy.
- Tie or pin back long hair.

FACILITIES

- Teacher must ensure that the swimming area is:
 - Free from hazards. GSSD – “clearly marked, roped off with floating devices”
 - Of suitable water temperature.
 - Reasonably clean and clear.
- No swimming in fast moving rivers or streams.
- Prior to trip, teacher should check with local authorities to determine whether water is safe for swimming.

SPECIAL RULES / INSTRUCTION

- **If teacher or supervisor does not possess a:**
 - N.L.S. Lifeguard Certificate for swimming all students must wear PFD’s when in the water.
- Skills should be taught in proper progression.
- Activities should be based on skills that are taught.
- Parents must give written permission for their child to be involved in any swimming activity and must indicate child’s swimming ability, e.g., non-swimmer, capable swimmer.
- Teacher must identify and observe non-swimmers.
- Follow posted rules and regulations of swimming area.
- Inform students of acceptable standards of behaviour in the water.
- Students should not be allowed to dive, push off the dock, or dunk other students.
- A counting system must be used at regular intervals, e.g., every 15 minutes blow whistle and have students count off.
- Students must swim with a buddy.
- No swimming after dark.
- Teacher should discontinue swimming activities if there is an indication of bad weather.
- Swimming allowed only in designated area.
- No distance swims.



- Person(s) assuming supervisory responsibilities should be clearly visible to all swimmers at all times.
- In an emergency situation, supervisor is in charge.
- Have an emergency action plan in place.
- Diving should not be allowed in any open water swimming situation.
- Students should not rely on flotation devices, unless it is a PFD or lifejacket.
- Students must practice emergency water drill, e.g., assemble on shore at sound of three loud whistle blasts.
- Length of swim must depend on type of swimmers, condition of atmosphere, condition of water, and time of day.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Teacher should have access to a phone.
- A supervisor should be designated to transport an injured student to the hospital e.g., teacher or parent. This should not be the supervisor in charge of the trip.
- Have access to a vehicle for emergency purposes.
- Have one supervisor with current certification:
 - National Lifeguard Service Lifeguard Certificate Waterfront option, OR
 - National Lifeguard Service Pool Certificate with two years waterfront experience.
- To provide instruction
- Provide at least one other adult supervisor in addition to the supervisor.
- Supervisor to swimmer ratio: Grades 4-8 1:10, Grades 9-12 1:15



OUTDOOR EDUCATION SAILING

SAILING is a high risk activity and is not sanctioned at any grade level.

OUTDOOR EDUCATION MOUNTAIN BIKING

SEE: *** OUTDOOR EDUCATION – GENERAL PROCEDURES ***

Teachers who wish to instruct mountain biking require written permission from the Director or designate.

GRADES 5 – 12

Risk Level: High- Mountain Biking is not sanctioned in Kindergarten to Grade 4 and is a high risk activity in Grades 5-12. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- First aid kit must be stocked and accessible.
- All necessary equipment must be collected and checked out before the trip.
- Students must do a safety inspection of bicycle before each use.
- CSA approved and correctly fitting bicycle helmets must be worn.
- Encourage students to wear eye protection, e.g., eye glasses, sunglasses.
- One rider to carry a bicycle tool kit during riding.
- Supervisor to carry a first aid kit.
- Bike should be appropriate for size and age of student.
- No open toed shoes.
- Appropriately fitting clothing.
- Wear clothing appropriate for outdoor activity. Be prepared for adverse weather conditions.
- Students carry nutritious food on day trips.
- Students carry a whistle or other signaling device on trips.
- Remove all unnecessary jewelry prior to biking.
- Wear sun protection for summer and winter outdoor activities.
- Wear insect repellent as needed.
- Bear bangers and bear/pepper spray when in bear country. Teacher should have knowledge of proper use.
- If camping is involved

FACILITIES

- Choose routes carefully in terms of the length, surfaces, frequency of traffic, and complexity of intersections and railway crossings.
- Teacher should have a map of route, a compass (and GPS when possible), and have a thorough knowledge of how to use them.
- If trip originates from base camp, leave a map with the supervisor at base camp.
- Trails must be selected according to the technical elements present and the skill of the participants.
- Prior to initial use of route, teacher must do a safety ride-through to verify safety and suitability.
- For off-road routes, ensure permission from landowner is obtained.
- If possible, teacher must register group at warden's office.

SPECIAL RULES/INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills taught.



- Teacher should outline behavioral expectations to students as well as boundaries for activities and assembly procedures.
- Students must be familiarized with bike parts and their operation.
- Students must bike under control at all times. Discourage showing off or stunting.
- A record of students and the route must be left in the school with an appropriate person.
- Avoid traveling in darkness.
- Use the buddy system if practicing.
- Students must be made aware of emergency procedures.
- No electronic devices that involve ear or headphones.
- Students must be encouraged to carry water for hydration purposes.
- Students must be made aware of the importance of eye protection.
- Students must be informed of the need for sun protection.
- Trip supervisors must possess any necessary medication for designated students.
- Plan program in detail with contingency plans for inclement weather.
- Postpone trip if there is any indication of threatening weather that could put student safety at risk.
- For biking trips, obtain signed parent permission for participation.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- In-the-area supervision is required following initial skill instruction and after all safety concerns have been emphasized.
- Both male and female chaperones must accompany mixed groups for overnight trips.
- Emergency phone should be accessible. If cell phone coverage is not available, check into other options including satellite radio or two-way radios.
- Teacher should be aware of location of nearest phone or help in case of an emergency.
- Vehicle for emergency purposes should be accessible.
- Teacher must demonstrate knowledge of sport, skills and strategies to the principal or designate.
- At least one supervisor must have:
 - N.L.S. Lifeguard Certificate, OR
 - Current first-aid qualifications including:
 - St. John Emergency First Aid Certificate, OR
 - Canadian Red Cross Emergency First Aid, OR
 - R.L.S.S. Aquatic Emergency Care Certificate, OR
 - Canadian Ski Patrol First Aid Certificate.
- Teacher stays at back of pack.
- On trips, one supervisor at the front and one in the back of the pack.
- The front and back of the group should be within whistle contact of the supervisor(s) at all times.
- On trips, designate a supervisor who is not the supervisor in charge of the trip to transport an injured student to the hospital.
- Recommended ratio of supervisors to students on trips: 1:10.
- Route cards should be left with school or other supervising body with emergency contacts and response system planned and in place.
- See OUTDOOR EDUCATION – CAMPING FOR MORE INFO.



OUTDOOR EDUCATION WINTER CAMPING

SEE: *** OUTDOOR EDUCATION – GENERAL PROCEDURES ***

Cold Winter Camping means heated or non-heated temporary structures such as tents, quinces and igloos.

Risk Level: High- Winter camping is not sanctioned in Kindergarten to Grade 9 and is a high risk activity in Grades 10-12. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- First aid kit should be stocked and accessible (with emergency blanket).
- Matches in waterproof containers should be kept in at least two places.
- Teacher should bring a lightweight camp stove.
- Students should have a four-season sleeping bag or equivalent.
- Thermal-rest/insulation pad for under cold weather sleeping bag should be used.
- Safe heating devices.
- Headlamps/flashlights and spare batteries.
- All equipment should be checked prior to use.
- Wear clothing that is appropriate for weather conditions.
- Layering clothing principles must be taught.
- Students should bring a dry change of clothing.
- Boots with removable liners.
- Students should have a whistle or whistle-sounding device.

FACILITIES

- Teacher should select facilities/sites based on the age and experience of students.
- Teacher should check site for dangerous overhanging dead trees.

SPECIAL RULES/INSTRUCTION

- Skills should be taught in proper progression.
- Heat loss principles should be taught.
- If lean-to camping, inspect ridge pole prior to occupancy.
- “Safe” shelter building skills should be taught.
- Students must be informed of layering clothing principles.
- Instruct students in the prevention, recognition and treatment of hypothermia and frostbite.
- Instruct students in outdoor winter survival techniques.
- Students should be provided with opportunity to re-hydrate during activity.
- Fire building skills should be taught.
- Supervisors should check heat sources and monitor their use.
- Establish a systematic pattern for group travel and communication.
- Leave a complete trip itinerary in the school.
- Make students and parents aware of the importance of sun protection.
- Make parents aware of off-campus activities and the mode of transportation.



SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Teacher should ensure that an emergency communication system is accessible.
- A trained individual responsible for providing first aid and transportation of injured students should be present during the entire outing.
- Vehicle for emergency purposes must be accessible.
- Have instructor/supervisors with previous winter camping experience whenever possible.
- Have a least one supervisor with St. John Emergency First Aid Certificate or equivalent.
- The ratio of supervision is 1:8 for distant overnight camping and 1:12 for local overnight camping.



OUTDOOR EDUCATION SKIING (ALPINE)/SNOWBOARDING

SEE: *** OUTDOOR EDUCATION – GENERAL PROCEDURES ***

GRADES 4 – 12

Risk Level: High- Alpine skiing and Snowboarding is not sanctioned in Kindergarten to Grade 3 and is a high risk activity in Grades 4-12. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- First aid kit should be stocked and accessible.
- Bindings must meet with current approved guidelines. They must be in good working order and set to the proper tension.
- Use only rental equipment that is inspected and issued by a certified technician.
- Students must use boards, skis and poles of the proper length. Edges and bases must be in good repair.
- Boots and bindings must be compatible.
- Students should wear wrist guards when snowboarding.
- Students must wear CSA approved skiing/snowboarding helmet (hockey, motorcycle, only if necessary)
- Recommend students wear some type of eye protection such as sunglasses or ski goggles.
- If equipment is borrowed, bindings should be inspected and adjusted on-site by a knowledgeable equipment technician.
- Make students supplying their own equipment aware that the equipment must be checked and in good repair.
- Long hair should be tied back or tucked in. Loose articles such as scarves, long hats or toggles should be removed or tucked in.
- Students should wear appropriate cold-weather (layered) outdoor clothing, especially hand and headwear.
- Wear sun protection for summer and winter outdoor activities.

FACILITIES

- Ski/snowboard only in appropriate areas as identified by a qualified ski instructor.
- Only commercially operated ski facilities with suitable teaching areas (gentle slopes) should be used.
- The area must be patrolled by members of a recognized ski patrol.
- Define skiing area to the students so they are aware of the boundaries for activity.
- Students must ski in areas identified as appropriate by the qualified ski instructor.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills taught.
- All students should be tested and grouped appropriately as determined by a qualified ski/snowboarding instructor.
- GSSD states “tests and group students appropriately as determined by a qualified ski instructor. Require those identified as needing instruction to participate in an instructional lesson”.
- After lesson, stress importance to students of skiing/boarding on slopes appropriate to their skill level, e.g., a beginning skier/boarder should stay on green or easy blue runs and stay away from difficult blue and all black runs.
- Teach students the importance of skiing in control at all times.
- Discourage showing off or stunting.
- Ensure that students are thoroughly familiar with Alpine Responsibility Code (including lift procedures), slope ratings and the role of the ski patrol.



- Prior to activity, discuss proper clothing.
- Discuss frostbite and hypothermia and how to recognize and treat them. Inform parents and students of importance of sun protection.
- Inform parents by letter of their child's involvement in skiing and make them aware of the importance of suitable clothing and equipment.
- Make parents aware of off-campus activities and the mode of transportation. Obtain signed parent permission for participation.
- Teacher should be aware of students with a history of medical ailments, e.g., asthma, seizures, heart conditions and severe allergies.
- Teacher must postpone activity if there is an indication of inclement weather, severe enough to put student safety at risk.
- A buddy system should be used whenever appropriate.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- In-the-area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- A vehicle for emergency purposes must be accessible.
- Teacher should have access to a phone.
- Clearly outline duties of the supervisors, including circulating to all hills that students are using for skiing and snowboarding.
- A supervisor should be designated to transport an injured student to the hospital, e.g., teacher or parent. This should not be the supervisor in charge of the trip.
- Suggested guidelines:
 - 1:12 ratio (Gr. 4-6) of certified instructor/supervisor to students.
 - 1:15 ratio (Gr. 7-9) of certified instructor/supervisor to students.
 - 1:25 ratio (Gr. 10-12) of certified instructor/supervisor to students.
- Teacher or supervisor should establish check-in times during the day, for all students.



OUTDOOR EDUCATION ICE FISHING

SEE: *** OUTDOOR EDUCATION – GENERAL PROCEDURES ***

GRADES 4 – 12

RISK LEVEL: High- Ice fishing is not sanctioned in Kindergarten to Grade 3 and is a high risk activity in Grades 4-12. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- First aid kit should be stocked and accessible.
- Have a license if required.
- Fishing rod and tackle.
- Ice Auger.
- Wear clothing that is appropriate for weather conditions.
- Carry a dry change of clothing per student.
- Wear sun protection for summer and winter outdoor activities.

FACILITIES

- Determine ice safety with absolute certainty. Contact local authorities for information
- Design and then have students stay within boundaries designated for ice fishing.

SPECIAL RULES/INSTRUCTION

- Teach skills in proper progressions.
- Instruct students how to dress properly using the principles of “layering”.
- Instruct students in the prevention, recognition and treatment of hypothermia and frostbite.
- Teach skills in proper progressions.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.
- Obtain parent permission for participation.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- Provide on-site instruction and supervision by qualified instructor. Be sure to emphasize safety.
- Have access to vehicle.
- Clearly define duties of supervisors.
- Emergency phone should be accessible.
- Provide on-site instruction and supervision by qualified instructor.
- Teacher’s presence (if not instructing) as a support person is important.
- Ensure adequate supervision for experience level of the students fishing.



PARACHUTE ACTIVITIES

GRADES K - 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Check the parachute to ensure that it is in good condition.
- Suitable clothing and footwear should be worn. No stocking feet. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in parachute activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Establish a safety procedure.
- Use a playing surface and surrounding area that is clean, free of all obstacles and provides safe footing and good traction.
- Clearly define court boundary lines.
- Gymnasium floor sockets should have cover plates in place.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach proper skill progression before games are introduced.
- Activities should be based on skills that are taught.
- No games played where any body part is put through the hole in the chute.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- On-site visual supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



RACQUET SPORTS (COURT)

RACQUETBALL, SQUASH, HANDBALL, PADDLEBALL GRADES K – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Racquets should have a good grip and be in safe playing condition.
- Racquetball and paddleball racquets must be equipped with a thong that is worn around the wrist.
- Balls should be appropriate to the skill level of students.
- Protective eye wear must be worn.
- Students wearing eyeglasses are to wear appropriate eye protection, e.g., shatterproof lenses.
- Remove all jewelry prior to participation in racquet sport activities.
- No gum or candy.
- Suitable clothing and footwear should be worn. No stocking feet. Remind students to tie shoelaces securely.

FACILITIES

- Playing area should be clean, free of debris and obstructions and provides safe footing and good footing.
- Court boundary lines should be clearly defined.
- A safety procedure should be established for side-by-side courts.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills taught.
- Modify activities/skills to the age and ability level of the participants.
- Positioning and movement should be taught for singles and doubles.
- When teaching skills, allow adequate space for each student to make a free and uninterrupted swing.
- Teach and enforce the code of etiquette for court play, e.g., not entering a court being used.
- There should be no more than four players to a playing area for handball, paddleball and racquetball.
- For squash, only singles must be played unless a proper doubles court is available.
- No spectators should be allowed on the court.
- Students should be provided with opportunity to re-hydrate during activity.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- On-site supervision is recommended.



RACQUET SPORTS (NETS)

TENNIS, BADMINTON, PICKLEBALL, PADDLETENNIS GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Racquets should have a good grip and be in safe playing condition.
- Protective eye wear:
 - Class time: protective eye protection must be worn for pickleball and badminton during class time.
 - Extracurricular Practices: eye protection is to be worn during all practice drills.
 - Extracurricular Scrimmages: SHSAA guidelines will be adhered to for all scrimmage play.
 - Extracurricular competition: participants will follow SHSAA guidelines during competition play.
- Students wearing eyeglasses are to wear appropriate eye protection, e.g., shatterproof lenses.
- Remove all jewelry prior to participation in racquet sport activities.
- No gum or candy.
- Suitable clothing and footwear should be worn. No stocking feet. Remind students to tie shoelaces securely.
- Use pickleball and paddle tennis racquets that are equipped with a thong that is worn around the wrist.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.
- Use balls that are appropriate to the skill level of players, e.g., foam tennis balls or vinyl balls.

FACILITIES

- Playing surface and surrounding area should be clean, free from debris and obstructions and provides safe footing and good traction.
- Clearly define court boundary lines.
- A safety procedure should be established for side-by-side courts.
- Move loose clothing away from playing area.
- Floor sockets should have cover plates in place.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills taught.
- Modify activities/skills to the age and ability level of the participants.
- Positioning and movement should be taught for singles and doubles.
- When teaching skills, allow adequate space for each player to make an uninterrupted swing.
- Teach and enforce the code of etiquette for court play, e.g., not entering a court in use.
- No spectators should be allowed on the court.
- Students should be provided with opportunity to re-hydrate during activity.
- Make parents aware of off-campus activities and the mode of transportation.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- On-site supervision is recommended during set-up of equipment and initial instruction. In-the-area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



RUGBY (TOUCH)

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use regulation rugby balls or footballs.
- Wear suitable clothing and footwear. No stocking feet. Remind students to tie shoelaces securely.
- No metal cleats.
- Remove all jewelry prior to participation in rugby activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Wear insect repellent as needed.

FACILITIES

- Select a playing area that is level, free from debris, obstructions and large holes, provides suitable footing and is well removed from traffic areas.
- Report holes and severely uneven surfaces to the principal and make students aware of them.
- Condition of turf should allow for proper traction and impact absorption.
- Goalposts must be padded if in field of play.
- Use collapsible flags or soft pylons to mark corners, mid-line and 22 metre (66 foot) line.

SPECIAL RULES/INSTRUCTION

- Teach skills in proper progression, e.g., lead-up games such as keep away, speedball, and relays, clear outs, three ball, two ball, walking rugby.
- Games and activities should be based on skills that are taught.
- No tackling.
- Rules should be modified to accommodate ability/age/physical development, e.g., seven aside or ten aside games are suitable to this age group.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- Constant visual supervision is recommended during initial skill instruction.
- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



SCOOPBALL

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use scoops and balls that are in good playing condition, e.g., no cracks and/or chips.
- Goalies must wear a protective mask.
- Remove all jewelry prior to participation in scoopball activities.
- No gum or candy.
- Suitable clothing and footwear should be worn. No stocking feet. Remind students to tie shoelaces securely.

FACILITIES

- Playing area should be clean, free of debris and obstructions and provides safe footing and good traction.
- Court boundary lines should be clearly defined.
- Gymnasium floor sockets should have cover plates in place.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills taught.
- Modify activities/skills to the age and ability level of the participants.
- Teacher should stress student responsibility regarding the need for individual space.
- No intentional contact, e.g., body- to-body or scoop-to-body.
- A crease must be implemented, if a goalie is used in a game situation.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



SCOOTER BOARDS

GRADES K - 12

RISK LEVEL: High- The use of Scooter Boards is a high risk activity in all Grades. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use scooter boards that are in good repair, e.g., no cracks, broken edges, or loose wheels.
- Long hair should be tied back if student is lying on scooter.
- Remove all jewelry prior to participation in scooter board activities.
- No gum or candy.
- Suitable clothing and footwear should be worn. No loose or hanging clothing and students must wear shoes at all times. Remind students to tie shoes securely.

FACILITIES

- Playing surface and surrounding area should be clean, free of debris and obstructions and provides safe footing and good traction.
- Establish boundaries away from walls or use protective mats to eliminate protrusions, e.g., handles on stage, storage doors.
- Gymnasium floor sockets should have cover plates in place.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills taught.
- No standing on scooter boards.
- Stress to students that scooter boards are not to be used like skateboards.
- Teacher should stress student responsibility regarding the need for individual space.
- Scooters are not “missiles”. Do not allow students to fling scooter boards around the gymnasium.
- In relay-type activities, allow room for slow-down or run-off area.
- No scooter to scooter intentional contact.
- In scooter soccer and scooter hockey, intentional scooter-to-scooter contact and high swings with legs and sticks should not be allowed.
- Running and diving onto scooter boards should not be allowed.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



SCUBA DIVING

GRADES 10 – 12

Risk Level: High- Scuba diving is not sanctioned in Kindergarten to Grade 9 and is a high risk activity in Grades 10-12. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use certified equipment and have it checked before every class by a certified instructor.
- Mask should fit properly and should be watertight and snorkel tube fits mouth and is unobstructed.
- Fins must fit properly.
- No gum or candy.
- Remove all jewelry prior to participation in scuba diving activities.
- Wear appropriate swimwear.
- No shoes on deck.

FACILITIES

- Use a community swimming pool.
- Backyard pools are unacceptable for class instruction.

SPECIAL RULES/INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills that are taught.
- Familiarize students with emergency procedures relating to the pool facility.
- Students should meet a minimum swimming level, e.g., swimming 100 m any stroke and treading water for three minutes.
- Instructor should be informed of students with medical problems that may affect their safety in the water.
- Students should be informed of, and adhere to all rules posted and enforced by the pool facility.
- Students with infected cuts or sores should not be in the pool.
- Students should be provided with opportunity to re-hydrate during activity.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- Provide constant visual supervision.
- Have a qualified lifeguard on deck at all times.
- Teacher should have access to a phone.
- Teacher accompanies students to the pool and remains in the area during instruction.
- Have instructor with current certification from one of the following:
 - A.C.U.C. The Association of Canadian Underwater Councils, or
 - N.A.U.I. National Association of Underwater Instructors, or
 - Professional Association of Diving Instructors.

The ratio of qualified instructors to students is 1:20



SKATING (ICE)

GRADES K – 12

If going off school site instructor should make sure the Field Trip (AP 261) form is filled out and approved.

RISK LEVEL: MODERATE

EQUIPMENT

- Keep a first aid kit available on site. If the school is not bringing a kit to the arena, ensure that the arena manager has a kit available and knows its location.
- Wear any CSA approved helmet (hockey, speed skating).
- Teachers must communicate to students and parents/guardians the importance of:
 - Properly fitted skates.
 - Gloves or mitts.
 - How to transport skates safely.
- If skating outdoors, dress for weather conditions.
- Remove all jewelry prior to participation in skating activities.
- No gum or candy.

FACILITIES

- Use an ice surface that is clean, free from debris and deep ruts.
- It is strongly recommended before skating on outdoor ponds; determine ice safety with absolute certainty. Contact local authorities for information and follow previous guideline.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills taught.
- Activities should be appropriate to the skill level of the students.
- Safety rules must be clearly explained to students. (eg. No pushing whipping or rough housing)
- Make students and parents aware of the need for extra caution and control on the ice including common procedures such as skating in the same direction during a free skate.
- Teacher should discuss frostbite with students, and how to recognize and treat it (outdoor skating).
- Activities/games should be taught/played only after students are able to start and stop safely.
- When students are skating in a venue that has boards, don't allow students to use boards to assist them in stopping. Allow plenty of room for students to safely stop before reaching the boards.
- Provide ice space for beginning skaters separate from accomplished skaters until beginning skaters master basic skills.
- Teacher should stress skating technique – not speed – in all games, activities, challenges and drills.
- Tag-type games, racing and “crack-the-whip” must be avoided.
- Students should be provided with opportunity to re-hydrate during activity.
- At the elementary level, parents must be informed by letter of their child's involvement in skating and the importance of wearing a properly fitting helmet and proper hand covering.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Teacher should have access to a phone.



SKIPPING

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use ropes of appropriate length for size and ability of students.
- Students should wear suitable clothing and footwear. Wear shoes at all times - no bare or stocking feet. Remind students to tie shoes securely.
- Remove all jewelry prior to participation in skipping activities.
- No gum or candy.

FACILITIES

- Playing surface and surrounding area should be clean, free of debris and obstructions and provides safe footing and good traction.
- Provide adequate personal space.
- Move loose clothing away from playing area.
- Floor sockets should have cover plates in place.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills that are taught.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



SOCCER

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Secure moveable heavy wood and metal outdoor nets to the ground.
- If using a moveable outdoor soccer goal, use sand bags or something similar in order to reduce the potential for tipping.
- Inspect nets regularly.
- Use Nerf balls or indoor soccer balls for indoor soccer. Outdoor balls **must not** be used indoors for games but may be used for indoor drills.
- Students should wear suitable clothing and footwear. No metal cleats. No stocking or bare feet. Remind students to tie shoes securely.
- Consider the use of “soccer goal gloves” for regulation indoor and outdoor soccer. Gloves are not needed when using a Nerf soccer ball.
- Remove all jewelry prior to participation soccer activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Playing area should be inspected regularly and free of debris and obstacles and provide good footing and good traction.
- Use a playing field that is away from open roadways so that players don't run into traffic.
- Holes and severely uneven surfaces should be brought to the attention of the students. Notify the principal.
- There should be sufficient turf for proper traction and impact absorption.
- Use collapsible, soft pylons, or field paint to mark boundaries and lines.
- For indoor soccer, gymnasium floor sockets should have cover plates in place.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Slide-tackling should not be used in any type of soccer activity.
- Tackling from behind IS STRICTLY PROHIBITED.
- Students should be provided with opportunity to re-hydrate during activity.
- Heading drills should not be taught at the elementary school level unless using soft Nerf-type balls.
- A goal crease should be established for indoor soccer, and no other player except the goalie should be allowed in the crease.
- Insist that students must never climb on moveable outdoor goals.
- Instruct students in the safe handling of and potential dangers associated with moveable outdoor goals.
- Parents and students must be informed of importance of sun protection.
- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



SLOWPITCH/T-BALL

SLOW-PITCH/T-BALL T-BALL: GRADES K – 12 SLOW-PITCH: GRADES 4 – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Bats should be free of cracks and have a proper grip.
- If using a regulation softball, batters and base runners should wear helmets, and fielders should wear gloves.
- Consider the use of slow pitch balls or restricted flight balls.
- Ensure that catcher wears a mask.
- Metal and compound cleats must not be worn. Molded baseball cleats or running shoes may be worn.
- Suitable clothing and footwear should be worn. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in T-Ball/Slow-Pitch activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Use a playing field that is away from open roadways so that players don't run into traffic.
- If more than one activity is going on, ensure that a safe distance exists between the activities.
- Playing area should be inspected regularly and free of debris and obstacles and provide safe footing and good traction.
- Holes and severely uneven surfaces should be brought to the attention of the students. Notify the principal.
- There should be sufficient turf for proper traction and impact absorption.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Students should be taught to use proper grip (not cross-handed) when batting.
- Teach players to lay down or drop the bat after hitting, not release it during the follow through of the swing.
- To avoid dangers of being hit by a slipped bat or foul ball, require that non-fielding players stand well back (10 m or more) of the batter's box or behind a screen or fence. (Keep fingers away from the screen).
- Back catcher should be located a safe distance behind home plate. A back catcher is not intended to catch the pitch but rather to retrieve the ball.
- Have umpires stand behind the pitcher, behind the screen or outside the baselines.
- Students should not be allowed to slide into bases.
- Force play rule at all bases, including home plate should be used.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



SWIMMING (Instruction) and WATER POLO

GRADES K – 12

Risk Level: High- Swimming and Water Polo are a high risk activities in all Grades. These activities requires an informed consent form to be filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

If going off school site instructor should make sure the Field Trip (AP 261) form is filled out and approved.

EQUIPMENT

- First aid kit should be stocked and accessible. Standard safety equipment should be used, as stated in pool regulations, e.g., ring buoys, reaching poles and spinal boards.
- Electrical equipment should be properly grounded.
- Appropriate swimwear should be worn. No shoes on deck.
- Device to keep hair from obstructing vision should be used, e.g., elastic.
- Remove all jewelry prior to participation in swimming activities.
- No gum, candy or food in pool area.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Suitable facilities include community pools that conform to the Swimming National Canada (SNC) safety standards. Where facilities do not conform to SNC standards for safety, modifications to the rules should be made, e.g., where pools are less than the required depth, swimmers start in the water rather than dive from the deck.
- Pool deck should be kept clear of obstacles and cleared of excess water.
- For pond/lake swimming, see Outdoor Education.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills that are taught.
- Teachers with relevant certification may provide swim instruction without an additional lifeguard only when the pool is being used solely for aquatic instruction.
- Students should be informed of, and adhere to, the following rules:
 - No running or pushing on deck.
 - Stay clear of diving area.
 - No diving off deck into shallow end.
 - Do not conduct practice starts in water depth less than 1.2 m.
 - No horseplay.
 - Follow all pool rules.
- Take showers if possible before entering the pool.
- No students with infected cuts or sores in pool.
- Initial screening/testing should be done in the shallow end.
- Inform in-charge person on deck of any student having medical conditions that may affect the student's safety in the water. Conditions that require specific mention include a history of diabetes, asthma, heart condition, convulsions, epilepsy, and frequent ear infections.
- Diving should be at 3 metre board or lower.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.
- Make parents aware of off-campus activities and the mode of transportation.



SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Teachers should accompany students to the pool and stay on the deck, in the stands or in the pool.
- Students must ask permission to leave pool area.
- Change rooms should be closely and frequently monitored.
- Emergency phone should be accessible.
- Ensure that instructor(s) providing life saving instruction have current Royal Life Saving Society Bronze Cross or equivalent certification.
- Suggested ratio of qualified lifeguard/instructor to students: 1:10(grade K-3) 1:15(grade 4- 12).
- It is strongly recommended that both male and female supervisors are present.



SWIMMING (Leisure)

GRADES K – 12

Risk Level: High- Swimming (Leisure) is a high risk activities in all grades. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

If going off school site instructor should make sure the Field Trip (AP 261) form is filled out and approved.

EQUIPMENT

- Same as found in Swimming (Instruction) section

FACILITIES

- Same as found in Swimming (Instruction) section

SPECIAL RULES / INSTRUCTION

- Activities should be based on student's skills.
- Students should be informed of, and adhere to, the following rules:
 - No running or pushing on deck.
 - Stay clear of diving area.
 - No diving off deck into shallow end.
 - Do not conduct practice starts in water depth less than 1.2 m.
 - No horseplay.
 - Follow all pool rules.
- Take showers if possible before entering the pool.
- No students with infected cuts or sores in pool.
- Inform in-charge person on deck of any student having medical conditions that may affect the student's safety in the water. Conditions that require specific mention include a history of diabetes, asthma, heart condition, convulsions, epilepsy, and frequent ear infections.
- Diving should be at 3 metre board or lower.
- Students should be provided with opportunity to re-hydrate during activity.
- Obtain signed parent permission for participation at the elementary level.
- Parents and students must be informed of importance of sun protection.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- Same as found in Swimming (Instruction) section.



TABLE TENNIS

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use regulation size table tennis paddles and balls.
- Check tables and paddles to be sure they are in good condition.
- Suitable clothing and footwear should be worn. No stocking feet. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in table tennis activities.
- No gum or candy.

FACILITIES

- Teacher should ensure that there is room for mobility around tables.
- Playing surface & surrounding area should be clean, smooth, level, free of all obstacles and provides safe footing and good traction.
- Gymnasium floor sockets should have cover plates in place.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Establish a careful routine for set-up and dismantling of tables with direct teacher supervision.

SUPERVISION

- Provide on-site supervision during set-up and dismantling of tables.
- Provide in-the-area supervision during play following initial skill instruction and after all safety concerns have been emphasized.



TEAM HANDBALL

GRADES K – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- A Nerf, Gatorskin, poof or other foam filled ball should be used for Grades k – 9. Inflated regulation team handballs may be used for Grades 9 - 12.
- Regulation team handball nets should be safely stored when not in use.
- Suitable clothing and footwear should be worn. No stocking feet. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in team handball and tchoukball activities.
- No gum or candy.

FACILITIES

- Playing surface and surrounding area should be clean, free of all obstacles and provide safe footing and good traction.
- Gymnasium floor sockets should have cover plates in place.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Modify activities and rules to suit the age and ability of students and the facilities/equipment available.
- No body contact.
- Clearly identify a crease area if using a goalie, e.g., full key area.
- Allow only the goaltender in the crease area.
- Reduced size teams, may be considered along with playing cross-courts by more teams at the same time.
- Drills should be organized to minimize the risk of being hit with an inflated ball.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



TETHERBALL

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use a tetherball that is in good repair, with properly working connections at ball and at pole.
- Use a rope that is in good repair and not excessively frayed.
- Check pole periodically. Repair a pole with a severe lean or one that is loose at the base.
- Suitable clothing that permits unrestricted movement and footwear should be worn. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in tetherball activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Place tetherball poles in areas away from traffic and away from areas where other games are played, e.g., volleyball, four square, basketball.
- Playing surface and surrounding area should be level, free of all obstacles and provides safe footing and good traction.
- Report holes and severely uneven surfaces to the principal and make students aware of them.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Instruct children in skills and rules before the game is played.
- No tetherball games in slippery, wet conditions.
- Students should be provided with opportunity to re-hydrate during activity.
- Inform students of importance of sun protection.

SUPERVISION

- Provide in-the-area supervision during play following initial skill instruction and after all safety concerns have been emphasized.
- Require that tetherball be set up by an adult or a student under adult supervision.



TOBOGGANING

GRADES K – 12

If going off school site instructor should make sure the Field Trip (AP 261) form is filled out and approved.

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Toboggan and other sliding equipment must be in good repair with no jagged edges.
- Clothing must be appropriate for outdoor activity.
- Hat and gloves must be available for use.
- Tie or pin back long hair when it could obscure vision.
- Remove all jewelry prior to participation in tobogganing activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- No long scarves.
- Strongly consider the use of helmets.

FACILITIES

- Use an area free of obstructions and hazards.
- For any site, students must be made aware of the boundaries for activity.
- An appropriate site should have proximity to warmth, food and other facilities.
- Snow should be packed, but not icy, with a grade of hill appropriate to the level of students
- Hill, and run out section at bottom of hill, should be free of hazards, e.g., trees, traffic.
- Run out should be adequate for safe stopping.
- Top of slope should have a level take-off/launch area.
- The steeper the slope angle, the shorter the slope length should be.
- Use an area that is located away from roadways.

SPECIAL RULES/INSTRUCTION

- Activities should be based on skills and procedures that are taught.
- Students should be informed of the boundaries for the activity.
- Teachers should consider the following conditions when choosing a site: sun, wind, wind chill and snow conditions as well as suitability of terrain.
- Inform students of acceptable standards of behavior. Emphasize safety.
- Students must be seated on toboggans. No lying down or standing.
- Students should not be allowed to ride toboggans over jumps or obstacles.
- Teacher should inform students about frostbite and hypothermia and how to recognize and treat.
- Establish emergency procedures.
- Students should not be allowed to push others.
- There should be a safe distance between descending toboggans.
- Students should not be allowed to jump in front of descending toboggans.
- Toboggans should not be overloaded.
- A safe procedure for students to clear bottom area and to return to top of hill should be established.
- Be aware of students with a history of asthma and other respiratory conditions.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.
- Make parents aware of off-campus activities and the mode of transportation.



SUPERVISION

- On-site supervision is recommended and after all safety concerns have been emphasized.
- If dividing class into groups, duties of supervisors for each group must be clearly outlined.
- Teacher should have access to a phone.
- There must be a designated supervisor (teacher, parent or responsible adult) with a vehicle to accompany an injured student to hospital. This must not be the supervisor in charge of the activity.



TRACK AND FIELD TRACK EVENTS

50 m, 100m 200 m: Grades K – 12,
400 m, 800 m: Grades 4 – 12
1500 m, 3000 m: Grades 4 – 12, Relays: K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use plastic or aluminum relay batons.
- Suitable clothing and footwear should be worn. Appropriate track spikes can be worn. No bare feet.
- Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in track and field activities.
- Tie or pin back long hair when it could obscure vision.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Use outdoor areas that are designated for running, clearly marked, away from other activities, checked for hazards, and that provide safe footing and good traction.
- “Blacktop” strips and open fields may be used if areas are suitable, smooth, clean, level and provide safe footing and good traction.
- Run out areas should be in place for all running events.
- Students running off-site for practice should use an approved route.
- Inspect all tracks annually and maintain as necessary.
- Move loose clothing away from running area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Teach the skills associated with running in a progression of developmental steps.
- For distance running practice, the length of the route should be appropriately modified for the age and ability level of students. Take into account:
 - Temperature of the day.
 - Previous training and length of preparation.
- Students should be made aware of field events while practicing on the track.
- Where school hallways or stairways are used for indoor running, appropriate safety measures should be in place including:
 - Side doors should not open into running area.
 - Hallway protrusions should be clearly marked.
 - School community should be informed of times and locations of indoor running.
 - Hall double doors should be secured open.
 - Monitors should be positioned at corners.
 - Floor surface should be dry and provide good footing.
 - Place pylons at stop points.
- Repetitive warm-ups indoors should be done on a properly padded surface.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.



SUPERVISION

- Provide on-site supervision for sprints and relays.
- Provide in-the-area supervision for middle distance (400 m, 800 m 1500 m and 3000 m) events.
- When running above distances, students may be temporarily out of sight, running in pairs or groups are advised.
- Emergency phone should be accessible.



TRACK AND FIELD HURDLES

GRADES 6 – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Hurdles should be inspected to ensure stability and that there are no splinters, cracks or other hazards.
- Set sliding weights at minimum level.
- Use “scissor” hurdles, light hurdles, or loose crossbars for classroom instruction.
- Suitable clothing and footwear should be worn. No track spikes. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in track and field activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Activity area should provide a clear, flat surface with safe footing and good traction.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Instruct students on how to set up equipment properly so that knocked hurdles will not resist their fall.
- When students take turns, teacher should ensure they do not follow too closely behind each other.
- Stress the importance of students remaining in their assigned lane and to look both ways before crossing the track.
- Students must run in one specified direction.
- Modify heights and distances to accommodate different ability levels.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- Constant visual supervision is recommended for initial skill instruction.
- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency phone should be accessible.



TRACK AND FIELD DISCUS

GRADES 6 – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Use a discus that is of a size appropriate for the age, gender, and physical maturity of the student.
- Use a discus that is free of cracks, chips and other damage. Check the discus regularly for damage.
- Provide protective screening around the throwing area. A baseball screen may provide suitable protection.
- Suitable clothing and footwear should be worn. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in track and field activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- The landing area should be well marked and void of people during the activity.
- Choose a throwing area that is level, free of obstacles and completely closed to traffic. (No other activity must be located in the area where discus is taking place.)
- Ensure that the discus circle/area provides safe footing and good traction.
- When conditions are wet:
 - Provide more landing area as implements can slide farther on a wet surface.
 - Position all people out of all possible lines of flight as implement may slip out of thrower's hand more easily.
 - Towel or rag should be available for drying the discus.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills that are taught.
- Students not throwing must be behind the thrower in a marked off area a behind a backstop or minimum of 5 metres away.
- Instruct students in safe throwing and retrieving procedures.
- Instruct students in safety prior to teaching and practice.
- Establish precautions to ensure the safety of all students before any activity with the discus begins.
- Where there is more than one thrower, they must stand a safe distance apart on the throwing line.
- All discuses should be transported safely to and from throwing area.
- Students should not be allowed to turn (spin) more than 180 degrees in the throwing action with no backstop.
- Throwers only should have a discus.
- Discus must only be thrown in one direction, free of traffic.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students should be informed of the importance of sun protection.
- Constant visual supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency phone should be accessible.



TRACK AND FIELD HIGH JUMP

GRADES 3 – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Landing area should be appropriate for the age, size and skill level of the students, and adequately covered with a minimum of one landing mat: minimum size 1.5 m x 3 m x 60 cm (5 ft. x 10 ft. x 24 in.) mat for secondary students doing back layout technique
- Place standard utility mats around the landing surface with no gaps.
- Two jumping pits used side by side should be securely fastened together, and be of the same thickness and compaction rating.
- Fiberglass or alternative crossbars (e.g., elastic) are recommended during in-class activities. Do not use metal cross bars
- Check crossbars for cracks regularly.
- Check pits regularly for damage.
- Standards should be weighted at bases if they tend to tip over easily.
- Suitable clothing and footwear should be worn. Remind students to tie shoes securely. No spikes, bare or stocking feet.
- Tie or pin back long hair when it could obscure vision.
- Remove all jewelry prior to participation in track and field activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- For both indoor and outdoor jumping, design area so that approach area is clear, level, smooth, dry and traffic-free.
- For indoor jumping, the floor should provide a suitable surface to prevent slipping.
- Move loose clothing away from jumping area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Require student bar monitors to stay in front and off to the side of standards at all times.
- Stress progressions and technique rather than competition.
- Stress a short, controlled approach, somewhere between 3 and 9 steps.
- If student is using "back layout/flop style", encourage take-off closer to the nearest upright on approach.
- No jumping when there are slippery conditions.
- Ensure that landing mats and velcro mats are firmly secured and do not slide when jumper lands.
- Observe proper lifting technique (using legs and keeping back straight) while moving heavy high jump pits.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students should be informed of the importance of sun protection.
- It is advisable that any teacher who is unfamiliar with high jump technique seeks assistance from appropriate support staff and/or refrains from using the equipment until help is received.

SUPERVISION

- Constant visual supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency phone should be accessible.



TRACK AND FIELD JAVELIN

GRADES 6 – 9

RISK LEVEL: High- Javelin is not sanctioned in Kindergarten to Grade 5 and is a high risk activity in Grades 6-9. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1.

GRADES 10-12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Javelin-type implements, e.g., regulation javelin, turbo javelin, blunted javelin or wooden dowel should be of appropriate size, weight and material for students.
- Have inexperienced students use a blunted javelin, wooden dowel or a badminton shuttle to start.
- Suitable clothing and footwear should be worn. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in track and field activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Use a runway that is smooth, flat, and free of obstacles and provides safe footing and good traction.
- Landing area should be well marked and void of people during activity.
- Javelin throwing area should be clearly marked with a designated safe zone for spectators behind the throwing area.
- When conditions are wet:
 - Provide more landing area as implements can slide farther on a wet surface.
 - Position all people out of all possible lines of flight as implement may slip out of thrower's hand more easily.
- Towel or rag should be available for drying the javelin.
- No other activity in the area where the javelin is being thrown.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Teach students to lead and throw with the elbow to avoid elbow injuries.
- Enforce the "all throw" and "all retrieve" rule when more than one student is participating.
- Safe routines should be established for transporting implements to and from throwing area (e.g. implements should NEVER be thrown or played with while they are being carried to or from the throwing area) and for the throwing and retrieving of the javelin-type implements.
- Have spectators and non-competing athletes remain behind the throwing area.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- Constant visual supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency phone should be accessible.



TRACK AND FIELD POLE VAULT

GRADES 9 – 12

Risk Level: High- Pole Vaulting is not sanctioned in Kindergarten to Grade 8 and is a high risk activity in Grades 9-12. This activity requires an informed consent form filled out and turned in for each student before they can participate. Permission is required by completing and receiving approval on Form 215-1. Teachers who wish to instruct pole vault must have technical training through in-service, clinic or training sessions.

EQUIPMENT

- Use a landing area that is appropriate for the age, size and skill level of the students and that meets requirements for pole vault.
- Rope or elastic is suggested rather than a crossbar, no metal crossbars.
- Check poles regularly for cracks
- Check landing mats regularly for damage
- Check run way and pole plant regularly for damage

FACILITIES

- Use a landing area that is well marked and free of people during the activity
- Use a runway that is smooth and flat.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Stress progression and technique rather than competition
- Establish safe routines bar monitors to stay in front and to the side at all times.
- Ensure the landing mats and Velcro mats are firmly secured and do not slide when jumper lands.

SUPERVISION

- Constant visual supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency phone should be accessible



TRACK AND FIELD SHOT PUT

GRADES 6 – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Only shots designed for indoor use should be used in the gymnasium.
- Use equipment of appropriate size weight and material for age and strength of student.
- Towel or rag should be available for drying the shot put.
- Suitable clothing and footwear should be worn. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in track and field activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.

FACILITIES

- Landing area should be well marked and void of people during activity.
- Putting area should be free of obstacles and provide safe footing and good traction.
- Putting area should be clearly marked with a designated safe zone for spectators behind the putting area.
- When conditions are wet:
 - Position all people out of all possible lines of flight as implement may slip out of thrower's hand more easily.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Teach standing shot-put technique (no spin) or O'Brien technique (backwards slide plus 180 degree rotation).
- Establish safe routines for putting and retrieving of shots.
- Safe routines should be established for transporting shots to and from the putting area (e.g., shots should NEVER be thrown or played with while they are being carried to or from the throwing area) and for putting and retrieving of shots.
- Have only one specified putting direction, completely free from traffic.
- Students waiting a turn must be in a marked-off area a minimum of 4 metres behind the toe line.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- Constant visual supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency phone should be accessible.



TRACK AND FIELD TRIPLE JUMP, LONG JUMP

LONG JUMP: GRADES K – 12 TRIPLE JUMP: GRADES 4 – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Rake and shovel should be kept away from the landing pit and run-up area when not in use.
- Rake and shovel should be free of splinters.
- Suitable clothing and footwear should be worn. Appropriate track spikes may be worn. No bare feet. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in track and field activities.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Use insect repellent as needed.
- Equipment includes:
 - sand pit
 - rake
 - shovel or spade
 - broom

FACILITIES

- Pit should be filled with sand to a depth of 30 cm to meet International Amateur Athletic Federation (IAAF) specifications.
- Ensure that landing area is soft and deep with plenty of sand and no foreign objects. Landing area should be well raked and free of debris.
- Pit should be long enough to accommodate the longest jumper.
- Use a takeoff and runway surface that is clear, firm and flat with safe footing and good traction. If necessary, sweep the runway surface to remove excess sand.
- Take-off boards must be firmly attached.
- Landing pit should be maintained throughout the season and after any heavy rain.
- Dig pit at the beginning of the season and after a heavy rainfall.
- Locate pits so they are removed from high traffic areas and away from other activity sites.
- Locate take-off boards appropriate for the ability of the student.
- Move loose clothing away from runway and landing pit.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Skills must be taught in a developmental sequence, e.g., short five-step approach and build up to 13 – 17 step approach.
- No jumping when there are slippery conditions.
- A jumping procedure should be established, e.g., place a cone on the take-off board when pit is being prepared for the next student to make his/her jump.
- Students should be trained to rake. As part of training, include rules such as:
 - Remove rake before next student begins approach.
 - Begin raking after student is out of pit.
 - Rake sand into the middle of the pit rather than out to the sides.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.



SUPERVISION

- Provide constant visual supervision during initial lessons.
- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- Emergency phone should be accessible.



ULTIMATE FRISBEE

GRADES K – 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Disc size should be suited to the ability level of students and the wind condition of the day, e.g., soft (cloth) disc, heavy discs.
- Discs must be inspected for cracks or spurs.
- Suitable clothing and footwear should be worn, e.g., no metal cleats. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in Ultimate Frisbee.
- No gum or candy.
- Wear sun protection for summer and winter outdoor activities.
- Wear insect repellent as needed.

FACILITIES

- Select a playing area that is level, free from debris, obstructions and large holes, provides safe footing, good traction and is well removed from traffic areas.
- Report holes and severely uneven surfaces to the principal and make students aware of them.
- Goal posts must be padded if in field of play.
- Condition of turf should allow for proper traction and impact absorption.
- Indoors:
 - Use a floor surface that is clean, level, provides safe footing and good traction and is free of all obstacles such as tables, chairs, etc.
 - Floor sockets should have cover plates in place.
 - Move loose clothing away from playing area.

SPECIAL RULES/INSTRUCTION

- Skills should be taught in proper progression.
- Games and activities should be based on skills that are taught and wind conditions.
- Body contact should not be allowed.
- Students should be provided with opportunity to re-hydrate during activity.
- Parents and students must be informed of importance of sun protection.

SUPERVISION

- On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



VOLLEYBALL/BEACH VOLLEYBALL/NEWCOMBE BALL

GRADES 3 - 12

RISK LEVEL: LOW

EQUIPMENT

- First aid kit should be stocked and accessible.
- Standards should be stored in a safe manner, eliminating the risk they could fall on someone.
- Nets should have no exposed frayed wires.
- Padding around the poles, including cranks and support, from the floor up to the bottom of the net is recommended.
- Use ball appropriate for age and ability of students.
- Suitable clothing and footwear should be worn. Remind students to tie shoes securely. No stocking feet. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in volleyball activities.
- No gum or candy.
- If playing volleyball outdoors, wear sun protection and insect repellent as needed.

FACILITIES

- Playing surface and surrounding area should be clean, free of debris and obstructions and provide safe footing and good traction.
- Use outdoor volleyball courts that provide safe footing.
- Require students who are attaching net to pole to stand on seat of chair, bench or ladder. Do not allow them to climb the standards.
- Floor socket cover plates must be replaced when standards are removed. All other floor socket plates should be in place.
- Antennae should be flush with the bottom of the net.
- Beach volleyball courts should have a sufficient amount of sand so that there are no bare or hard dirt areas.
- Move loose clothing away from playing area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Games and activities should be based on skills that are taught.
- Modify activities/rules to the age and ability level of the students.
- Organize drills so as to minimize the risk of being hit with an errant ball.
- Students should be instructed in set-up and take-downs of nets.
- Students should be provided with opportunity to re-hydrate during activity.

SUPERVISION

- On-site supervision is recommended during initial lessons and when setting up equipment.
- In-the-area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.



WALL/ROCK CLIMBING

WALL or ROCK CLIMBING is not sanctioned at any grade level.

WEIGHT TRAINING

WEIGHT TRAINING is not sanctioned at Kindergarten to Grade 6.

GRADES 7 – 12

RISK LEVEL: MODERATE

EQUIPMENT

- First aid kit should be stocked and accessible.
- Inspect all equipment regularly and repair as necessary.
- Weights not in use should be stored on appropriate racks, and in such a way that they do not present a safety hazard.
- Suitable clothing and footwear should be worn, e.g., no sandals. Remind students to tie shoelaces securely.
- Remove all jewelry prior to participation in weight training activities.
- No gum or candy.

FACILITIES

- Secure weights in a secure storage area that can be locked when it is not in use.
- Floor below free weight activities should provide sufficient traction so weights do not slide or roll.
- Move loose clothing away from lifting area.
- Provide a lifting surface that is clean, free of all obstacles and provides safe footing and good traction.
- Weight room should be locked when unsupervised.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Activities should be based on skills that are taught.
- Instruct all students in proper lifting techniques, safety procedures and program progressions that are reflective of the student's weight, skill and age.
- Use a buddy system when lifting free weights over body.
- Secure free weight plates in place before using.
- Individualize all programs.
- Students should be provided with opportunity to re-hydrate during activity.
- Make parents aware of off-campus activities and the mode of transportation.

SUPERVISION

- On-site supervision is required for initial use of free weights and weight machines.
- In-the-area supervision is required, following instructions on safe use.
- Student workouts must be with a partner.



WRESTLING

WRESTLING is not sanctioned at Kindergarten to Grade 3.

RISK LEVEL: MODERATE

GRADES 4 - 12

EQUIPMENT

- First aid kit should be stocked and accessible.
- Wrestling mats or general utility mats should be used:
 - Ensolite 3.8 cm (1 ½ in.), 3.1 cm (1 ¼ in.), or 2.5 cm (1 in.);
 - Trocellen 5.1 cm (2 in.);
 - Ethefoam 3.8 cm (1 ½ in.);
 - Sarneighe 3.8 cm (1 ½ in.);
 - Mats of equivalent compaction rating.
- Mats should be attached together or aligned so separation does not occur.
- Mat surfaces should be checked regularly for irregularities and cleaned with bleach prior to use.
- Suitable clothing should be worn. Bare feet are permissible. Remind students to tie shoelaces securely.
- Wrestling shoes or other appropriate footwear must be worn, e.g., no sharp edges, lace tips.
- Remove all jewelry prior to participation in wrestling activities.
- Eyeglasses must not be worn.
- No gum or candy.

FACILITIES

- Mat surfaces should be checked regularly for irregularities and cleaned with bleach prior to use.
- Area surrounding mats must be free of obstructions and hazards.
- Suitable clearance should be allowed from the edge of wrestling area to the surrounding walls. If clearance from wrestling area is less than 6 m (6 ½ ft.), walls should be padded.
- Move loose clothing away from wrestling area.

SPECIAL RULES / INSTRUCTION

- Teach skills in proper progression.
- Rules and illegal moves must be outlined.
- Encourage parterre “down” wrestling for beginner wrestlers.
- Warm-up activities must emphasize conditioning and flexibility.
- Outline rules and illegal moves.
- Match participants of similar weight, strength and gender.
- Maximum time limit must be two minutes per round and one round per match in class.
- Keep fingernails closely trimmed.
- Students with communicable skin conditions must not wrestle.
- All infections, burns and open cuts must be covered.
- Permit students to be referees only under the direct supervision of the instructor.
- Universal precautions (e.g., using impermeable gloves) should be followed when dealing with situations involving blood and other bodily fluids.
- Students should not be allowed to “bridge” on head or neck as a warm-up drill.
- Students should be provided with opportunity to re-hydrate during activity.
- On-site supervision is required by the teacher following initial skill instruction and after all safety concerns have been emphasized.



APPENDIX A Supervision Requirements

Supervision Requirement for Sports and Activities

Approval and Responsibilities

- The principal should approve all physical activities in the school in accordance with the safety guidelines and administrative procedures set out by the school division.
- Teachers are responsible to supply the principal with a list of physical activities that he/she will be having students do as part of educational or extracurricular programming.
- If any student wears a medical alert bracelet, the teacher should be aware of that fact and instruct students to make the teacher aware if it is taken off for any reason. Medic alert jewelry may be used when firmly taped down.
- All outdoor education activities and sports not listed in the Physical Activity Safety Guidelines table of contents need written approval from the Director of Education.

Facilities

- Schools shall maintain current medical information forms on file for all students.
- This information must be available to appropriate personnel who deal with these students on a daily basis.
- Each school should develop an emergency response plan to deal with accidents of all types. Schools are encouraged to regularly practice the accident response plan.
- A copy of all accident reports shall be kept in the school and at the GSSD Office.
- Students should be aware of the fire drill procedures for physical activity areas in the school.

Equipment

- Ensure that personal equipment (i.e. helmets, skates, skis, padding, etc.) fits properly and is appropriate to the skill level of the individual.
- Instruct students to report all equipment problems to the appropriate individual.

Instruction

- Teach skills for specific activities in appropriate progression. Refer to the appropriate resources for detailed information about skills progression.
- Base activities on skills that have been taught.
- If the teacher believes that a potential hesitancy concerning the skill could put the student at risk, the student should be directed toward a more basic skill.
- Modify the rules for specific activities to suit the age, strength, experience and abilities of students. When students are physically challenged, rules, equipment and playing area may require major modification.
- Allow a warm up and cool down period for all activities.
- Teach proper stretching techniques and ensure that stretching precedes strenuous physical activity.
- Do not use walls and stages in gyms and activity rooms for turning points or finish lines. Designate a line or pylon in advance of the wall as the finishing line or turning point.
- Students should learn how to prevent, recognize and treat sunburn, frostbite and hypothermia.
- Students should be aware of the danger of chewing gum or eating hard candy (cough drops etc.) during physical activity.



Suspension

- A teacher must be present and in charge at all times.
- Establish routines, rules of acceptable behavior and duties of students at the beginning of the year and reinforce them throughout the year. Teachers/Supervisors should sanction students for unsafe play or unacceptable behavior whenever it occurs and should encourage safe play at all times.
- Make students aware of the rules of specific activities or games before play begins and enforce these rules during play.
- Make students aware that the use of equipment or the use of the gymnasium is prohibited without the appropriate type of supervision.
- Become familiar with your students' medical history and physical limitations.
- Teach students appropriate behavior when an accident occurs – stand back, do not move the injured person, and get a responsible adult immediately.
- Three levels of supervision are referred to in the specific sport guidelines:
 - **“Constant visual supervision”** means that the teacher/supervisor is physically present, watching the activity in question in close proximity.
 - **“On-site supervision”** means that the teacher/supervisor is present but not necessarily constantly viewing one specific activity.
 - **“In the area supervision”** means that the teacher/supervisor could be in the gymnasium office while other activity is taking place in the gymnasium or in the gymnasium while an activity is taking place in an area adjacent to the gymnasium.
- Designate a responsible person to accompany an injured student to the hospital.

Clothing and Footwear

- Appropriate clothing and footwear shall be required of each student for each activity, for the weather conditions, and for the age and skill level of the student. Jewelry must be removed prior to participation in all physical activities. Medic alert jewelry may be used when firmly taped down.
- Sun and insect protection should be appropriate for the sport and the weather.
- Tie back long hair when it could obscure vision or become a danger to the student's safety.
- Encourage students with prescription eye wear to have glasses secured with a strap for vigorous physical activity.



APPENDIX B Part 1

Informed Parent Consent Agreement for the Term: Semester/ Year

Informed Parent Consent Agreement

Good Spirit School Division # 204

School Name: _____

High-risk Activities: _____

Some activities are classified as high-risk by the school division. In order for your student to participate in such activities, prior consent must be given.

We, the undersigned, acknowledge that we have been provided with the answers to any questions we may have about the high risk activities and we wish our child to participate in any of the events that have not been stroked off. Events will be held during _____ class/trip. Examples of possible injuries from participation include (but are not limited to):

- 1: Lacerations, bruises, broken bones, etc. from impact from an object, person, etc.
- 2: Concussion from impact from an object, person, etc.
- 3: Other less common injuries

We understand that the Good Spirit School Division # 204 has rules and regulations for the sports and activities as outlined by the Board of Education. These rules and regulations are designed for the safety and protection of participants. We undertake to have our child _____ follow these rules and regulations.
(print student's name)

We understand that certain activities require a minimum level of fitness and health (physical, mental, emotional) and that each person has a different capacity for participation in these activities. We also hereby warrant that any known medication needs of our child will be clearly indicated in writing on this form.

We agree that Good Spirit School Division # 204 or its employees, servants or agents shall not be liable for any injury to our child or loss or damage to any personal property arising from, or in any way resulting from participation in these activities, unless such injury, loss, or damage is caused by the sole negligence of the School Division or its employees, servants or agents while acting within the scope of their duties.

We declare having read and understood the above informed consent agreement in its entirety and consent to participate acknowledging the foregoing.

Medication needs of the student participating: (if any) _____

Signature of Parent / Guardian

Signature of Student

Signature of Parent / Guardian

Date



APPENDIX B Part 2
High Risk Activity Informed Consent Form

The activities below are considered high-risk. The school has checked off the activities being offered. Please initial beside these activities those you consent to allow your student to participate.

Activities	Offered at School	Parent Consent
Archery	<input type="checkbox"/>	
Baseball and Softball	Not Sanctioned	
Basketball	<input type="checkbox"/>	
Benches and Chairs	<input type="checkbox"/>	
Bowling	<input type="checkbox"/>	
Broomball Non-Ice and Ice	<input type="checkbox"/>	
Cheer with stunts	Not Sanctioned	
Cheer Gr. 6-12 Extracurricular	<input type="checkbox"/>	
Cricket	<input type="checkbox"/>	
Cross-Country Running	<input type="checkbox"/>	
Cross-Country Skiing & Snowshoeing	<input type="checkbox"/>	
Curling	<input type="checkbox"/>	
Cycling	<input type="checkbox"/>	
Dance, Rhythmic gymnastics and Activities	<input type="checkbox"/>	
Diving	<input type="checkbox"/>	
Dodgeball Type Games/Tag Games	<input type="checkbox"/>	
Field Hockey	<input type="checkbox"/>	
Fitness Activities	<input type="checkbox"/>	
Floor Hockey/Gym Ringette	<input type="checkbox"/>	
Football	<input type="checkbox"/>	
Flag or Touch Football	<input type="checkbox"/>	
Golf	<input type="checkbox"/>	
Gymnastics - Olympics	Not Sanctioned	
Gymnastics - Educational	<input type="checkbox"/>	



Horseback Riding	Not Sanctioned	
Ice Hockey/Shinny/Ringette	<input type="checkbox"/>	
In-Line Skating (Roller Blading)	<input type="checkbox"/>	
Kinball (Omnikin)	<input type="checkbox"/>	
Lacrosse	<input type="checkbox"/>	
Low Organizational and Lead-Up Games	<input type="checkbox"/>	
Martial Arts/Self Defense	<input type="checkbox"/>	
Orienteering/GPS Activities	<input type="checkbox"/>	
Outdoor Education- General Procedures	<input type="checkbox"/>	
Outdoor Education Backpacking	<input type="checkbox"/>	
Outdoor Education Camping	<input type="checkbox"/>	
Outdoor Education Canoeing	<input type="checkbox"/>	
Outdoor Education Flat water Kayaking	<input type="checkbox"/>	
Outdoor Education Canoe Tripping	<input type="checkbox"/>	
Outdoor Education Outdoor (Lake) Swimming	<input type="checkbox"/>	
Outdoor Education Sailing	<input type="checkbox"/>	
Outdoor Education Mountain Biking	<input type="checkbox"/>	
Outdoor Education Winter Camping	<input type="checkbox"/>	
Outdoor Education Skiing (Alpine)/Snowboarding	<input type="checkbox"/>	
Outdoor Education Ice Fishing	<input type="checkbox"/>	
Parachute Activities	<input type="checkbox"/>	
Racquet Sports (Court)	<input type="checkbox"/>	
Racquet Sports (Nets)	<input type="checkbox"/>	
Rugby (Touch)	<input type="checkbox"/>	
Scoopball	<input type="checkbox"/>	
Scooter Boards	<input type="checkbox"/>	
Scuba Diving	<input type="checkbox"/>	
Skating (ice)	<input type="checkbox"/>	
Skipping	<input type="checkbox"/>	



Soccer	<input type="checkbox"/>	
Slowpitch/Tball	<input type="checkbox"/>	
Swimming (Instruction) and Water Polo	<input type="checkbox"/>	
Swimming (Leisure)	<input type="checkbox"/>	
Table Tennis	<input type="checkbox"/>	
Team Handball	<input type="checkbox"/>	
Tetherball	<input type="checkbox"/>	
Tobogganing	<input type="checkbox"/>	
Track and Field Track Events	<input type="checkbox"/>	
Track and Field Hurdles	<input type="checkbox"/>	
Track and Field Discus	<input type="checkbox"/>	
Track and Field High Jump	<input type="checkbox"/>	
Track and Field Javelin	<input type="checkbox"/>	
Track and Field Pole Vault	<input type="checkbox"/>	
Track and Field Shot Put	<input type="checkbox"/>	
Track and Field Tripe Jump, Long Jump	<input type="checkbox"/>	
Ultimate Frisbee	<input type="checkbox"/>	
Volleyball/Beach Volleyball/Newcombe Ball	<input type="checkbox"/>	
Wall/Rock Climbing	<input type="checkbox"/>	
Weight Training	<input type="checkbox"/>	
Wrestling	<input type="checkbox"/>	



APPENDIX C

Informed Parent Consent Agreement for a Specific High Risk Activity

**Informed Parent Consent Agreement
Good Spirit School Division # 204**

School Name: _____

High-risk Activities: _____

Some activities are classified as high-risk by the school division. In order for your student to participate in such activities, prior consent must be given. Examples include (but are not limited to): Archery, Canoe Tripping, Cheerleading with stunting, Discus, Gymnastics at gymnastics centre, Horseback riding, Javelin, Lacrosse, Pole Vault, Lake Swimming, Rugby, Scuba Diving, Skiing (Alpine), Snorkeling, Snow Boarding, Shot Put, Wall Climbing.

We, the undersigned, acknowledge that we have been provided with the answers to any questions we may have about the high risk activities and we wish our child to participate in any of the events that have not been stroked off. Events will be held during _____ class/trip. Examples of possible injuries from participation include (but are not limited to):

- 1: Lacerations, bruises, broken bones, etc. from impact from an object, person, etc.
- 2: Concussion from impact from an object, person, etc.
- 3: Other less common injuries

We understand that the Good Spirit School Division # 204 has rules and regulations for the sports and activities as outlined by the Board of Education. These rules and regulations are designed for the safety and protection of participants. We undertake to have our child _____ follow these rules and regulations.
(print student's name)

We understand that certain activities require a minimum level of fitness and health (physical, mental, emotional) and that each person has a different capacity for participation in these activities. We also hereby warrant that any known medication needs of our child will be clearly indicated in writing on this form.

We agree that Good Spirit School Division # 204 or its employees, servants or agents shall not be liable for any injury to our child or loss or damage to any personal property arising from, or in any way resulting from participation in these activities, unless such injury, loss, or damage is caused by the sole negligence of the School Division or its employees, servants or agents while acting within the scope of their duties.

We declare having read and understood the above informed consent agreement in its entirety and consent to participate acknowledging the foregoing.

Medication needs of the student participating: (if any) _____

Signature of Parent / Guardian

Signature of Student

Signature of Parent / Guardian

Date