

Safety Guidelines for Physical Activities

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		Risk	Grade Level	Safety Equipment	Staff Qualifications
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Guiding Principles

The following guiding principles apply to the majority of activities and sports. However, the reader is directed to review the activity-specific safety guidelines contained in this publication.

Facility Safety

- The Facilities Department of the school division inspects gymnasias and outside play and sport areas every 90 days. Staff using these facilities should check daily for damage or hazards and if repairs are necessary a Service Request should be made to the Facilities Department immediately.
- Ensure that the perimeter of the gym is free of stored equipment and furniture, except for a reasonable number of balance benches and mats.
- When a gym or activity room is of a non-standard size, modify the rules of play as needed for maximum safety. (See Activity Room Safety Guidelines on page 95.)
- When a gym or activity room has immovable obstacles (e.g., doors or radiators under basketball baskets, protruding drinking fountains) modify the rules of play as needed.
- Ensure that indoor and outdoor playing surfaces are clean, free of all obstacles and provide good traction.
- Bring holes and severely uneven surfaces in outdoor playing surfaces to the attention of the principal and make students aware of them. If necessary, do a “walk through” of the playing area with students to point out rough areas in the outdoor playing surface.

Equipment Safety

- Wear helmets for all high-speed ice activities. Helmets reduce the potential for injury.
- The Facilities Department of the school division inspects gymnasium equipment every year. Staff using this equipment should check daily for damage or hazards and if repairs are necessary a Service Request should be made to the Facilities Department immediately.
- Ensure that all personal equipment (helmets, skates, skis, padding, etc.) fits properly and is appropriate for the skill level of the individual.

- Wear protective eyewear for racquet sports, and downhill skiing.
- Encourage students to report all equipment problems to the appropriate individual.
- Keep an appropriately stocked first aid kit in the gym and all other areas of the school where there is potential for injury.

Instruction

- Teach skills for specific activities in appropriate progression. Refer to Saskatchewan Learning's curriculum guides for detailed information about skills progressions.
- Base activities on skills that have been taught.
- Never require a student to perform a skill beyond his or her capabilities. When a student displays hesitation verbally or non-verbally, the teacher should discuss the reason(s) for doubt with the student. 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.
- Teach students how to prevent, recognize and treat sunburn, frostbite and hypothermia.

Supervision

- Establish routines, rules of acceptable behaviour and duties of students at the beginning of the year and reinforce them throughout the year. Teachers should sanction students for unsafe play or unacceptable behaviour whenever it occurs.
- 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.
- Ensure that senior students are never the sole supervisors of an activity.
- As part of the school division's Emergency Response Plan, students with **potentially life-threatening health conditions** will be identified to staff along with the student's **Emergency Treatment Plan**. Students participating in SHSAA sports will complete a SHSAA Medical Information Form.
- Teach students appropriate behaviour when an accident occurs – stand back, do not move the injured person, get a responsible adult immediately.
- Develop an accident response plan to deal with accidents of all types (including physical education accidents) and have regular “dry runs” of the action plan to ensure that everyone knows what to do. Please see the **Medical Emergencies** section of the **Emergency Response Plan**.
- As part of the school division's Emergency Response Plan ensure that an appropriate number of teachers and other staff have Class A First Aid Attendant Certification.
- As part of the school division's Emergency Response Plan, inform students of the location of the fire alarms, the fire exits and alternate routes from the gymnasium and hold fire drills regularly.
- Establish, early in the year, a “stop” signal (e.g., two short whistle blasts) that is used to tell students that they must stop play immediately, freeze where they are and pay attention.

- Provide an appropriate level of supervision. Three levels of supervision are possible.
 - ☹️ **“Constant visual supervision”** means that the teacher is physically present, watching the activity in question.
 - ☹️ **“On-site supervision”** means that the teacher is present but not necessarily constantly viewing one specific activity.
 - ☹️ **“In the area supervision”** means that the teacher could be in the gymnasium while another activity is taking place in an area adjacent to the gymnasium.

For example, during a track and field session, some students are high jumping, some are practicing relay passing on the track while a third group is distance running around the school. Each of these activities would be supervised differently.

 - ☹️ High Jump – **Constant visual supervision** – A teacher is at the high jump area and is observing the activity constantly.
 - ☹️ Relay Passing – **On-site supervision** – Students are practicing on the track and can be seen by the teacher who is with the high jumpers.
 - ☹️ Distance Running – **In the area supervision** – Students are running around the school grounds and may be out of sight of the teacher at times.
- Provide supervision that is appropriate to the risk level of the activity, the participants’ skill level, and the participants’ age and maturity.
- Establish guidelines for third-party instructors such as ski and scuba instructors. Many physical education safety policies state that third-party instructors must be qualified and that a teacher must be present and in charge at all times.

Clothing and Footwear

- Wear sun protection for summer and winter outdoor activities. Sun protection should be appropriate for the sport and the weather and can include sunscreen, protective clothing, hats, and sunglasses.
- Wear layered clothing for winter outdoor activities.
- Have a hat and gloves available (on body or in pocket or fanny pack) for winter outdoor activities.

- Remove all jewelry before participating in physical education activities. Jewelry includes ear studs, nose rings and other body jewelry, watches and wedding rings as well as hanging jewelry.
- Do not chew gum when participating in physical activities.
- Wear clothing and footwear that is appropriate for the sport, the weather, and the age and skill level of the individual. For gymnasium activities and summer outdoor activities shorts or sweatpants, T-shirts and running shoes are a minimum requirement.
- Wear long hair in a bun when there is a danger that it might become entangled in equipment. (This applies to both males and females.)
- Tie or pin back long hair when it could obscure vision. (This applies to both males and females.)

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
	<p>Wear suitable swim wear.</p> <p>Tie hair back or wear it in a bun.</p> <p>No jewelry.</p> <p>If swimming outdoors, wear sunscreen.</p>	<p>Use school or community pools.</p> <p><i>(For pond/lake swimming see outdoor education).</i></p>	<p>Adhere to the following regulations:</p> <ul style="list-style-type: none"> a) no running or pushing on deck b) no gum chewing c) no food in pool area d) stay clear of diving area e) no diving off deck into shallow end f) follow pool rules <p>Take showers before entering the pool.</p> <p>Outline emergency procedures to students prior to entering the water.</p> <p>No students with infected cuts or sores in pool.</p> <p>Do screening/testing in shallow end initially.</p> <p>Use a parent permission form when students go off school board property to a pool.</p> <p>Inform in-charge person on deck of any student having medical problems 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.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualifications</p> <p>Ensure that teachers providing swim instruction have current Royal Life Saving Society Bronze Cross or equivalent certification.</p> <p>Ensure there is an individual in the immediate vicinity who is readily accessible and who has current first aid qualifications.</p> <p>Supervision</p> <p>Ensure that teachers accompany pupils to the pool and stay on the deck or in the pool.</p> <p>Suggested ratio of qualified lifeguard/instructor to students: 1:25.</p> <p>Monitor change rooms closely and frequently.</p> <p>Provide on-site supervision.</p>

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment Make arm guards and finger tabs available to students.</p> <p>Sport Equipment Check all equipment regularly for defects.</p> <p>Match bow length and weight to the height and strength of the participant.</p> <p>Use appropriate targets.</p>	<p>Wear close fitting clothes on the upper body.</p> <p>No jewelry.</p> <p>If sport takes place outdoors, wear sun protection.</p>	<p>Use an area free of obstructions and hazards.</p> <p>For indoor shooting, use a properly installed safety net.</p> <p>Control access/exit to the facility.</p> <p>For outdoor activity, mark and control the shooting area.</p>	<p>Establish a “firing” line appropriate to the skill level of the students.</p> <p>Keep everyone behind the firing line.</p> <p>Establish a “start” and “stop” shooting and retrieving procedure.</p> <p>Instruct students in safety procedures, shooting techniques, care and use of equipment and how to properly remove an arrow from a target butt.</p> <p>Never point a loaded bow at anyone.</p> <p>Load bows on the shooting line only.</p> <p>Position all students not involved in shooting well behind the firing line and away from the archers on the line.</p> <p>Teach skills in proper progression.</p>	<p>Provide constant visual supervision.</p>

Resources:

Federation of Canadian Archers www.fca.ca

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Kindergarten to Grade 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment Have back catcher wear a mask and a helmet.</p> <p>Have batters and base runners wear helmets.</p> <p>Have umpire wear a mask, shin guards and a chest protector for added protection.</p> <p>Sport Equipment Have fielders wear gloves.</p> <p>Use uncracked bats with an adequate grip.</p>	<p>Wear suitable footwear and clothing.</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Inspect the field for hazards: holes, glass, rocks, and slippery, muddy spots.</p> <p>Ensure that the field of play is away from open roadways so that there is no danger of players running into traffic.</p> <p>Report holes and severely uneven surfaces to the principal and make students aware of them.</p> <p>If more than one activity is going on, provide a safe distance between the activities.</p>	<p>Teach skills in proper progression.</p> <p>Teach players to lay down or drop the bat after hitting, not release it during the follow through of the swing.</p> <p>Teach non-fielding players to stand well back (10 m or more) of the batter's box or behind a screen or fence. (Keep fingers away from the screen.)</p> <p>Have umpires stand behind the pitcher or outside the baselines.</p>	<p>Provide on-site supervision.</p>

Resources

- Baseball Canada www.baseball.ca/
- Sask Baseball www.saskbaseball.ca

BASKETBALL AND RELATED GAMES

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Where an end wall is close to the baseline, place protective gym mats or padding beyond the “key” area.</p> <p>Extend protective end wall mats up the wall from the top of the baseboard up the wall and a minimum width of 6 metres across the wall.</p> <p>Where a stage is close to the baseline, place gym mats over the edge of the stage and extend them to the floor.</p>	<p>Wear suitable footwear and clothing.</p> <p>No jewelry.</p>	<p>Don’t locate winch for moving backboards up and down directly under the supporting wall-mounted structure.</p> <p>Use a playing surface (indoor or outdoor) and surrounding area that is clean, free of all obstacles and provides good traction.</p> <p>Use protective padding on rectangular backboard edges in secondary school facilities.</p> <p>Ensure that only trained adults or students under supervision use motorized or hand winches to raise and lower baskets.</p>	<p>Teach skills in proper progression.</p> <p>Base games and activities on skills that are taught.</p> <p>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).</p>	<p>Provide on-site supervision</p>

Resources:

Canada Basketball www.basketball.ca/

Saskatchewan Basketball www.basketballsask.com/

BENCHES AND CHAIRS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Use stacking chairs that are free of cracks or chipped corners with seats and backs that are secured to the supports.</p> <p>Use benches that are free of cracks, chipped corners or splinters on the usable surface.</p> <p>Secure bench tops to all supports.</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p>	<p>Provide enough space around chairs/benches for safe usage.</p> <p>Place benches and chairs so that landings occur safe distances away from walls and other equipment.</p>	<p>Teach all skills in a logical progression from simple to complex. 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).</p> <p>Instruct students to jump up from chair/bench and land close so that chair/bench does not move.</p> <p>Instruct students never to jump from seat over back of chair.</p>	<p>Provide on-site supervision.</p>

BOARDSAILING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment Keep a first aid kit in an easily accessible location.</p>	<p>Wear a life jacket/P.F.D.</p> <p>Wear appropriate footwear, sunscreen and swimsuit.</p> <p>No jewelry.</p>	<p>Sail in water that is above 15°C in temperature.</p> <p>Choose an area for sailing where students can be seen from shore at all times.</p>	<p>Prior to water activities require students to successfully complete the following swim test:</p> <ul style="list-style-type: none"> • swim 100 m continuously any stroke • tread water for 3 minutes • put on a life jacket in the water • demonstrate the help/huddle position <p>Familiarize students with emergency procedures and self-rescue skills related to facility.</p> <p>Familiarize students with basic first aid and hypothermia.</p> <p>Instructor awareness of weather and water conditions is important.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualification Have a qualified lifeguard on site at all times.</p> <p>Ensure that at least one supervisor has emergency first aid certification or equivalent.</p> <p>Supervision Suggested ratio of qualified lifeguard/instructor to students: 1:20 in partners with a maximum of 10 students on the boards at once.</p> <p>Provide on-site supervision.</p> <p>Have a small rescue craft on-site to aid in supervision of students out from shore.</p>

BOWLING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
	<p>Wear proper shoes at all times, as provided or approved by the facility.</p> <p>Street clothes are acceptable.</p> <p>No rings and dangling bracelets and watches.</p>		<p>Make parents aware of any off-campus activity and the mode of transportation being used.</p> <p>Follow rules and etiquette as outlined by the facility.</p> <p>Teach skills in proper progression.</p>	<p>Provide in the area supervision.</p>

BROOMBALL

NON-ICE AND ICE

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Wear CSA approved hockey or broomball helmets if playing on ice. Helmets reduce the potential for injury.</p> <p>Have goalies wear a protective mask.</p> <p>Sport Equipment Use regulation broomball sticks.</p> <p>Use hockey nets or pylons for goals.</p> <p>Use nerf ball, utility ball or regulation broomball ball.</p>	<p>When broomball is played on fields, blacktop, or on rinks, wear suitable footwear and clothing for weather conditions.</p> <p>No jewelry.</p>	<p>Use a playing surface that is free from obstructions.</p>	<p>Keep sticks below waist at all times.</p> <p>Play only non-contact broomball in physical education class.</p> <p>Extend crease 2 m from goal line – defensive or offensive player cannot be in the crease area.</p> <p>Make parents aware of any off-campus activity and means of transportation.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p>

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Have batsman and wicket keeper wear regulation helmets and padding.</p> <p>Sport Equipment Use uncracked bats with an adequate grip.</p>	<p>No cleats.</p> <p>Wear suitable footwear and clothing.</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Inspect the playing surface for hazards such as holes, glass and rocks.</p> <p>Report holes and severely uneven surfaces to the principal and make students aware of them.</p> <p>Use a playing field that is located away from roadways and sidewalks so that students will not run into traffic.</p> <p>Organize play so there is a safe distance between the cricket pitch and all other activities.</p>	<p>Observe rules concerning forbidden types of pitches.</p> <p>Teach players to lay down or drop the bat after hitting, not release it during the follow through of the swing.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p>

CROSS-COUNTRY RUNNING AND ORIENTEERING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
	<p>No bare feet.</p> <p>Wear suitable footwear and clothing.</p> <p>No jewelry.</p> <p>Wear sun protection.</p>	<p>Prior to initial use of cross-country route or orienteering course, do a safety check “walk through” to identify potential hazards.</p> <p>Familiarize students with the route or course before initial attempt (e.g., point out areas to approach with caution).</p> <p>If route includes sidewalks around the school, ensure that students do not cross intersections unless directly supervised.</p>	<p>Instruct students in basic road safety.</p> <p>Teach skills in proper progression.</p> <p>Be aware of students with a history of asthma and other respiratory problems.</p> <p>Notify parents when students will be running off the school campus.</p> <p>Modify length of route to suit the age and ability level of the participants (e.g., design route so that primary students are in sight of the teacher most of the time).</p> <p>Include a proper warm-up and cool-down in all classes.</p> <p>Give attention to:</p> <ul style="list-style-type: none"> • temperature of the day • length of time in sun • previous training and length of preparation 	<p>Provide in the area supervision.</p>

CROSS-COUNTRY SKIING SNOWSHOEING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Keep a first aid kit in an accessible location.</p> <p>Sport Equipment CROSS-COUNTRY SKIING: Use skis, boots and poles that are in good repair and of appropriate size for the skier.</p> <p>SNOWSHOEING: Use snowshoes with frames and bindings that are in good repair.</p>	<p>Wear clothing appropriate for outdoor activity.</p> <p>Wear layered clothing.</p> <p>Carry hats and gloves.</p> <p>Wear sunscreen.</p> <p>No jewelry.</p>	<p>Define specific routes to the students, so they are aware of the boundaries for the activity, whether using a commercial or noncommercial site.</p> <p>Consider sun, wind and snow conditions, and suitability of terrain when choosing a site. An ideal noncommercial site would include:</p> <ul style="list-style-type: none"> • a level field with practice tracks skied in by the instructor • 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. 	<p>Establish emergency procedures and explain those procedures to the students.</p> <p>Teach skills in proper progression.</p> <p>Discuss recognizing and treating frostbite and hypothermia with the students.</p> <p>Have students check to be sure boots are secure in bindings.</p> <p>Ski poles have sharp tips. Caution students about their use, especially when working close to others.</p> <p>Be aware of students with a history of asthma and other respiratory problems.</p> <p>Use a buddy system.</p> <p>Make parents aware of off-campus activities.</p>	<p>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.</p> <p>Clearly outline duties of supervisors, including supervisors of small groups of students.</p> <p>Provide in the area supervision for all sites within walking distance of the school and during field trips.</p>

Source: Safety Guidelines for Physical Activity in Alberta Schools (2000).
 Alberta Learning and Saskatchewan Physical Education: Safety Guidelines for
 Policy Development (1998). Saskatchewan Learning

CURLING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Grades 4 to 12</i>				
<p>Safety Equipment Keep a first aid kit in an accessible location.</p> <p>Sport Equipment For younger curlers, use of junior rocks is encouraged</p>	<p>Wear clothing that is appropriate for cold temperature activity.</p> <p>Wear appropriate footwear. Curling shoes, sliders or running shoes with the sliding shoe taped are encouraged.</p> <p>No jewelry.</p>	<p>Use a curling rink for instruction.</p>	<p>Teach skills, safety rules and etiquette before going to the curling rink.</p>	<p>Provide on-site supervision.</p>

Resources

- Canadian Curling Association www.curling.ca
- Saskatchewan Curling Association www.saskcurl.com/sca/scahome.htm

Source: Safety Guidelines for Physical Activity in Alberta Schools (2000).
 Alberta Learning and Saskatchewan Physical Education: Safety Guidelines for
 Policy Development (1998). Saskatchewan Learning

CYCLING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Wear correctly fitting bicycle helmets approved by CSA, Snell, ANSI, British or Australian standard. Helmets reduce the potential for injury.</p> <p>Have the supervisor carry a first aid kit.</p> <p>Sport Equipment Have students inspect bikes before use for working brakes and inflated tires.</p> <p>Have one rider carry a bicycle tool kit.</p>	<p>Wear suitable clothing and footwear (no open-toed shoes).</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Choose routes carefully in terms of the length, amount of gravel and pavement, frequency of traffic, and number of complex intersections and railway crossings.</p> <p>Prior to initial use of route, have teacher do a safety ride-through to address safety and suitability.</p> <p>For off-road routes, obtain permission of landowner.</p>	<p>Review and emphasize the safety procedures to be followed (including group riding procedures) before activities begin.</p> <p>Leave a record of students and the route they will be traveling in the school with an appropriate person.</p> <p>Make students aware of emergency procedures in case of an accident.</p> <p>Racing is not a suitable in-class activity.</p> <p>Use a buddy system.</p> <p>Inform parents that cycling will take students off school property.</p> <p>No Walkmans.</p>	<p>Provide in the area supervision.</p>

Resources

Canadian Cycling Association www.canadian-cycling.com/
 Saskatchewan Cycling Association www.saskcycling.ca/

DANCE, RHYTHMIC ACTIVITIES

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
Use electrical equipment that is in good working order.	Wear appropriate footwear (gymnastics slippers or running shoes). Bare feet are acceptable. No jewelry.	Use a gym or very large room free from obstacles for instruction.	Teach skills in proper progression.	Provide on-site supervision for rhythmic activities. Provide in the area supervision for dance.

DIVING SPRINGBOARD AND TOWER DIVING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment Standard safety equipment as stated in pool regulations.</p> <p>First-aid kit must be accessible.</p> <p>Emergency phone must be available.</p>	<p>Appropriate swimming attire</p> <p>No jewelry other than medical-alert bracelets.</p> <p>Device to keep hair from obstructing vision (e.g. elastic).</p> <p>When learning new dives, t-shirts may increase confidence and safety.</p>	<p>Ensure board and fulcrum are in good working order.</p> <p>Water depths must conform to Canadian Amateur Diving Association (C.A.D.A) regulations.</p> <p>Backyard pools must not be used.</p> <p>Functioning bubble jets may increase confidence and prevent injury.</p>	<p>Students must adhere to the following regulations:</p> <ul style="list-style-type: none"> • Only one person uses the board at a time; • Move towards the edge of the pool after a dive as established by the instructor; • No running or pushing on deck; • Make sure diving area is clear before proceeding to dive; • No diving into shallow end; • No chewing gum; • No wearing goggles; • No ear plugs. <p>Emergency procedures must be outlined to students.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualifications Ensure that a qualified life guard is on duty (Royal Life Saving Society Bronze Cross or equivalent certification.)</p> <p>Diving instructor must have Canadian Amateur Diving Association (C.A.D.A.) certification if they are teaching any diving skills using inversion or a springboard higher than 1 metre.</p> <p>Ensure there is an individual in the immediate vicinity who is readily accessible and who has current first aid qualifications.</p>

Resources

Canadian Amateur Diving Association www.diving.ca/
 Saskatchewan Diving nonprofits.accesscomm.ca/skdiving/

DODGEBALL-TYPE GAMES TAG GAMES

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
Use a “nerf” ball, soft foam ball, utility ball, volleyball (partially deflated) for dodgeball-type games.	<p>No jewelry.</p> <p>Wear suitable clothing and footwear.</p> <p>Wear sun protection if playing outdoors.</p>	<p>Remove obstructions (e.g., desks, chairs) from playing area.</p> <p>Close all access/exit doors.</p> <p>Use an outdoor playing area that is free of rocks and holes and provides good footing.</p>	<p>Modify rules to accommodate age, ability, and physical development of participants.</p> <p>Establish rules for contact by the ball (e.g., no contact above shoulders/waists).</p> <p>Teach skills in proper progression.</p>	Provide constant visual supervision.

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment Masks, vest, gloves, foil with rubber tip are required.</p> <p>Sport Equipment Equipment must be checked regularly for defects by students and staff and repaired or replaced as required.</p>	<p>Must wear long-sleeved shirt or sweatshirt and long pants.</p> <p>Proper footwear.</p>	<p>Area must be free from obstacles and debris and provide good footing.</p>	<p>Students must fence only under the direct supervision of the instructor.</p> <p>All equipment must be worn before fencing an opponent.</p> <p>Students must be instructed in all safety rules associated with the sport.</p> <p>Skills must be taught in proper progression</p>	<p>On-site supervision for instruction.</p> <p>Constant visual supervision when fencing an opponent.</p>

Resources

Fencing Canada www.fencing.ca/

Saskatchewan Fencing Association www.busywebdesign.com/saskfencing/

FIELD HOCKEY

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Have goaltender wear mouth guard, shin guards and full goalie equipment if regulation ball is used.</p> <p>Sport Equipment Use regulation field hockey sticks.</p> <p>Check sticks regularly for cracks.</p> <p>Use regulation field hockey balls or indoor “soft” balls.</p>	<p>Wear suitable footwear and clothing.</p> <p>No jewelry.</p> <p>Wear sun protection.</p>	<p>Bring holes and severely uneven surfaces to the attention of the principal and make students aware of them.</p> <p>Check playing surface regularly. A good playing surface is clear from debris and provides good footing.</p>	<p>Never bring stick above waist level.</p> <p>Implement a soccer-size crease area other than the scoring circle for the protection of the goalie.</p> <p>Don’t allow any player except the goalie in the crease.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p>

Resources

- Field Hockey Canada www.fieldhockey.ca/
- Saskatchewan Field Hockey Association www.saskfieldhockey.ca/

FITNESS ACTIVITIES AEROBICS, CIRCUIT TRAINING, ETC.

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Use stationary bicycles, benches, chinning bars, peg boards and other fitness equipment that is in good repair.</p> <p>Use electrical equipment that is in good working order.</p> <p>Use steps and/or slides that are in good repair and equipped with non-slip treads.</p> <p>Use tubing/elastic strips that are the proper tension and length for level of participant.</p> <p>Don't use free weights at the elementary level.</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p>	<p>Do fitness activities in a floor area that is free of all obstacles (e.g., tables and chairs).</p> <p>Allow adequate space between fitness activities and equipment to provide free flow of motion.</p>	<p>Modify fitness activities to reflect the age and ability level of students, the facilities and the equipment available.</p> <p>Where fitness equipment is being used (e.g., stationary bicycle, medicine ball, chinning bar, tubing) instruct students in the proper use of the equipment before they begin using it.</p> <p>Use a proper progression of activities:</p> <ol style="list-style-type: none"> 1) warm-up 2) stretching 3) peak work activities (which may include muscle strength and endurance activities) 4) cool-down activities including tapering off, stretching and relaxation. <p>Stress correct body alignment for injury prevention.</p> <p>Permit students to work at personal levels of intensity (e.g., low impact to high impact, low intensity to high intensity).</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p>

FLOOR HOCKEY GYM RINGETTE

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Floor Hockey Wear eye goggles and teeth and mouth protection.</p> <p>Ringette Have goalies wear a protective mask (e.g., catcher's mask).</p> <p>Sport Equipment Floor Hockey Check stick regularly to ensure the blade is securely attached to the stick and that there are no cracks and splinters.</p> <p>For floor hockey, use only regulation plastic hockey sticks or hockey sticks with plastic blades.</p> <p>Use a "soft" ball such as a nerf ball, or plastic or soft rubber puck.</p> <p>Ringette For ringette, use regulation ringette sticks.</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p>	<p>Use a playing surface and surrounding area that is free of all obstacles (e.g., tables, chairs).</p> <p>Make sure all floor plugs are in place.</p>	<p>Strictly enforce rules with penalties.</p> <p>Teach skills in proper progression.</p> <p>Base games and activities on skills that are taught.</p> <p>No body contact.</p> <p>No sticks above the waist.</p> <p>Implement a crease for protection of the goalie and do not allow other players in the crease.</p>	<p>Provide on-site supervision.</p>

FOOTBALL FLAG OR TOUCH FOOTBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
Use footballs appropriate to the size and ability of the group (e.g., smaller football or nerf ball for younger students).	No metal or molded cleats. Wear suitable gym clothing and footwear. No jewelry. Wear sun protection.	Play in an area that is free of debris and obstructions and provides safe footing. Report holes and severely uneven surfaces to the principal and make students aware of them.	Teach skills in proper progression. Clearly mark boundary lines. Modify the rules of the game to accommodate differences in ability/age/physical development. No blocking and tackling.	Provide on-site supervision.

FOOTBALL TACKLE FOOTBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment At the time of equipment issue, a seminar for players, and possibly parents, be held to explain and stress the importance of proper fitting, safety and maintenance. After such a seminar, each player should be personally supervised when equipment is fitted and issued.</p> <p>Football helmets and shoulder pads must be inspected annually and reconditioned as determined by an accredited equipment reconditioner.</p> <p>Football helmets are to be recertified by an accredited equipment reconditioner after three years of use.</p> <p>Football helmets must be replaced after 7 years from date of manufacture.</p>	<p>Suitable footwear that satisfies football regulations and is properly maintained.</p> <p>All jewelry must be removed.</p> <p>Clothing in practices and games suitable for weather conditions.</p>	<p>Playing area must be inspected regularly for debris and obstructions, provide suitable footing and be well removed from traffic areas.</p> <p>Goalposts must be properly padded (Football Canada).</p> <p>Spectator stands and player benches must be well removed from playing field.</p> <p>Boundary lines must be clearly indicated.</p> <p>Lime must not be used to line the field.</p> <p>Holes and severely uneven surfaces must be brought to the attention of the coaches, convenor, students, and officials. Notify the appropriate school officials.</p> <p>There must be sufficient turf for proper traction and impact absorption.</p>	<p>Student athletes must receive instruction on how to adjust and maintain equipment properly prior to wearing football gear.</p> <p>When issuing equipment, all gear must be fitted properly.</p> <p>Down-box personnel must be trained in safe use of equipment.</p> <p>Athletes must have access and opportunity to replenish fluids.</p> <p>Skills must be taught in proper progression.</p> <p>Each athlete must have actively participated in at least eight days of practices before playing in first league game.</p> <p>Training must include flexibility, strength and cardiovascular enhancing activities.</p> <p>Practice equipment, such as blocking sleds and bags, must be kept at a safe distance from practising players when not in use.</p> <p>There must be a minimum of 72 hours between games.</p> <p>Coaches need to assess heat, humidity and physical condition of athletes when planning practices/games.</p>	<p>Staff Qualification Head coach must demonstrate knowledge of game, skills and strategies to principal or designate.</p> <p>It is expected that at least one member of the coaching staff of all high school football teams will attend a Saskatchewan Amateur Football Inc. seminar/workshop on equipment each year. This individual should inspect all high school football equipment prior to issuing of such equipment for the season.</p> <p>An individual who takes responsibility for providing first-aid to injured students must be present during the entire practice/competition.</p> <p>Medical Plan All high school football teams must have a medical plan in place before any games are played.</p>

FOOTBALL

TACKLE FOOTBALL (*Continued*)

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<p>For all contact situations, the minimum protective equipment that must be worn includes full-fit interior mouth guard, properly fitted helmet, shoulder pads, hip-tailbone pads, thigh pads and knee protection. First-aid kit and phone accessible.</p> <p>Full padding in good condition on blocking sled.</p>			<p>Any player with a playing cast must provide a doctor's note or parent's signed permission indicating it is safe for him/her to play.</p> <p>Any knee braces or casts must be approved by the official prior to the commencement of the game.</p> <p>Any exposed orthopedic apparatus must be soft or padded.</p> <p>Safe blocking and tackling techniques must be taught and reinforced throughout the season. No head blocking or spear tackling techniques to be taught.</p>	<p>This should include:</p> <ol style="list-style-type: none"> 1. A detailed emergency procedure. 2. A designated vehicle to be used for emergencies. 3. Medical personnel in attendance. (doctor, physiotherapist, nurse, or emergency-trained person.) 4. Emergency equipment supplies such as stretchers, etc. 5. It is imperative that no player be allowed on the playing field without a certified, approved helmet. <p>Supervision Constant visual supervision during initial practice of contact skills.</p> <p>On-site supervision the rest of the time.</p>

Resources

- Football Canada www.footballcanada.com/
- Football Saskatchewan www.footballsaskatchewan.ca/
- Saskatchewan High School Athletics Association www.shsaa.ca

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 7 to 12 (A HIGH RISK ACTIVITY)				
<p>Check equipment, especially grips, regularly and repair as needed.</p> <p>Use plastic “whiffle” or rubber golf balls.</p> <p>No real golf balls on school property except for putting and chipping.</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p> <p>Wear sun protection.</p>	<p>Allow adequate space for full backswing and follow through.</p>	<p>Instruct students on proper golf etiquette.</p> <p>Teach skills in proper progression.</p> <p>Establish a safe routine for hitting and retrieving golf balls.</p> <p>Designate a safe area for use of real balls while chipping.</p>	<p>Provide on-site supervision for initial instruction and when chipping with real golf balls.</p> <p>Provide in the area supervision following initial instruction.</p>

Resources:

- Royal Canadian Golf Association www.rcga.org/
- Saskatchewan Golf Association www.saskgolf.ca/

GYMNASTICS
GENERAL GUIDELINES
Kindergarten to Grade 9

KINDERGARTEN TO GRADE 9		SUPERVISION
<p>The Basic Movement Pattern (BMP) approach to gymnastics used in the Saskatchewan physical education curriculum is such that safety considerations are built into the program. By teaching landings – one of the basic movement patterns – teachers prevent injuries. Many injuries that occur in a gymnastics context – and in other physical activities – are the result of landing incorrectly. Teach students how to land safely in a variety of situations and have students practice landings regularly so they are learned to the point of becoming reflex reactions.</p> <p>Spotting – manual assistance provided to participants while performing skills on the floor or on equipment – is not appropriate in the elementary gymnastics program. Many gymnastics injuries are the result of attempting skills that students are not ready to perform. If the student needs spotting, this is a good indication that the student lacks the necessary physical or motor skills. Rather than have the student attempt the skill with a “spot”, more activities that lead up to the skill can be provided. Not only does this approach prevent the tendency for students to become dependent on a spotter, it reflects the reality that in a large group setting the teacher cannot spot all the students.</p> <p>Don’t force students to perform skills that are beyond their level of ability. When a student displays hesitation verbally or non-verbally, discuss the reason(s) for doubt with the student. After the discussion, if the teacher believes that a potential hesitancy during the performance of the skill could put the student at risk; the student can be directed toward a more basic skill.</p> <p>Mat work comes before use of equipment. A teacher who is unfamiliar with any gymnastics equipment can seek assistance from appropriate support staff and/or refrain from using the equipment until help is received.</p> <p>Skills are best taught in a logical progression from simple to complex. Students who demonstrate control of basic movement patterns are ready to go on to more complicated skills. For example, a landing on the feet should be performed with control on the floor before working on an elevated surface such as a box horse.</p>		

Resources:

- Gymnastics Canada www.gymcan.org/
- Gymnastics Saskatchewan www.gymsask.com/

GYMNASTICS

BARS, BEAMS AND RINGS

Kindergarten to Grade 9

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 9 (A HIGH RISK ACTIVITY)</i>				
<p>PARALLEL BARS: (Grades 7-9 only)</p> <p>STILL RINGS: (Grades 7-9 only)</p> <p>BALANCE BEAM: (K-Grade 9)</p> <p>UNEVEN PARALLEL BARS: (Grade 7-9 only)</p> <p>Inspect and test equipment on a regular basis and repair as required.</p> <p>Check all locking mechanisms before use.</p>	<p>Wear close fitting gym clothing.</p> <p>Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie their shoelaces securely.</p> <p>No jewelry.</p> <p>Tie back long hair.</p> <p>Secure or remove glasses.</p>	<p>Situate mats around/under apparatus to create a landing area with no open spaces.</p> <p>Attach Velcro mats.</p> <p>Properly secure equipment to floor/ceiling.</p> <p>Allow sufficient space between apparatus to allow free movement on the apparatus and space to dismount.</p>	<p>Familiarize students with the concept of spotting.</p> <p>No inversions unless instructed by teacher and a 30.5 cm - 60.9 cm (12" - 24") landing mat is in place.</p> <p>Use balance beams that are appropriate for students' height.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision for balance beam, parallel bars and uneven bars.</p> <p>Provide constant visual supervision for inversions.</p> <p>Provide constant visual supervision during initial teaching on still rings. After instruction, and when there are no inversions, provide on-site supervision.</p>

GYMNASTICS
BEAT BOARD
Kindergarten to Grade 9

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>KINDERGARTEN TO GRADE 9</i>				
Use Velcro mats.	Wear close fitting gym clothing. Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie their shoelaces securely. No jewelry. Tie back long hair. Secure or remove glasses.	Design floor plan to allow enough space around each piece of apparatus for safety of movement. Design floor plan to allow for landing at safe distances away from walls and other equipment. Remove excess furniture and equipment (e.g., tables and chairs) from perimeter of gym.	Introduce beat board activities in a developmental sequence (e.g., take-offs and landing from beat board to mat before beat board to box horse). Teach skills in proper progression.	Provide on-site supervision.

GYMNASTICS

BOX HORSE

Kindergarten to Grade 9

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>KINDERGARTEN TO GRADE 9</i>				
<p>Don't use the beat board with the box horse at the primary level.</p> <p>Use Velcro mats to designate the landing area.</p>	<p>Wear close fitting gym clothing.</p> <p>Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie their shoelaces securely.</p> <p>No jewelry.</p> <p>Tie back long hair.</p> <p>Secure or remove glasses.</p>	<p>Design floor plan to allow enough space around each piece of apparatus for safety of movement.</p> <p>Design floor plan to allow for landings at safe distances away from walls and other equipment.</p> <p>Remove excess furniture and equipment (e.g., tables and chairs) from perimeter of gym.</p>	<p>No aerial somersaults off the box horse.</p> <p>Use a box horse that is a suitable height for students (e.g., below shoulder height) and appropriate to the activity.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p>

GYMNASTICS

CLIMBER

Kindergarten to Grade 9

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>KINDERGARTEN TO GRADE 9</i>				
<p>Use trestles or wall climber.</p> <p>Do equipment set up and adjustment under teacher direction.</p> <p>Check clamps and feet of trestles, wall lever and floor pins of wall climber to ensure climber is secure.</p> <p>Check equipment daily for defective parts.</p> <p>Place mats on landing areas.</p>	<p>Wear close-fitting gym clothing.</p> <p>Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie their shoelaces securely.</p> <p>No jewelry.</p>	<p>Design the floor plan to allow enough space around each piece of apparatus for safety of movement.</p> <p>Design the floor plan to allow for landings at safe distances away from walls and other equipment.</p> <p>Remove excess equipment (e.g., tables and chairs) from perimeter of gym.</p>	<p>Place mats on all designated landing areas.</p> <p>Hanging inversions require direct instruction of teacher and placement of a 30.5 cm - 60.9 cm (12" - 24") landing mat.</p> <p>No inversions in which student is more than 1.5 m above the floor.</p> <p>Avoid overcrowding by students.</p> <p>Adjust equipment so it is appropriate to height of students and activity being performed.</p> <p>A child may climb on top of a horizontal ladder or bars that are at chest height. No hanging and traveling when the horizontal ladder or bars are above the chest height of the student (stretch height). No traveling on top of horizontal ladders or bars.</p> <p>No jumping from anything higher than the jumper's own shoulder height.</p> <p>No approaching horizontal ladders and bars of trestles from the side as trestles could slide sideways.</p> <p>Teach skills in proper progression.</p>	<p>Provide constant visual supervision.</p>

GYMNASTICS

CLIMBING ROPES

Kindergarten to Grade 9

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>KINDERGARTEN TO GRADE 9</i>				
<p>Place mats under ropes (Velcro mats together).</p> <p>Check ropes regularly for fraying. Don't use severely frayed ropes, as students get slivers.</p> <p>For inversion activities use a 30.5 cm – 60.9 cm (12" – 24") landing mat.</p>	<p>Wear close fitting gym clothing.</p> <p>Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie their shoelaces securely.</p> <p>No jewelry.</p> <p>Tie back long hair.</p> <p>Secure or remove glasses.</p>	<p>Design floor plan to allow enough space around each piece of apparatus for safety of movement.</p> <p>Design floor plan to allow for landings at safe distances away from walls and other equipment.</p> <p>Remove excess furniture and equipment (e.g., tables and chairs) from perimeter of gym.</p>	<p>No inversions in which the student hangs more than 1.5 m above the floor.</p> <p>Introduce rope activities in a developmental sequence.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p> <p>Provide constant visual supervision for inversions.</p>

GYMNASTICS

LANDING MAT

Kindergarten to Grade 9

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>KINDERGARTEN TO GRADE 9</i>				
Use a landing mat that is 30.5 cm - 60.9 cm (12" – 24") thick.	<p>Wear close fitting gym clothing.</p> <p>Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie shoelaces securely.</p> <p>No jewelry.</p> <p>Tie back long hair.</p> <p>Secure or remove glasses.</p>	<p>Design floor plan to allow enough space around each piece of apparatus for safety of movement.</p> <p>Design floor plan to allow for landings at safe distances away from walls and other equipment.</p> <p>Remove excess furniture and equipment (e.g., tables and chairs) from perimeter of gym.</p>	<p>Use mats under elevated inverted body positions.</p> <p>Place landing mats to minimize movement of mat on impact.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p> <p>Provide constant visual supervision for inversions.</p>

GYMNASTICS

MATS

Kindergarten to Grade 9

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>KINDERGARTEN TO GRADE 9</i>				
<p>Place mats on all designated landing areas under and around equipment.</p> <p>Where mats are side by side, velcro them together.</p> <p>Do not overlap mats.</p> <p>Check mats regularly for wear and tears.</p> <p>Appropriate sizes for utility mats are:</p> <ul style="list-style-type: none"> • ensolite 3.8 cm (1½") • trocellen 5.1 cm (2") • ethefoam 3.8 cm (1½") • sarneige 3.8 cm (1½") • mats of equivalent compaction rating <p>Use a 30.5 cm - 60.9 cm (12" - 24") landing mat when a student is in an elevated inverted body position.</p>	<p>Bare feet are acceptable.</p> <p>Wear running shoes or gymnastics slippers. No sock feet.</p> <p>Wear gym clothing that allows unrestricted movement.</p> <p>No jewelry.</p> <p>Tie back long hair and remove barrettes.</p> <p>Secure or remove glasses.</p>	<p>Design floor plan so that there is enough space around each piece of apparatus for safe movement.</p> <p>Design floor plan so that landings take place at a safe distance from walls and other equipment.</p> <p>Remove excess equipment (e.g., tables and chairs) from perimeter of gym.</p>	<p>Be aware of the physical limitations of students (e.g., strength, flexibility, weak wrists, epilepsy).</p> <p>Discourage students from attempting to perform front and back walkovers and backward rolls (directly over the head). Backward shoulder rolls can be performed instead.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision for mats and utility boxes. Provide constant visual supervision if students are doing inversions on this equipment.</p>

GYMNASTICS

MINI-TRAMP

Kindergarten to Grade 9

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>KINDERGARTEN TO GRADE 9</i>				
<p>Cover frame and springs with secure protective padding.</p> <p>Place velcro mats to designate landing area. Allow no gaps between mini-tramp and landing surface.</p>	<p>Wear close fitting gym clothing.</p> <p>Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie shoelaces securely.</p> <p>No jewelry.</p> <p>Tie back long hair.</p> <p>Remove or secure glasses.</p>	<p>Design floor plan to allow enough space around each piece of apparatus for safety of movement.</p> <p>Design floor plan to allow for dismounts at safe distances away from walls and other equipment.</p> <p>Remove excess furniture and equipment (e.g., tables and chairs) from perimeter of gym.</p>	<p>No aerial somersaults off the mini-tramp.</p> <p>Teach skills in proper progression.</p>	<p>Provide constant visual supervision.</p>

GYMNASTICS

SPRINGBOARD

Kindergarten to Grade 9

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>KINDERGARTEN TO GRADE 9 (A HIGH RISK ACTIVITY)</i>				
Use velcro mats to designate landing area with no gaps between springboard and mats.	Wear close fitting gym clothing. Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie their shoelaces securely. No jewelry. Tie back long hair. Secure or remove glasses.	Design floor plan to allow enough space around each piece of apparatus for safety of movement. Design floor plan to allow for landing at safe distances away from walls and other equipment. Remove excess furniture and equipment (e.g., tables and chairs) around perimeter of gym.	Avoid aerial somersaults off the springboard. Teach skills in proper progression.	Provide constant supervision.

GYMNASTICS

TRAMPOLINE

Kindergarten to Grade 9

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>KINDERGARTEN TO GRADE 9 (A HIGH RISK ACTIVITY)</i>				
<p>Inspect trampoline on a regular basis and repair as necessary.</p> <p>Instructor's responsibilities include setting up and inspecting the trampoline before use.</p> <p>Use a trampoline with secure frame padding that covers frame and springs.</p>	<p>Wear close fitting gym clothing.</p> <p>Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie their shoelaces securely.</p> <p>No jewelry.</p> <p>Tie back long hair back.</p> <p>Secure or remove glasses.</p>	<p>Design floor plan to allow enough space around apparatus for safe use.</p> <p>Minimum ceiling height: 7 m.</p>	<p>Teacher familiarity with the contents of Gymnastics Canada's Level One Trampoline coaching certification manual is desired. It is preferred that teachers become certified by attending the one-day trampoline course offered through the National Coaching Certification Program.</p> <p>Teach skills in proper progression.</p>	<p>Position trained student and/or teacher spotters around the trampoline when it is being used. Minimum one spotter per side.</p> <p>Use spotters who are tall enough so that the trampoline frame is at chest level. This may require the assistance of older students.</p> <p>Provide constant visual supervision during initial instruction.</p> <p>Provide on-site supervision following initial instruction.</p>

GYMNASTICS

BARS, BEAMS, RINGS AND ROPES

Grades 10-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 9 TO 12 (A HIGH RISK ACTIVITY)				
<p>PARALLEL BARS, HIGH BAR, STILL RINGS, UNEVEN PARALLEL BARS, FLOOR, BALANCE BEAM, POMMEL HORSE, VAULTING HORSE, ROPES</p> <p>Inspect equipment on a regular basis and repair as necessary. No springboards.</p> <p>Teacher's responsibilities include a safety check for proper set-up and to ensure all locking mechanisms are locked prior to use.</p> <p>Use general utility mats:</p> <ul style="list-style-type: none"> • ensolite 3.8 cm (1½") • trocellen 5.1 cm (2") • ethefoam 3.8 cm (1½") • sarneige 3.8 cm (1½") • mats of equivalent compaction rating <p>Don't use 30.5 cm – 60.9 cm (12" – 24") thick mats as a landing surface for vaulting or for controlled landings (e.g., landing on feet) off any piece of equipment.</p> <p>Use landing mats that are 10 cm (4") or greater when the student is in an elevated, inverted body position.</p> <p>For initial attempts of inversion-type moves on any apparatus use a 30.5 cm - 60.9 cm (12" – 24") mat.</p>	<p>Bare feet are acceptable. Wear socks or gymnastics slippers except on the balance beam and when vaulting.</p> <p>Wear close fitting gym clothing.</p> <p>No jewelry.</p> <p>Tie back long hair.</p> <p>Secure or remove glasses.</p>	<p>Situate mats around/under apparatus as a landing area so that there is no overlap or open space.</p> <p>Take precautions to minimize the movement of mats on impact.</p> <p>Attach Velcro mats.</p> <p>Provide sufficient space between apparatus to allow free movement and space to dismount.</p>	<p>Instruct students on safety related to gymnastics and all associated apparatus prior to using any equipment.</p> <p>Be aware of the physical limitations and initial skill levels of students.</p> <p>Do not encourage students to perform skills beyond their physical and psychological capabilities.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p> <p>Provide constant visual supervision when students are attempting difficult moves for the first time on an apparatus.</p> <p>Train students to spot each other appropriately.</p>

GYMNASTICS

MINI-TRAMP

Grades 10-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>GRADES 9 TO 12</i>				
<p>Cover frame and springs by secure protective padding.</p> <p>Use general utility mats or 10 cm (4") landing mat for landings, not thick landing mats.</p> <p>Set up equipment so there are no gaps between the mini-tramp and the landing surface.</p>	<p>Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie their shoelaces securely.</p> <p>No jewelry.</p> <p>Tie back long hair.</p> <p>Secure or remove glasses.</p>	<p>Design floor plan to allow enough space around apparatus for safety of movement.</p> <p>Design floor plan to allow for dismounts at safe distances away from walls and other equipment.</p>	<p>No inversions (e.g., dive rolls, somersaults).</p> <p>Teach skills in proper progression.</p>	<p>Provide constant visual supervision during initial instruction. Provide on-site supervision following initial instruction.</p>

GYMNASTICS

TRAMPOLINE

Grades 10-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 9 TO 12 (A HIGH RISK ACTIVITY)				
<p>Inspect trampoline on a regular basis and repair as necessary.</p> <p>Instructor responsibilities include properly setting up and checking the trampoline prior to use.</p> <p>Check that frame padding is secure and covers frame and springs.</p>	<p>Wear close fitting gym clothing.</p> <p>Bare feet are acceptable. Wear running shoes or gymnastics slippers. Remind students to tie their shoelaces securely.</p> <p>No jewelry.</p> <p>Tie back long hair.</p> <p>Secure or remove glasses.</p>	<p>Design floor plan to allow enough space around apparatus for safe use.</p> <p>Minimum ceiling height: 7 m.</p>	<p>Instruct students on trampoline safety.</p> <p>Only one student on the trampoline at one time.</p> <p>Instruct students landing outside the safety zone on the bed of the trampoline to stop bouncing and return to the centre of the trampoline.</p> <p>When students have mastered the “STOP BOUNCE” they are ready for other skills.</p> <p>Discourage students from attempting moves other than those allowed by the teacher.</p> <p>Avoid somersaults and knee drops.</p> <p>Do not ask students to do tasks they feel unprepared to attempt.</p> <p>Teach skills in the proper progression.</p>	<p>Locate trained student/teacher spotters around the trampoline when it is being used. Minimum 1 spotter per side.</p> <p>Provide constant visual supervision during initial instruction.</p> <p>Provide on-site supervision following initial instruction.</p> <p>Trampoline can be set up and taken down by trained students under constant visual supervision of the teacher.</p>

HORSEBACK RIDING

ENGLISH OR WESTERN

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Kindergarten to Grade 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment Wear properly fitted approved ASTM helmets with chin straps.</p> <p>Have a first aid kit available on site.</p> <p>Sport Equipment Use horses suitable for beginning riders.</p> <p>Use appropriate, safe tack, properly fitted to the horses.</p> <p>Adjust tack (girth, stirrups) for each rider and have instructor check tack.</p>	<p>Wear appropriate riding attire (e.g., boots with heels, loose or stretch pants).</p> <p>No jewelry.</p> <p>Wear sun protection.</p>	<p>Use properly maintained, licensed riding establishments for instruction.</p> <p>Use riding areas (indoor or outdoor) that have adequate space and good footing free of potential hazards – (e.g., broken gates, roadways).</p> <p>Use an enclosed area for initial instruction of beginning riders before starting on the trail or larger space.</p> <p>Have ready access to a phone.</p>	<p>Instruct students on safe handling and riding techniques.</p> <p>Require students to follow the rules laid out regarding riding areas, treatment of horses, allowable activities, etc.</p> <p>Discuss implementation of the emergency action plan with facility staff.</p>	<p>Provide on-site supervision by qualified instructor for initial instruction. A qualified instructor would be certified by the National Coaching Certification Program or equivalent program.</p> <p>Provide in the area supervision after initial instruction and when out on trails.</p> <p>Teacher's presence as a support person is important.</p> <p>Suggested instructor/student ratio: one qualified instructor for each 6 mounted students.</p>

Resources:

- Equine Canada www.equinecanada.ca
- Saskatchewan Horse Federation www.saskhorsefed.com
- National Coaching Certification Program www.coach.ca

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment Have a first aid kit available on site.</p> <p>Wear a CSA approved hockey helmet with cage, gloves, elbow pads, and throat protector.</p> <p>If using regulation hockey puck, wear full hockey equipment.</p> <p>Sport Equipment Check sticks often for cracks and splinters.</p>	<p>No jewelry.</p> <p>Wear properly fitting skates.</p>	<p>Use ice surface that is free from debris and deep ruts.</p>	<p>No slap shots.</p> <p>No body contact and stick on body contact.</p> <p>Base games on skills that are taught.</p> <p>Modify the game to suit equipment available and ability of students.</p> <p>No goaltender unless all players are fully equipped.</p> <p>Outline and enforce all rules.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p>

Resources

- Hockey Canada www.canadianhockey.ca/
- Saskatchewan Hockey Association www.sha.sk.ca/

IN-LINE SKATING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Wear:</p> <ul style="list-style-type: none"> • a correctly fitting helmet. Helmets reduce the potential for injury • elbow pads, knee pads and wrist guards <p>properly fitting skates.</p> <p>Have access to a first aid kit.</p>	<p>No jewelry.</p> <p>If skating outdoors, wear sun protection.</p>	<p>Use a skating surface that is dry and free of any obstacles and debris.</p> <p>Use a designated skating area that is free of vehicular and pedestrian traffic. Don't use parking lots, sidewalks, streets or driveways. Playground blacktops are suggested.</p>	<p>Provide beginning skaters with their own designated area within the total area provided for the class. This enables beginning skaters to skate without interference from faster moving peers.</p> <p>Give all skaters, regardless of ability, basic instruction in:</p> <ul style="list-style-type: none"> • motion • stopping • turning. <p>Designate a skating direction for everyone (e.g., clockwise or counterclockwise).</p> <p>No racing, chasing or tag games.</p> <p>Teach skating courtesy:</p> <ul style="list-style-type: none"> • 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". <p>Outline safety rules clearly to students.</p> <p>No Walkmans.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p>

MARTIAL ARTS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 7 to 12 (A HIGH RISK ACTIVITY)				
<p>Use 5.1 cm (2") mats, wrestling mats, or mats of equivalent compaction rating when the activity involves throws or falls.</p>	<p>Bare feet are preferred.</p> <p>Tie back long hair.</p> <p>Wear loose, comfortable clothing.</p> <p>No jewelry.</p>	<p>Use a floor surface that is clear, smooth, level, dry and free of all obstacles (e.g., tables and chairs).</p>	<p>Stress the importance of anticipation, avoidance of risky situations, self-defense tactics and appropriate aggression.</p> <p>Select warm-up activities that emphasize conditioning and flexibility.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualifications There are a variety of Martial Arts:</p> <ul style="list-style-type: none"> • Aikido • Karate • Tae Kwon Do • Jujitsu • Kung Fu (Wushu) • Judo • Tai Chi <p>To teach a Martial Art, staff must be certified as an instructor by the particular Martial Art's governing body.</p> <p>Supervision Provide on-site supervision.</p>

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Kindergarten to Grade 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment Soft Lacrosse: Have goaltender wear a face mask.</p> <p>Box/Field Lacrosse If a goaltender is used, have him/her wear full equipment.</p> <p>Wear a helmet CSA approved hockey helmet or a NOCSAE approved lacrosse helmet, gloves and mouth guards if stick on stick contact is allowed.</p> <p>Sport Equipment Soft Lacrosse: Use molded plastic sticks or wooden sticks.</p> <p>Use “soft” lacrosse balls.</p> <p>Box/Field Lacrosse Use lacrosse sticks. Check lacrosse sticks often for cracks and splinters.</p>	<p>No metal cleats.</p> <p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p> <p>Wear sun protection.</p>	<p>Inspect the playing area regularly to be sure it is free of debris and obstacles, and provides good footing.</p> <p>Bring holes and severely uneven surfaces to the attention of the principal and make students aware of them.</p>	<p>Teach skills in proper progression.</p> <p>Base games on skills that are taught.</p> <p>SOFT LACROSSE:</p> <p>Play only non-contact lacrosse in physical education class.</p> <p>Modify rules to exclude stick on stick, or stick on body contact and to prevent accidental contact within 1 m of the gym wall or playground fence.</p> <p>Stress student responsibility regarding individual space.</p> <p>BOX/FIELD LACROSSE:</p> <p>No body contact.</p> <p>No stick on body contact.</p> <p>Establish a crease area around the goal and don't allow anyone except the goalie in the crease.</p>	<p>Provide on-site supervision.</p>

Resources

- Canadian Lacrosse Association www.lacrosse.ca/
- Saskatchewan Lacrosse Association nonprofits.accesscomm.ca/lacrosse/

LOW ORGANIZATIONAL GAMES

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Use equipment that is in good repair.</p> <p>Use a ball that is appropriate for the age, size, strength and skill level of students.</p>	<p>Wear suitable footwear (e.g., shoes for outdoor games).</p> <p>No jewelry.</p> <p>Wear sun protection for outdoor games.</p>	<p>Use an outdoor playing area that is free of debris and obstructions and provides safe footing.</p> <p>Use an indoor playing area that is free of hazards such as tables and chairs both in the area and on the perimeter of the area.</p>	<p>Teach students to stop playing immediately when a signal (such as a double whistle blast) is given.</p> <p>When students are playing games indoors that involve a goal line or running to a line, don't use walls as a goal. Draw a goal line at least 3 metres from the wall and mark with cones.</p>	<p>Provide on-site supervision.</p>

OUTDOOR EDUCATION

GENERAL GUIDELINES

Kindergarten to Grade 12		SUPERVISION
<p>Have all outdoor education excursions approved by principal or designate.</p> <p>Approval can include consideration of itinerary, suitability of trip activities to the curriculum, travel time, safety factors, supervision arrangements, age appropriateness (refer to board of education's field trip policy).</p> <p>Have board of education official sign a detailed application form for all overnight trips.</p> <p>Have parents complete parental consent forms prior to any student going on outdoor education trip.</p> <p>For all trips requiring transportation, prepare a list of all the students in each vehicle, provide it to the chaperones, and leave a copy at the school.</p> <p>For overnight trips, have students provide medical information to the chaperone, including their health card number and any special health information.</p> <p>Make supervisors on trip aware of any students with medical problems and any student on medication.</p> <p>Have students on vital medication bring an extra supply. Be sure this medication is in a clearly marked container in the supervisor's possession. Handle all medications in accordance with the board of education's policy on dispensing medication.</p> <p>Provide trip supervisors with a list of parent contact/emergency contact numbers.</p> <p>Use only staff or volunteer drivers who comply with board of education requirements for insurance.</p> <p>Provide the teacher supervising the trip with telephone number and location of nearest doctor, and location of nearest hospital and nearest phone.</p> <p>Define maximum number of days allowed for outdoor education trips in board of education policy.</p> <p>Typical information on parent consent forms includes itinerary, date, relationship of trip activities to curriculum, supervision arrangements, cost per student, behavioural expectations, inherent risks, and where applicable, date and time of parent information meeting.</p> <p>Provide students with a list of recommended clothing and personal items suitable for the specific activity.</p> <p>Wear sun protection for all outdoor education activities.</p>	<p>Provide both male and female chaperones for mixed gender groups on overnight trips.</p> <p>Have access to a vehicle for emergency purposes.</p> <p>Designate a supervisor (e.g., teacher or parent) who is not the supervisor in charge of the trip to transport an injured student to hospital.</p>	

OUTDOOR EDUCATION

BACKPACKING

Day trips from school or base camp – Grades 6-12
 Extended trips with overnight camping – Grades 10-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 6-12				
<p>Collect and check all necessary equipment before the trip.</p> <p>Equipment includes:</p> <ul style="list-style-type: none"> • compass • whistle or other signaling device • first aid kit • nutritious food which does not require preparation • adequate water • sun protection • matches in waterproof container. 	<p>Wear comfortable and durable flat shoes or boots.</p> <p>Wear clothing in layers suitable for the season.</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Use only designated trails.</p> <p>Take a map of the route on the trip and leave a copy with the supervisor at the school.</p> <p>Ensure that teacher is familiar with the route.</p> <p>If backpacking trip originates from base camp, leave a map with the supervisor at base camp.</p>	<p>Have trip supervisors carry any necessary medication for designated students.</p> <p>Plan trip so that length and difficulty is appropriate for age and ability of students.</p> <p>Use a buddy system.</p> <p>Familiarize students with the route.</p> <p>Postpone trip if there is any indication of threatening weather that could put student safety at risk.</p> <p>Make students aware of:</p> <ul style="list-style-type: none"> • emergency procedures • signal to assemble. <p>Avoid traveling in darkness.</p> <p>Ensure that trip supervisors are aware of location of nearest phone and/or help in an emergency.</p>	<p>Provide on-site supervision.</p> <p>Recommended ratio of supervisors to students:</p> <ul style="list-style-type: none"> • day hikes – 1:15 • local overnight hikes – 1:15 • distant overnight hikes – 1:8.

OUTDOOR EDUCATION

CAMPING

An extended overnight camping experience in an outdoor environment with students using tents and doing their own food preparation. No canoeing.

Dorm camping – Grades 1-12

Tent camping – Grades 1-12

Overnight camping – Grades 4-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
ALL GRADES				
<p>If cooking on stoves, use propane/liquid gas type stoves.</p> <p>Collect and check all necessary equipment before the trip.</p> <p>Equipment includes:</p> <ul style="list-style-type: none"> • whistle or other signaling device • first aid kit • flashlight • shovel • sun protection • waterproofed matches. 	<p>No bare feet in campsite area.</p> <p>Wear clothing in layers suitable for the season.</p> <p>Clothing for overnight camping includes:</p> <ul style="list-style-type: none"> • sleeping bag/blanket • rain gear. <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Plan trip so that washroom facilities are accessible.</p> <p>Have access to a phone (cell phone or regular phone within walking distance).</p>	<p>Plan program in detail with contingency plans for inclement weather.</p> <p>Remove all food items, gum and cosmetics from tents at night and keep in bear-proof containers or cars.</p> <p>Filling and lighting camp stoves is an adult responsibility.</p> <p>Make students aware of behavioural expectations, boundaries for activity, assembly procedures.</p> <p>Plan program activities that are age and skill level appropriate.</p> <p>No open flames near tents.</p> <p>Develop a process to account for students and to identify any students who may be missing.</p> <p>Provide food and drink of a nutritious quality and quantity appropriate for high energy outdoor activity.</p>	<p>Staff Qualifications Have at least one leader with current first aid certification.</p> <p>Supervision Provide constant visual supervision when filling and lighting camp stoves.</p> <p>Provide on-site supervision for other activities.</p> <p>Have some leaders with previous tent camping experience.</p> <p>Have access to a vehicle for emergency purposes.</p> <p>Designate an adult supervisor who is not the “in-charge” supervisor to accompany an injured student to hospital.</p> <p>Recommended ratio of supervisors to students:</p> <ul style="list-style-type: none"> • Grades 4-9 – 1:8 • Grades 10-12 – 1:15.

OUTDOOR EDUCATION

CANOE TRIPPING

Traveling in groups by canoe through wilderness or semi-wilderness areas
for a period of time which includes at least one overnight camp – Grades 10-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Equipment includes:</p> <ul style="list-style-type: none"> • extra paddle per canoe • first aid kit • waterproof matches • 8 m length of rope • repair kit for canoe. • Cellular telephone or satellite telephone if cellular telephone coverage is not available throughout the canoe trip. 	<p>Wear properly fitting. Transport Canada approved life jacket/P.F.D., with whistle attached, at all times while on the water.</p> <p>Clothing includes:</p> <ul style="list-style-type: none"> • rain gear • appropriate clothing in layers • dry change of clothing. <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Plan a route that is appropriate to age/ability of students.</p>	<p>Complete a trip itinerary and file it with an appropriate school official.</p> <p>Develop an emergency action plan and communicate it to all involved with the trip.</p> <p>No trips through white water.</p> <p>Test all candidates for participation in a school canoe trip for the minimum standards in each of the areas as outlined below:</p> <p>1. WATER SAFETY Prior to water activities successfully complete the following swim test:</p> <ul style="list-style-type: none"> • swim 100 m continuously any stroke • tread water for 3 minutes • put on life jacket in water • demonstrate the help/huddle position. 	<p>Staff Qualifications Have at least one supervisor with Canadian Recreational Canoeing Association Canoe Tripping Level 2 Or Moving Water Level 2 certification. If the group is divided into two trips, then have two supervisors with these qualifications.</p> <p>Have at least one supervisor with:</p> <ol style="list-style-type: none"> 1) National Lifeguard Service Lifeguard Certificate, or 2) Current first aid qualifications such as: <ul style="list-style-type: none"> • St. John Emergency First Aid 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.

OUTDOOR EDUCATION

CANOE TRIPPING *(continued)*

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Grades 9 to 12 (Continued)</i>				
			<p>2. CANOEING SKILLS Demonstrate basic competence in the following skills:</p> <ul style="list-style-type: none"> • power stroke • “J” stroke • sweep strokes • draw stroke • backwater strokes • proper entry/exit from canoe • self rescues in dry and/or swamped canoes • canoe over canoe rescue procedures • synchronized strokes • packing a canoe • portaging techniques. <p>Have mastered the “J” stroke.</p> <p>Instruct students on how to handle unexpected wind and wave conditions.</p> <p>3. RELATED AREAS Familiarize students with:</p> <ul style="list-style-type: none"> • basic first aid and hypothermia • personal camping and canoeing equipment and repairs • suitable clothing • camping skills and safety • environmental concerns • use of a compass • map reading. <p>Postpone trip if there is any indication of inclement weather or cold water conditions severe enough to put students’ safety at risk.</p> <p>Teach skills in proper progression.</p>	<p>Have at least one supervisor who has experience with:</p> <ul style="list-style-type: none"> • bug season • cold water rapids (recognize inherent danger and ways to avoid) • cooking over open fire without a grate • campcraft waterproofing methods during wet weather. <p>Have at least one supervisor with general knowledge of the area.</p> <p>Establish a systematic pattern for group travel and communication.</p> <p>Have two adult supervisors on overnight trips.</p> <p>Where female and male students participate in a trip, provide both female and male supervisors.</p> <p>Ratio of supervisors to students: 1:8.</p>

OUTDOOR EDUCATION

CANOEING

Pools – Grades 6-12

Lake Water Canoeing – Grades 6-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 6-12				
<p>No aluminum canoes in pools.</p> <p>Check paddles for cracks and splinters.</p>	<p>Wear correct fitting, Transport Canada approved P.F.D./life jackets, with whistle attached for open water canoeing.</p> <p>Wear clothing that is appropriate for open water canoeing.</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Select water conditions appropriate for the skill level of the group.</p>	<p>Before open water canoeing, demonstrate competency in:</p> <ul style="list-style-type: none"> • power stroke • “J” stroke • sweep stroke • draw stroke • backwater 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. <p>Have a rescue craft on shore and accessible while students are canoeing on open water.</p> <p>Prior to water activities successfully complete the following swim test:</p> <ul style="list-style-type: none"> • swim 100 m continuously any stroke • tread water for 3 minutes • put on a life jacket in the water • demonstrate the help/huddle position. 	<p>Staff Qualifications</p> <p>Have an instructor with Canadian Recreational Canoeing Association Level One Lakewater Canoeing Certification.</p> <p>Have at least one supervisor with:</p> <ul style="list-style-type: none"> • 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. <p>Supervision</p> <p>Provide on-site supervision when students are canoeing.</p> <p>Have access to a vehicle for emergency purposes.</p> <p>Designate a supervisor (e.g., teacher or parent) who is not the “in-charge” person to transport an injured student to hospital.</p> <p>Ratio of supervisors to students:</p> <ul style="list-style-type: none"> • Grades 6-9 – 1:10 • Grades 10-12 – 1:15

Resources:

Canadian Canoe Association www.canoekayak.ca/

OUTDOOR EDUCATION

FLAT WATER KAYAKING

Pool – Grades 6-12

Base Camp Kayaking – Grades 6-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 6-12				
<p>Equipment includes:</p> <ul style="list-style-type: none"> • kayak with adequate flotation in nose and stern to prevent the kayak from filling with water and sinking • kayak paddle. 	<p>Wear correctly fitting and Transport Canada approved P.F.D./life jacket, with whistle attached for open water kayaking.</p> <p>Wear clothing that is appropriate for open water kayaking.</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Choose water conditions 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).</p>	<p>As a prerequisite for open water kayaking, demonstrate basic competence in:</p> <ul style="list-style-type: none"> • launching kayak • getting in and out • emptying the kayak (beach and dock) • T-rescue • wet exit • forward stroke • back stroke • front sweep • stopping • draw stroke • bracing. <p>Prior to water activities, successfully complete the following swim test:</p> <ul style="list-style-type: none"> • swim 100 m continuously any stroke • tread water for 3 minutes • put on life jacket in water • demonstrate the help/huddle position. <p>Teach skills in proper progression.</p>	<p>Staff Qualifications</p> <p>Have instructors with a basic kayaking instructor's certification from the Ontario White Water Association, the Canadian Canoeing Association, the American Canoeing Association or the British Union of Sea Kayaking.</p> <p>For the purpose of providing first aid coverage, have at least one supervisor with:</p> <ol style="list-style-type: none"> 1) Lifeguard certificate, or 2) Current first aid qualifications such as: <ul style="list-style-type: none"> • St. John Emergency First Aid 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. <p>Supervision</p> <p>Provide on-site supervision by qualified instructor when students are kayaking.</p> <p>Have a rescue craft on shore and accessible while students are kayaking on open water.</p> <p>Ratio of instructors to students:</p> <ul style="list-style-type: none"> • Grades 6-8 – 1:8 • Grades 9-12 – 1:10

OUTDOOR EDUCATION

LAKE, CREEK AND RIVER SWIMMING – Grades 4-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 4-12 (A HIGH RISK ACTIVITY)				
<p>Equipment includes:</p> <ul style="list-style-type: none"> • buoy line • whistle or other signaling device • first aid kit(s) • throw line • reaching assists. 	<p>Wear appropriate swimming attire.</p> <p>Wear sunscreen.</p> <p>No jewelry.</p> <p>Tie back long hair or wear it in a bun.</p>	<p>Use a swimming area that is:</p> <ul style="list-style-type: none"> • clearly marked • free from hazards • roped off with floating devices • of suitable water temperature • reasonably clear. <p>No swimming in fast moving rivers or streams.</p> <p>Prior to trip, check with local authorities to determine whether water is safe for swimming.</p>	<p>Written parental permission for child to be involved in any swimming activity is desirable. Permission note can indicate child's swimming ability (e.g. non-swimmer, capable swimmer).</p> <p>Identify and observe non-swimmers.</p> <p>Follow posted rules and regulations of swimming area.</p> <p>Use a definite counting system at regular intervals (e.g., number students and every 15 minutes blow whistle and have them count off).</p> <p>Use a buddy system.</p> <p>No swimming if there are any indications of bad weather.</p> <p>No swimming after dark.</p> <p>Swimming allowed only in designated area.</p> <p>No distance swims.</p> <p>Position lifeguard so s/he is clearly visible to all swimmers at all times.</p> <p>In an emergency situation, lifeguard is in charge.</p> <p>Have an emergency action plan in place.</p> <p>Inform students of acceptable standards of behaviour in the water.</p> <p>No diving.</p> <p>No flotation devices.</p> <p>Practice an emergency water drill (e.g., assemble on shore with 3 loud whistle blasts).</p> <p>Length of swim depends on skill and age of swimmers, condition of atmosphere, condition of water, time of day.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualifications</p> <p>Have one supervisor with current certification :</p> <ul style="list-style-type: none"> • National Lifeguard Service Lifeguard Certificate Waterfront option, or • National Lifeguard Service Pool Certificate with two years waterfront experience <p>Supervision</p> <p>Provide on-site supervision.</p> <p>Provide at least one other adult supervisor in addition to the lifeguard.</p> <p>Have access to a vehicle for emergency purposes.</p> <p>Designate a supervisor (e.g., teacher or parent) who is not the "in charge" supervisor to transport an injured student to hospital.</p> <p>Lifeguard to swimmer ratio: 1:25.</p>

OUTDOOR EDUCATION

ROCK CLIMBING/ROPE & FIXED-FACE CLIMBS

(Top Rope Climbs Only)
Grades 10-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment Wear helmets for rock climbing. Helmets reduce the potential for injury. Have a first aid kit available on site.</p> <p>Sport Equipment Use ropes and associated climbing equipment designed specifically for rock climbing.</p> <p>Use ropes that are minimum 11 mm diameter and constructed for rock climbing.</p> <p>Use a mechanical belay system instead of a body belay (e.g., stitch plate, minute hitch, figure 8, carabiner brake).</p>	<p>No loose clothing.</p> <p>No jewelry.</p> <p>Wear sun protection for outdoor climbing.</p>	<p>Use a climbing area appropriate for age and ability levels of the students.</p>	<p>Design an emergency action plan and communicate it to all involved in the program.</p> <p>Clearly outline safety procedures to students.</p> <p>No climbs on slippery and/or wet rocks.</p> <p>Unless tied in, stay clear of the top edge of the rock face.</p> <p>Have access to completed medical forms at all times.</p> <p>Instructor inspects all equipment prior to the climb.</p> <p>No lead climbing or protection placement.</p> <p>Ensure that instructor/leader is familiar with the climbing area.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualifications For rock climbing, have an instructor who is a Rock Guide as certified by the Association of Canadian Mountain Guides.</p> <p>For gym climbing, have an instructor who is a Level 2 Instructor as certified by the Association of Canadian Mountain Guides.</p> <p>Supervision Have a suitable means of transporting an injured climber available.</p> <p>Supervisor/student ratio: 1:8.</p> <p>Teacher accompanies students to the site and remains on site for the instruction if a person other than the teacher is doing the instructing.</p>

OUTDOOR EDUCATION

SAILING

Grades 9-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Grades 9 to 12</i>				
<p>Inspect equipment supplied by a local sailing school for defects.</p> <p>Check all personal safety equipment for any defects prior to use.</p>	<p>Wear proper shoes with a non-slip sole.</p> <p>Wear correctly fitting, Transport Canada approved P.F.D./ life jacket with whistle attached at all times on the water.</p> <p>No loose fitting clothing.</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Use only facilities with designated sailing areas.</p>	<p>Expect students to know and obey acceptable standard of behaviour while in the boats.</p> <p>Clearly outline safety procedures and an emergency action plan to students.</p> <p>Prior to water activities successfully complete the following swim test:</p> <ul style="list-style-type: none"> • swim 100 m continuously any stroke • tread water for 3 minutes • put on a life jacket in the water • demonstrate the help/huddle position. <p>Take weather and water conditions into consideration.</p> <p>Obtain parent permission for participation.</p> <p>Teach basic sailing safety in the classroom before going on the water.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualifications Have instructors who are certified instructors (minimum Green Level Ontario Sailing Certificate from the Canadian Yachting Association) instruct the course.</p> <p>Supervision Have one motorized safety boat for every 8 sailboats.</p> <p>Teacher is present and accompanies students to and from facility.</p> <p>Provide on-site supervision.</p>

OUTDOOR EDUCATION

WINTER CAMPING

Warm winter camping means heat sources are inside shelters.
Cold winter camping means heat sources are external to shelters.

Grades 9-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
Equipment includes: <ul style="list-style-type: none"> • first aid kit • whistle for each student • waterproof matches. • a lightweight camp stove. 	Wear clothing that is appropriate for weather conditions. Use layering principles for clothing. Carry a dry change of clothing for each student. No jewelry. Wear sunscreen while outdoors.	Use facilities/site that is consistent with age and experience of campers.	Instruct students in the prevention and treatment of hypothermia/frostbite. Instruct students in outdoor winter survival techniques. Establish a systematic pattern for group travel and communication. Leave a complete trip itinerary in the school. Obtain parent permission for participation in winter camping.	Staff Qualifications Have instructor/supervisors with previous winter camping experience. Have at least one supervisor with St. John Emergency First Aid Certificate or equivalent. Supervision Supervisor/student ratio: 1:8.

PARACHUTE ACTIVITIES

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Check the parachute to ensure that it is in good condition.</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p>	<p>Establish a safety procedure.</p> <p>Use a playing area that is free of all obstacles.</p> <p>Clearly define court boundary lines.</p>	<p>No games played where any body part is put through the hole in the chute.</p> <p>Teach proper skill progression before games are introduced.</p>	<p>Provide on-site supervision.</p> <p>Provide constant visual supervision for K-grade 3.</p>

RACQUET SPORTS

RACQUETBALL, PADDLEBALL, HANDBALL, SQUASH

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Wear eye protection. Safety eye goggles reduce the potential for injury.</p> <p>Sport Equipment Use racquetball and paddleball racquets that are equipped with a thong that is worn around the wrist.</p> <p>Use balls that are appropriate to the skill level of players (e.g., foam tennis balls or vinyl balls).</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p> <p>If playing outdoors, wear sun protection.</p>	<p>Clearly define court boundary lines.</p> <p>In side-by-side court situations, establish safety procedures.</p>	<p>When teaching skills, allow adequate space for each player to make an uninterrupted swing.</p> <p>Teach and enforce the code of etiquette for court play (e.g., not entering a court in use).</p> <p>No more than 4 players on a playing area for handball, paddleball and racquetball.</p> <p>Teach skills in proper progression.</p>	<p>During initial instruction, provide on-site supervision.</p> <p>After instruction, provide in the area supervision.</p>

RACQUET SPORTS

TENNIS, BADMINTON, PICKLEBALL, PADDLE TENNIS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Wear eye protection. Safety eye goggles reduce the potential for injury.</p> <p>Sport Equipment Use racquets that have a good grip and are in safe playing condition.</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p> <p>If playing outdoors, wear sun protection.</p>	<p>Use a playing area that is free from debris and obstructions, and provides safe footing.</p>	<p>When teaching skills, allow adequate space for each student to make a free and uninterrupted swing.</p> <p>Teach and enforce the code of etiquette for court play (e.g., not entering a court being used).</p> <p>Teach skills in proper progression.</p> <p>Modify activities/skills to the age and ability level of the participants.</p>	<p>During initial instruction, provide on-site supervision.</p> <p>After instruction, provide in the area supervision.</p> <p>During equipment set-up, provide on-site supervision.</p>

Resources

- Badminton Badminton Canada www.badminton.ca/
 Saskatchewan Badminton Association www.saskbadminton.ca/

- Tennis Tennis Canada www.tenniscanada.com
 Tennis Saskatchewan www.tenissask.com/

RUGBY and TACKLE RUGBY

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Safety Equipment Wear mouth guards.</p> <p>Sport Equipment Use regulation rugby balls or footballs.</p>	<p>No metal cleats.</p> <p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p> <p>Wear sun protection.</p>	<p>Pad goal posts if in field of play.</p> <p>Select a playing area that is free from debris and obstructions, provides suitable footing and is well removed from traffic areas.</p> <p>Bring holes and severely uneven surfaces to the attention of the principal and make students aware of them.</p> <p>Use collapsible, soft pylons or field paint to mark boundaries and lines.</p>	<p>Modify rules to accommodate ability/age/physical development (e.g., non-contact rugby).</p> <p>Permit full contact only if:</p> <ul style="list-style-type: none"> • participation is completely optional • students are free to withdraw from activities they feel unprepared for • students have been physically prepared for contact rugby. <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p>

Resources:

Rugby Canada www.rugbycanada.ca/

Saskatchewan Rugby Association www.saskrugby.com/

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Have goalie wear a protective mask.</p> <p>Sport Equipment Use scoops and balls that are in good playing condition (e.g., no cracks and/or chips).</p> <p>Use nets made of plastic or PVC material.</p>	<p>Wear suitable footwear and clothing.</p> <p>No jewelry.</p>	<p>Choose a playing area that is free of obstructions including tables/chairs and other equipment around the perimeter.</p>	<p>Teach proper skill progression before games are introduced.</p> <p>No intentional contact (e.g., body to body or scoop to body).</p> <p>Stress student responsibility regarding the need for individual space.</p>	<p>Provide on-site supervision.</p>

SCOOTER BOARDS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12 (A HIGH RISK ACTIVITY)</i>				
<p>Use scooter boards that are in good repair (e.g., no cracks, broken edges, or loose wheels).</p>	<p>Wear shoes at all times.</p> <p>No loose, hanging clothing.</p> <p>Tie back long hair or put hair in a bun when lying on scooter.</p> <p>Wear footwear and clothing that promotes unrestricted movement.</p> <p>No jewelry.</p>	<p>Use an area that is free of obstructions including excess equipment around perimeter (e.g., tables, chairs, mats, boxes.).</p> <p>Establish boundaries away from walls or use protective mats to eliminate protrusions (e.g., handles on stage storage).</p>	<p>No standing on scooter boards.</p> <p>Stress to students that scooter boards are not to be used like skateboards.</p> <p>In relay-type activities, allow room for slow-down or run-off area.</p> <p>Teach skills in proper progression.</p> <p>No scooter to scooter intentional contact.</p> <p>In scooter soccer and scooter hockey, no high swings with legs and sticks.</p>	<p>Provide on-site supervision.</p>

SCUBA DIVING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Use certified equipment and have it checked before every class by a certified instructor.</p>	<p>Wear swimsuit, wet suit or T-shirt.</p> <p>No jewelry.</p> <p>If diving outdoors, wear sunscreen.</p>	<p>Don't use backyard pools.</p> <p>Use school or community pools.</p>	<p>Have students' medical information sheets on-site.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualifications Have qualified lifeguard on deck.</p> <p>Have instructor with current certification from one of the following:</p> <ul style="list-style-type: none"> • 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. <p>Supervision Teacher accompanies students to the pool and remains in the area during instruction.</p> <p>Have certified scuba instructors present in the ratio of one instructor per 20 students.</p> <p>Provide constant visual supervision.</p>

SKATING (ICE)

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Wear a CSA approved helmet. Helmets reduce the potential for injury.</p> <p>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.</p>	<p>Clothing/gear includes:</p> <ul style="list-style-type: none"> • properly fitted skates • gloves or mitts. <p>When skating outdoors, dress for weather conditions.</p> <p>No jewelry.</p> <p>If skating outdoors, wear sunscreen on exposed parts of the body.</p>	<p>Before skating on outdoor ponds, determine ice safety with absolute certainty. Contact local authorities for information.</p>	<p>Select activities that are appropriate to the skill level of the students.</p> <p>Teach skills in proper progression.</p> <p>Avoid tag type games, racing and “crack-the-whip”.</p> <p>Provide ice space for beginning skaters separate from accomplished skaters until beginning skaters master basic skills.</p> <p>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.</p> <p>Inform parents by letter of their child’s involvement in skating and the importance of wearing a helmet and proper hand covering.</p> <p>Discuss recognizing and treating frostbite prior to outdoor skating.</p> <p>Stress skating technique, not speed, in all games, challenges, and drills.</p>	<p>Provide on-site supervision.</p>

SKIING (Alpine) SNOWBOARDING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12 (A HIGH RISK ACTIVITY)</i>				
<p>Use only rental equipment that is inspected and issued by a certified technician.</p> <p>Make students supplying their own equipment aware that the equipment must be checked and in good repair.</p>	<p>No long scarves.</p> <p>Tie back or tuck in long hair.</p> <p>Wear clothing adequate for winter out-of-doors activity.</p> <p>No jewelry.</p> <p>Wear sunscreen on exposed parts of the body.</p>	<p>Ski/snowboard only on appropriate areas as identified by a qualified ski instructor.</p> <p>Ski in a commercially operated ski facility.</p> <p>Ski in an area patrolled by members of a recognized ski patrol.</p>	<p>Test and group students appropriately as determined by a qualified ski instructor. Require those identified as needing instruction to participate in an instructional lesson.</p> <p>Teach students the importance of skiing in control at all times. Discourage hot-dogging and jumping.</p> <p>Ensure that students are thoroughly familiar with alpine skiing safety rules (including lift procedures) and the role of the ski patrol.</p> <p>Prior to the excursion, discuss the following:</p> <ul style="list-style-type: none"> • proper clothing • frostbite and hypothermia • sunburn. <p>Inform parents by letter of their child's involvement in skiing and make them aware of the importance of suitable clothing and equipment.</p>	<p>Have access to a vehicle for emergency.</p> <p>Provide on-site supervision.</p> <p>Clearly outline duties of the supervisors.</p> <p>Designate a supervisor (e.g., teacher or parent) who is not the "in-charge" person to transport an injured student to hospital.</p>

Resources

Alpine Canada www.canski.org/

Saskatchewan Ski Association www.saski.ca/

SKIPPING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
Use ropes of appropriate length for size and ability of students.	Wear shoes at all times. No jewelry. Wear suitable clothing and footwear.	Use an area that is free from obstructions to enable safe movement. Provide adequate personal space.	Teach skills in proper progression.	Provide in the area supervision.

SNORKELING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Use certified equipment.</p>	<p>Wear swimsuits.</p> <p>If snorkeling outdoors, wear sun protection.</p> <p>No jewelry.</p>	<p>Use a school or community swimming pool.</p> <p>Don't use backyard pools for class instruction.</p>	<p>Familiarize students with emergency procedures relating to the pool facility.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualifications Have an instructor with one of the following certifications:</p> <ul style="list-style-type: none"> • A.C.U.C. The Association of Canadian Underwater Councils, or • A.C.U.C. Snorkeling Instructor's Program, or • N.A.U.I. National Association of Underwater Instructors, or • P.A.D.I. Professional Association of Diving Instructors. <p>Supervision Have a qualified lifeguard on deck at all times.</p> <p>Teacher accompanies students to the pool and remains in the area during instruction.</p> <p>The ratio of qualified instructors to students: 1:20.</p> <p>Provide constant visual supervision.</p>

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Secure moveable heavy wood and metal outdoor nets to the ground.</p> <p>If using a moveable outdoor soccer goal, select one that is counter-balanced in order to reduce the potential for tipping.</p> <p>Inspect nets regularly.</p> <p>Use nerf balls or indoor soccer balls for indoor soccer.</p> <p>Use indoor nets made of plastic.</p>	<p>No metal or molded cleats.</p> <p>Wear suitable footwear and clothing.</p> <p>Wear shin guards for additional protection.</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Inspect outdoor playing area regularly for debris and obstructions.</p> <p>Use an area that provides suitable footing and is well away from traffic.</p> <p>Report holes and severely uneven surfaces to the principal and make students aware of them.</p> <p>Identify a goal crease.</p> <p>Use collapsible, soft pylons or field paint to mark boundaries and lines.</p>	<p>No tackling.</p> <p>Teach skills in proper progression.</p> <p>Limit the amount of time spent on heading drills.</p> <p>Insist that students must never climb on moveable outdoor goals.</p> <p>Instruct students in the safe handling of and potential dangers associated with moveable outdoor goals.</p>	<p>Provide on-site supervision.</p>

Resources

- Canadian Soccer Association www.canadasoccer.com/
- Saskatchewan Soccer Association www.sasksoccer.com/

SOFTBALL REGULATION

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Require batters and base runners to wear helmets.</p> <p>Ensure that back catcher wears a mask and a helmet.</p> <p>Require umpire to wear a mask. Suggest that umpire wears shin guards and a chest protector for added protection.</p> <p>Sport Equipment Use bats that are uncracked with an adequate grip.</p> <p>Have fielders wear gloves.</p>	<p>Wear suitable footwear and clothing.</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Inspect the field for hazards: holes, glass, rocks, and slippery, muddy spots.</p> <p>Use a playing field that is away from open roadways so that players don't run into traffic.</p> <p>Report holes and severely uneven surfaces to the principal and make students aware of them.</p> <p>If more than one activity is going on, insure that a safe distance exists between the activities.</p>	<p>Teach skills in proper progression.</p> <p>Teach players to lay down or drop the bat after hitting, not release it during the follow through of the swing.</p> <p>Require non-fielding players to stand well back (10 m or more) of the batter's box or behind a screen or fence. (Keep fingers away from the screen.)</p> <p>Have umpires stand behind the pitcher or outside the baselines.</p>	<p>Provide on-site supervision.</p>

Resources

Softball Canada www.softball.ca/

Softball Saskatchewan www.softball.sk.ca/

SOFTBALL

SLOW PITCH

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Safety Equipment Ensure that catcher wears a helmet and mask.</p> <p>Require umpire to wear a mask.</p> <p>Sport Equipment Use bats that are uncracked with an adequate grip.</p> <p>Use regulation slow pitch ball.</p>	<p>Wear suitable footwear and clothing.</p> <p>No metal or molded cleats.</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Inspect the field for hazards: holes, glass, rocks, and slippery, muddy spots.</p> <p>Use a playing field that is away from open roadways so that players don't run into traffic.</p> <p>Report holes and severely uneven surfaces to the principal and make students aware of them.</p> <p>If more than one activity is going on, ensure that a safe distance exists between the activities.</p>	<p>Teach skills in proper progression.</p> <p>Teach players to lay down or drop the bat after hitting, not release it during the follow through of the swing.</p> <p>Ensure 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.)</p> <p>Have umpires stand behind the pitcher or outside the baselines.</p>	<p>Provide on-site supervision.</p>

SYNCHRO SWIMMING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Use electrical equipment that is properly grounded (GFI).</p>	<p>No jewelry.</p> <p>Clothing/gear includes:</p> <ul style="list-style-type: none"> • swimsuits • bathing caps • nose plugs. <p>If swimming outdoors, wear sunscreen.</p>	<p>Use school or community pools.</p> <p>Don't use backyard pools.</p>	<p>Outline emergency procedures to the students prior to entering the water.</p> <p>Inform swim instructor of any child having history of diabetes, asthma, heart condition, convulsions, epilepsy, frequent ear infections or any medical problems that may affect the child's safety in the water.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualifications Ensure that teachers providing swim instruction have current Royal Life Saving Society Bronze Cross or equivalent certification.</p> <p>Ensure there is an individual in the immediate vicinity who is readily accessible and who has current first aid qualifications.</p> <p>Supervision Teacher accompanies the students to the pool and stays on deck.</p> <p>Ratio of qualified instructors to students: 1:25.</p> <p>Provide on-site supervision.</p>

TABLE TENNIS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Use regulation size table tennis paddles and balls.</p> <p>Check tables and paddles to be sure they are in good condition.</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p>	<p>Set up tables so that students can move around them.</p> <p>Play where floor surfaces are smooth, level and dry.</p> <p>Play in an area that is free of all obstacles.</p>	<p>Teach skills in proper progression.</p> <p>Establish a careful routine for set-up and dismantling of tables with direct teacher supervision.</p>	<p>Provide on-site supervision during set-up and dismantling of tables.</p> <p>Provide in the area supervision during play.</p>

TEAM HANDBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Use indoor nets that are padded or made of plastic.</p> <p>Use a nerf ball, soft utility ball, soft volleyball or team handball.</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p> <p>If playing outdoors, wear sun protection.</p>	<p>Play in an area that is free from debris and obstructions and provides safe footing.</p>	<p>No body contact.</p> <p>Modify activities and rules to suit the age and ability of students and the facilities/equipment available.</p> <p>Clearly identify a crease area if using a goalie (e.g., full key area).</p> <p>Allow only the goaltender in the crease area.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p>

TETHERBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Use a tetherball that is in good repair, with properly working connections at ball and at pole.</p> <p>Use a rope that is in good repair and not excessively frayed.</p> <p>Check pole periodically. Repair a pole with a severe lean or one that is loose at the base.</p>	<p>Wear suitable footwear and clothing that permits unrestricted movement.</p> <p>No jewelry.</p> <p>If playing outdoors, wear sun protection.</p>	<p>Place tetherball poles in areas away from traffic and away from areas where other games are played.</p>	<p>Instruct children in skills and rules before the game is played.</p> <p>Teach skills in proper progression.</p> <p>No tetherball games in slippery, wet conditions.</p>	<p>Provide in the area supervision.</p> <p>Require that tetherball be set up by an adult or a student under adult supervision.</p>

TRACK AND FIELD

DISCUS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Grades 9 to 12 (A HIGH RISK ACTIVITY)</i>				
<p>Use a discus that is of a size appropriate for the age, gender and physical maturity of the student.</p> <p>Use a discus that is free of cracks, chips and other damage. Check the discus regularly for damage.</p> <p>Provide protective screening around the throwing area. (A baseball screen may provide suitable protection.)</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p> <p>Wear sun protection.</p>	<p>Use a landing area that is well marked and free of people during the activity.</p> <p>Choose a throwing area that is free of obstacles and completely closed to traffic. (No other activity in the area where discus is taking place.)</p> <p>Ensure that the discus circle area provides safe footing.</p>	<p>Require instructor and students not throwing to be behind thrower (behind a screen).</p> <p>Teach skills in proper progression.</p> <p>Establish safe throwing and retrieving procedures.</p> <p>Instruct students in safety prior to teaching and practice.</p> <p>Establish precautions to ensure the safety of all students before any activity with the discus begins.</p>	<p>Provide constant visual supervision.</p>

TRACK AND FIELD

HIGH JUMP

Grades 4-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Grades 4 to 12</i>				
<p>Use a landing area that is appropriate for the age, size and skill level of the students. The minimum mat size is a single 1.5 m x 3 m x 50 cm (5' x 10' x 20") mat.</p> <p>Wet rope or elastic may be used rather than a crossbar.</p> <p>Check poles for cracks regularly.</p> <p>Check pits regularly for damage.</p> <p>Place standard utility mats around the landing surface with no gaps.</p> <p>No metal crossbars.</p>	<p>Wear suitable clothing and footwear.</p> <p>No jewelry.</p> <p>If jumping outdoors, wear sun protection.</p>	<p>For both indoor and outdoor jumping, design area so that approach area is clear, smooth, dry and traffic-free.</p> <p>Indoor jumping only when the floor provides a non-slip surface.</p>	<p>Require student bar monitors to stay in front and to the side of standards at all times.</p> <p>Stress progressions and technique rather than competition.</p> <p>Stress a short, controlled approach (between 3 and 9 steps).</p> <p>If student is using "flop style", encourage take-off closer to the nearest upright on approach.</p> <p>Ensure that landing mats and velcro mats are firmly secured and do not slide when jumper lands.</p> <p>Teach skills in proper progression.</p>	<p>Provide constant visual supervision.</p> <p>An individual who takes responsibility for providing first-aid to injured students must be present during the entire practice or competition.</p>

TRACK AND FIELD

HURDLES

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
Use “scissor” hurdles, light hurdles or loose crossbars for classroom instruction.	No track spikes. Wear suitable gym clothing and footwear. No jewelry. If hurdling outdoors, wear sun protection.	Use an appropriate area that provides a flat, clear surface.	Instruct students on how to set up equipment properly. Modify heights and distances to accommodate different ability levels. Teach skills in proper progression.	Provide on-site supervision. An individual who takes responsibility for providing first-aid to injured students must be present during the entire practice or competition.

TRACK AND FIELD

JAVELIN

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Grades 9 to 12 (A HIGH RISK ACTIVITY)</i>				
<p>Have inexperienced students use a blunted javelin or a substitute javelin such as a hockey stick minus the blade.</p>	<p>Wear appropriate clothing and footwear.</p> <p>No jewelry.</p> <p>Wear sun protection.</p>	<p>Use a runway that is smooth and flat.</p> <p>Use a throwing area that is free of obstacles and completely free of traffic.</p> <p>No other activity in the area where the javelin is being thrown.</p>	<p>Teach students to lead and throw with the elbow to avoid elbow injuries.</p> <p>Enforce the “all throw” and “all retrieve” rule when more than one student is participating.</p> <p>Have spectators and non-competing athletes remain behind the throwing area.</p> <p>Teach skills in proper progression.</p>	<p>Provide constant visual supervision.</p> <p>An individual who takes responsibility for providing first-aid to injured students must be present during the entire practice or competition.</p>

TRACK AND FIELD

POLE VAULT

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
<p>Poles must be approved as specified by the International Amateur Athletic Federation (I.A.A.F.)</p> <p>Landing pits must be specific to pole vaulting as specified by the the International Amateur Athletic Federation (I.A.A.F.)</p> <p>Poles must be appropriate to weight of athlete.</p> <p>Standards must be secure and vertical.</p> <p>Bamboo poles must be totally wrapped with tape before using.</p> <p>Weighted rope or elastic may be used rather than a crossbar, for practice.</p> <p>Check bamboo and fiberglass poles for cracks regularly.</p>	<p>Suitable footwear and clothing must be worn.</p> <p>5 mm spikes may be worn.</p> <p>Wear sun protection.</p>	<p>Vaulting chute must be solid and free from cracks or splinters.</p> <p>Run-up area must be sectioned off and must prevent other participants from interfering with competition in progress.</p> <p>Approach must be clear of obstacles, clean and free of puddles.</p>	<p>Teach skills in proper progression.</p>	<p>Provide constant visual supervision.</p> <p>An individual who takes responsibility for providing first-aid to injured students must be present during the entire practice or competition.</p>

TRACK AND FIELD

SHOT PUT

Grades 6-12

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Grades 6 to 12</i>				
<p>Use only shots designed for indoor activity in the indoor program.</p> <p>Use equipment of appropriate size and weight for age and strength of student.</p>	<p>Wear suitable footwear and clothing.</p> <p>No jewelry.</p> <p>Wear sun protection.</p>	<p>Use a landing area that is well marked and free of people during activity.</p> <p>Use a putting area that is safe underfoot.</p>	<p>Establish safe routines for putting and retrieving of shots.</p> <p>Have only one specified putting direction, completely free from traffic.</p> <p>Teach skills in proper progression.</p> <p>Transport all shots safely to and from throwing area.</p> <p>Use only standing shot-put technique (no spin).</p>	<p>Provide constant visual supervision.</p> <p>An individual who takes responsibility for providing first-aid to injured students must be present during the entire practice or competition.</p>

TRACK AND FIELD

TRACK EVENTS

SPRINTS, 400 m, 800 m, 1500 m, 3000 m, RELAYS

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Use plastic or aluminum relay batons.</p>	<p>Wear suitable footwear and clothing.</p> <p>No spikes of any kind.</p> <p>Wear shoes.</p> <p>Wear sun protection.</p> <p>No jewelry.</p>	<p>Use outdoor areas that are designated for running, clearly marked, away from other activities, checked for hazards, and that provide safe footing.</p> <p>Inspect all tracks annually and maintain as necessary.</p>	<p>Teach the skills associated with running in a progression of developmental steps.</p> <p>Include proper warm-ups and cool-downs in all in-class sessions.</p> <p>For indoor sprinting in hallways:</p> <ul style="list-style-type: none"> • no running where there are glass doors or showcases • position a safety barrier in front of doors • put pylons at stop points. <p>For distance running, modify length of run so it is appropriate to the age and ability level of the participant.</p> <p>Take into account:</p> <ul style="list-style-type: none"> • temperature of the day • previous training and length of preparation. <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision for sprints and relays.</p> <p>Provide in the area supervision for middle distance (400 m, 800 m and 1500 m) events.</p> <p>When running above distances, students may be temporarily out of sight. Thus, running in pairs or groups is advised.</p> <p>An individual who takes responsibility for providing first-aid to injured students must be present during the entire practice or competition.</p>

TRACK AND FIELD

TRIPLE JUMP, LONG JUMP

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
Equipment includes: <ul style="list-style-type: none"> • sand pit • rake • shovel or spade. 	No spikes of any kind. Wear suitable clothing and footwear. Wear shoes. No jewelry. If jumping outdoors, wear sun protection.	Use a pit filled with sand. Ensure that landing area is soft with plenty of sand and no foreign objects. Use a blacktop takeoff area that is firm and flat. Dig pit at least once a season. Locate pits so they are removed from high traffic areas and away from other activity sites (e.g., ball diamonds).	No jumping when there are slippery conditions. Teach skills in proper progression. Train students to be rakers. As part of training, include rules such as: <ul style="list-style-type: none"> • remove rake before next competitor begins approach • begin raking after competitor is out of pit • rake sand into the middle of the pit rather than out to the sides. 	Provide constant visual supervision during initial lessons. Provide on-site supervision after skills have been taught. An individual who takes responsibility for providing first-aid to injured students must be present during the entire practice or competition.

VOLLEYBALL

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Store poles so that there is no danger of them falling onto anyone.</p> <p>Use nets that are free of exposed wires along top or frayed wires along poles.</p> <p>Use ball appropriate for age and ability of students.</p>	<p>No jewelry.</p> <p>Wear suitable footwear and clothing.</p> <p>If playing outdoors, wear sun protection.</p>	<p>Use a playing surface that provides good traction.</p> <p>Use outdoor volleyball courts that provide safe footing.</p> <p>Use a gym that is free of hazards (e.g., equipment and furniture in corners/on sidelines).</p> <p>Require students who are attaching net to pole to stand on chair or ladder.</p>	<p>Replace floor plugs when volleyball poles are removed.</p> <p>Teach skills in proper progression.</p> <p>Organize drills so as to minimize the risk of being hit with an errant ball.</p> <p>Modify activities/rules to the age and ability level of participants.</p>	<p>Provide on-site supervision of activity.</p> <p>If students are involved in setting up and putting away volleyball poles, provide constant visual supervision.</p>

Resources

- Volleyball Canada www.volleyball.ca/
- Saskatchewan Volleyball Association www.saskvolleyball.ca/

WATERPOLO

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 9 to 12 (A HIGH RISK ACTIVITY)				
	<p>Wear appropriate swimming attire.</p> <p>No jewelry.</p> <p>Tie hair back or wear it in a bun.</p> <p>If playing outdoors, wear sunscreen.</p>	<p>Use a school or community swimming pool.</p> <p>Don't use backyard pools for class instruction.</p>	<p>Inform swim instructor of any students having any medical problems that may affect the student's safety in the water.</p> <p>Require students to meet a minimum swimming standard (e.g., swim 100 m any stroke and tread water for 3 minutes).</p> <p>Trim fingernails closely.</p> <p>Modify rules to accommodate age and ability of participants.</p> <p>Teach skills in proper progression.</p>	<p>Staff Qualifications Ensure that teachers providing swim instruction have current Royal Life Saving Society Bronze Cross or equivalent certification.</p> <p>Ensure there is an individual in the immediate vicinity who is readily accessible and who has current first aid qualifications.</p> <p>Supervision Provide constant visual supervision.</p>

WEIGHT TRAINING

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
Grades 7 to 12 (A HIGH RISK ACTIVITY for Kindergarten to Grade 6)				
Inspect all equipment regularly and repair as necessary.	Wear suitable clothing and footwear. No jewelry.	Secure weights in a secure storage area that can be locked when it is not in use.	Instruct all students in proper lifting techniques and safety procedures. Use a buddy system when lifting free weights over body. Secure free weight plates in place before using. Individualize all programs. Teach skills in proper progression.	Provide in the area supervision for use of weight machines and free weights, following instruction on safe use.

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<i>Kindergarten to Grade 12</i>				
<p>Use 5.1 cm (2") mats with velcro sides.</p>	<p>No jewelry.</p> <p>Wear suitable clothing.</p> <p>No glasses.</p>	<p>Check mat surfaces regularly for irregularities.</p>	<p>During warm-up activities emphasize conditioning and flexibility.</p> <p>Teach skills in proper progression.</p> <p>Keep fingernails closely trimmed.</p> <p>Match participants of similar weight, strength and gender.</p> <p>Ensure that area surrounding the mats is free of obstructions/hazards.</p> <p>Provide suitable distance between the edge of wrestling area and surrounding walls.</p> <p>Encourage "down" wrestling for beginner wrestlers.</p> <p>Outline rules and illegal moves.</p> <p>Permit students to be referees only under the direct supervision of the instructor.</p>	<p>Provide on-site supervision.</p>

Resources:

Wrestling Canada www.wrestling.ca/

Saskatchewan Amateur Wrestling Association www.busywebdesign.com/sawa/

Saskatchewan Rivers School Division **Activity Room Safety Guidelines**

An activity room is a non-gymnasium that is used for physical activities.

Examples of activity rooms include church or community halls, empty classrooms, multipurpose rooms, and school basements.

When using an activity room for physical education instruction, implement the following recommendations:

- 1) An activity room is best suited for activities which have a controlled amount of activity (e.g., aerobics, mat work, fitness stations, skipping, wrestling, dance, bean bag activities, and chair activities). Avoid ball throwing for distance, dodgeball-type games, and games which are “action packed” and require students to run from one end of the room to another (e.g., tag, soccer, floor hockey).
- 2) Implement a “no body contact” rule.
- 3) There should be only one physical education class in the activity room at any one time.
- 4) If the activity room is an open area, student traffic should go around, not through the class.
- 5) Structure drills to provide as much organization as possible.
- 6) Caution students not to throw objects against the ceiling, thereby knocking down tiles, dust and lights.
- 7) Try to keep activity away from drinking fountains, stage steps, and trophy cases. Centre all activities to allow for a “safety zone” at least one metre around the perimeter of the room. Mark out the activity area with cones or pylons.
- 8) Take precautions to ensure that doors are not opened into the activity area.
- 9) Do not allow students to participate in activities while the teacher goes to the gym or to a storage area to get equipment.
- 10) Check to ensure that the floor surface is not slippery from water or dirt and that equipment/furniture is not in the way of activity.

Saskatchewan Rivers School Division **Hygienic Precautions to Deal with Blood in the Athletic Setting**

Source: Saskatchewan High School Athletic Association

1. Prevention Policies:

- a) Prior to participation in a competition, any wounds, including abrasions or rashes, on athletes, coaches and officials must be securely covered.
- b) If a bleeding injury occurs to any participant during the course of the competition, the individual must be removed from the competition until the bleeding has been stopped. The wound must be cleansed with an antiseptic solution and securely covered before the individual can re-enter the competition. **Note:** If an official is bleeding, the game shall be held up until that official is ready to resume, unless it appears that the delay will take too long, at which time the other official(s) may decide to continue the competition.
- c) Should blood appear on any part of a participant's uniform or protective equipment which is exposed to other participants, the uniform/equipment must be either changed or cleaned before participation can resume.
- d) The athlete may change into a uniform bearing a different number. The opposing coach and the official scorers must be made aware of this change prior to the resumption of play.
- e) Athletes will be permitted to wear a practice t-shirt or singlet bearing the athlete's uniform number in the same dominant colour as the official team uniform.
- f) All equipment or playing surfaces which come in contact with blood will be cleaned with a solution of **one part household bleach and one hundred parts water - 10 ml. bleach to 1 litre of water.** This solution **must be freshly prepared** before every competition.

2. Recommended Practices:

- a) Rubber or latex gloves should be worn by any personnel dealing with body fluids or open wounds. Gloves should be disposed of and replaced after each individual is treated.
- b) After treating a bloody wound or cleaning a blood-stained surface, gloves should be removed and hands washed with soapy water before continuing.
- c) Athletes involved in contact sports will be encouraged to wear protective equipment that may prevent bloody injuries during competition (eg. mouth guards).
- d) Instruments designed for piercing the skin should be sterile, used only once, and not shared.
- e) Athletes are urged not to share personal items which may pierce the skin or mucous membranes (ie: razors, nail clippers).
- f) Athletes should render first aid to themselves and cover their own wounds, whenever possible. It is also recommended that athletes clean up their own blood from equipment, uniforms and athletic surfaces, if possible.