

Physical Education Safety Guidelines

Grades Primary–12

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Physical Education Safety Guidelines

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Contents

Introduction	11
Intent of the Nova Scotia <i>Physical Education Safety Guidelines, Grades Primary–12</i>	11
Impact and Scope	11
Risk Management	11
Substitute Teacher Coverage	17
Sport/Activity Page Components	17
Sports/Activities	23
Archery	25
Badminton	28
Ball Hockey / Floor Hockey	30
Baseball/Hardball	32
Basketball/Bordenball/Endball/Benchball	33
Bowling / Lawn Bowling / Bocce Ball	35
Broomball	37
Climbing: Ascending Lines	39
Climbing: Bouldering/Traversing Walls	40
Climbing: Climbing Vertical Wall and Related Activities	45
Climbing: Ropes / Challenge Courses	45
Climbing: Zipline / Tyrolean Traverse / Equivalent	45
Cricket / Cricket Variations	46
Curling	49
Dancing / Rhythmic Activities	51
Diving: Springboard or Tower	52
Dodgeball / Tag Games	56
Fencing	59

Field Hockey.....	60
Fitness Activities	62
Floorball	65
Football: Flag/Touch	67
Football: Tackle.....	69
Golf	70
Gymnastics General Procedures.....	73
Gymnastics: Above-Ground Trampoline	76
Gymnastics: Beat Board.....	77
Gymnastics: Bench and Chair Activities.....	78
Gymnastics: Box Horse / Utility Box	80
Gymnastics: Climber	82
Gymnastics: Climbing Ropes.....	84
Gymnastics: In-ground Trampoline	86
Gymnastics: Mat Work	87
Gymnastics: Mini-tramp	89
Gymnastics: Parallel Bars / High Bar / Still Rings / Pommel Horse / Ropes / Balance Beam / Uneven Parallel Bars / Floor / Table or Flatback Vaulting.....	90
Gymnastics: Pyramid Building	93
Gymnastics: Trampoline	95
Handball: Wall.....	96
Hockey: Ice/Lead-up Games	97
Kin-ball	99
Lacrosse: Box/Field	101
Lacrosse: Inter (Soft).....	104
Martial Arts: Judo / Aikido / Karate / Tae Kwon Do	106
Outdoor Education General Procedures	108
Supervision	110
Outdoor Education: Alpine Skiing / Snowboarding / Snowblading.....	111

Outdoor Education: Boardsailing.....	115
Outdoor Education: Camping (no canoeing)	118
Outdoor Education: Canoe Tripping	122
Outdoor Education: Canoeing	128
Outdoor Education: Canoeing Moving Water	134
Outdoor Education: Cross-Country Running / Orienteering	139
Outdoor Education: Cross-Country Skiing / Snowshoeing / Skate Skiing.....	143
Outdoor Education: Dragon Boating	146
Outdoor Education: Flat-Water Kayaking.....	154
Outdoor Education: Horseback Riding: English/Western/Therapeutic.....	159
Outdoor Education: Mountain Biking.....	163
Outdoor Education: Moving-Water Activities	168
Outdoor Education: Outdoor Rock Climbing	169
Outdoor Education: Paddle Rafting.....	175
Outdoor Education: Ropes Courses / Rappel Towers.....	175
Rowing (including Viking boats).....	176
Outdoor Education: Sailing	180
Outdoor Education: Snow Tubing.....	185
Outdoor Education: Swimming.....	186
Outdoor Education: Tobogganing/Sledding	191
Outdoor Education: Winter Camping	194
Paddle Tennis.....	199
Paddleball	200
Parachute.....	201
Pickleball.....	202
Racquetball	203
Ringette: Gym	204
Ringette: Ice.....	206

Rugby: Non-contact Only.....	208
Scoop Ball.....	209
Scooter Boards.....	210
Scuba Diving.....	212
Self-Defense.....	216
Sepak Takraw.....	217
Skateboarding.....	220
Skating: Ice.....	224
Skating: In-line / Quad Roller.....	227
Skipping.....	230
Slacklining.....	231
Snorkelling.....	235
Soccer (Indoor/Outdoor).....	240
Soccer / Crab-Soccer / Soccer-Baseball (Indoor/Outdoor).....	242
Softball: Fast Pitch.....	245
Softball: Lob-Ball / Slo-Pitch / Three Pitch.....	246
Softball Lead-up Games: Soccer-Baseball / Volley-Baseball / T-Ball.....	249
Squash.....	252
Swimming: Synchronized Swimming.....	253
Table Tennis.....	257
Team Handball.....	258
Tennis.....	259
Tetherball.....	261
Track and Field: Discus.....	263
Track and Field: High Jump.....	266
Track and Field: Hurdles.....	269
Track and Field: Javelin.....	271
Track and Field: Pole Vault.....	273

Track and Field: Shot Put	274
Track and Field: Track Events	276
Track and Field: Triple Jump / Long Jump	279
Triathlon: Swimming/Running/Cycling	281
Tug-of-War.....	285
Ultimate Disc.....	289
Volleyball	291
Volleyball: Beach.....	293
Volleyball / Newcombe Ball	295
Water Polo	297
Weight Training	300
Wrestling.....	302
Appendices.....	305
Appendix A: Sample Forms.....	307
Sample Medical Information.....	307
Sample Request to Resume Physical Education after Concussion-Related Injuries	309
Sample SOAP Note (Subjective, Objective, Assessment, Plan)	311
Sample Informed Consent.....	313
Appendix B: Trip Planning	316
Pre-Trip Planning.....	316
Post-Trip Planning	330
Emergency Procedures Plan.....	331
Duty Roster.....	332
Route Card.....	333
Trip-at-a-Glance	334
Appendix C: Risk Management	336
Educator Responsibilities	336

Group Responsibilities.....	336
Student Responsibilities.....	349
Sample First-Aid Kits.....	350
Emergency Action Plan.....	354
Physical Activity and Sport-Related Concussion	356
Lightning Protocol	360
Safety in Activity Rooms.....	362
Newly Purchased or Donated Fitness Equipment.....	362
Sample Safety Checklist, Gymnasium Facilities	363
Sample Safety Checklist, Gymnasium Equipment.....	366
References	370

Introduction

Intent of the Nova Scotia *Physical Education Safety Guidelines, Grades Primary–12*

The primary responsibility for the care and safety of students rests with the school board and its employees. An important aspect in fulfilling this role is to recognize that there is an element of risk in all physical activity and to take action accordingly. To this end, the safety guidelines writing team and the Active Healthy Living Consultants in Nova Scotia have identified and analyzed reasonable foreseeable risks and have continued to assess and develop these guidelines that include procedures that help minimize, to the greatest extent possible, the risk of a preventable accident or injury in physical education classes and extra-curricular activities.

While it is understood that a guideline alone does not eliminate risk regardless of how well it is written or how effectively it is implemented, school boards are expected to be held responsible for the implementation of these guidelines. It is highly recommended that physical education specialists are placed in physical education teaching positions. In support of this specialization, only teachers with the appropriate certifications and or equivalent experiences are able to lead activities that are specialized. These teachers would have obtained a Certificate in Outdoor Education, certifications from Paddle Canada, National Archery in the Schools Program (NASP), and Wilderness and Remote First Aid training in basic or advanced courses. Safety awareness, practised by the physical education teacher, based on up-to-date information, common-sense observation, action, and foresight, is the key to safe programming. The intent of the *Physical Education Safety Guidelines* is to focus the teacher's attention on safe instructional practices for each class activity in order to minimize the inherent element of risk. By implementing safe instructional practices, such as the use of logical teaching progressions, and the inclusion of age-appropriate activities in program preparations, planning, and daily teaching, the physical educator will guard against foreseeable risks. It is hoped that through this implementation process, this document will assist educators in fulfilling their obligation to provide the safest possible environment in which all students, regardless of physical, mental, emotional abilities/challenges, or cultural background, can be physically active.

Impact and Scope

The *Safety Guidelines* statements are mandatory. An activity must not occur unless these statements have been read and understood.

This document delineates minimum guidelines that must be met by physical educators and administrators in addressing the safety component of the physical education core program.

Risk Management

To minimize potential risks when planning school-related activities, teachers must consider the following:

- Is the activity age-appropriate for the students' physical/mental abilities and behavioural patterns?
- Does the physical education teacher have the knowledge and ability in accordance with the safety guidelines to teach/supervise the activity safely?

- When considering an activity that is not addressed in the physical education curriculum or the Nova Scotia *Physical Education Safety Guidelines*, what is the educational value versus the entertainment value of the activity (e.g., Is going to a wave pool educational or entertainment?)?

Once the activity has been approved by a board official as having educational value, the inherent risks must be identified and minimized.

Generic Issues

Note:

- The following guideline statements are not listed in any order of priority.
- The lists of examples in these guidelines are not exclusive.
- All guideline statements are mandatory.

There are many common guidelines for safety that apply to all class activities. Some commonalities are as follows:

MEDICAL BACKGROUND AND PHYSICAL LIMITATIONS

At the beginning of the school year, physical education teachers need to be aware of the medical background and physical limitations of their students. This includes knowledge of students with heart disorders, asthma, diabetes, severe allergies, anaphylaxis, etc. Each school needs to develop a process by which medical information is made available to physical education teachers (e.g., a process is developed where medical information is communicated to all relevant teachers, at the beginning of the school year and throughout the year as needed). (See Medical Information form.)

For students with medical conditions (e.g., asthma, life-threatening allergies, diabetes) check that

- there is an emergency action plan in place for the medical condition in case of an emergency (See Appendix C: Risk Management).
- medical support is readily available when needed or in case of an emergency

Follow board policy related to administering the following:)

- life-threatening allergy (anaphylaxis)—epinephrine autoinjector
- diabetes/hyperglycemia—blood-testing kit and a fast-acting sugar
- asthma—asthma-relief medications

If a student experiences one of the following episodes at school, or at a school-sponsored activity, which may be a warning sign of Sudden Arrhythmia Death Syndrome (SADS), call 9-1-1:

- Fainting or seizure during physical activity.
- Fainting or seizure resulting from emotional excitement, emotional distress, or being startled (e.g., a sudden loud noise such as a school fire-alarm system).

The student must seek medical attention before returning to play.

FIRST AID AND CPR

Physical education teachers must maintain certification in first aid and CPR.

See Outdoor Education General Procedures for information regarding off-site activities.

FIELD TRIPS

Many different situations may arise involving the transportation of students away from the school for activities. It is important that parents are made aware of the mode of transportation and student expectations. The means and frequency of communication required must be established with the school principal. A signed parent/guardian acknowledgement/permission form must be received from each participant. The form must contain details of the activity and its inherent risks, including transportation risks. Consideration must also be given to informing parents of activities that take students off the immediate school property, where transportation is not required (e.g., cross-country running). Refer to individual school board's field-trip procedures related to the need for obtaining parent/guardian permission.

ENVIRONMENTAL FACTORS

Parents/guardians must be made aware of safety precautions related to environmental factors (e.g., effects of sun, hypothermia, frostbite, dehydration, viruses transmitted by insects).

FIRST-AID KIT

A fully-stocked first-aid kit must be readily accessible to the gymnasium and in the field during outdoor pursuits. For a sample listing of first-aid items, see Appendix C.

OFF-SITE ACTIVITIES

When activities are offered off-site (remote or wilderness), an appropriate and portable first-aid kit and a working communications device must be readily accessible.

When taking students off-site for an activity organized by an outside provider (e.g., camp activities), the appropriate safety guidelines must be shared with the activity provider prior to trip confirmation. The outside provider must agree to abide by the mandates described in the *Safety Guidelines*.

EMERGENCY-ACTION PLAN

An emergency-action plan to deal with accidents in physical education must be developed and applied in all schools. For details on an emergency-action plan, see Appendix C: Risk Management.

CONCUSSION INFORMATION

When in doubt, sit them out!

Definition: A head-trauma-induced alteration in mental status that may or may not involve a loss of consciousness caused by a direct blow to the head, face, neck, or anywhere else on the body that causes a severe and sudden movement to the head. A person does not need to lose consciousness to have a concussion, but a person who has lost consciousness most likely will have a concussion or worse.

Signs and Symptoms may include one or more of the following and some may be subtle in nature:

- headache, pressure in head, neck pain, dizziness, balance problems, nausea and vomiting, vision problems, hearing problems (e.g., ringing in the ears), confusion, feeling slowed down, feeling like being in a fog, drowsiness, fatigue or low energy, more emotional than usual, irritability, difficulty concentrating, difficulty remembering, “doesn’t feel right,” and feeling “dinged or dazed.”

Second Impact Syndrome: Even a seemingly mild blow to the head when post-concussion symptoms are still present can lead to significant problems. It has also been shown that multiple concussions can lead to irreversible changes, such as memory loss and concentration problems. Patients should not be left alone during the first 24–48 hours after onset of the concussion.

Signs and Symptoms to watch for over the first 24–48 hours may include one of the following:

- headache that gets worse, drowsiness that cannot be woken up, inability to recognize people or places, repeated vomiting, unusual behaviour or confusion, signs of being very irritable, a seizure, weak or numb arms and legs, unsteadiness on feet, and slurred speech.

Procedures for sport/physical activity-related concussions for students (ages 5–18):

- A student who has sustained a suspected concussion during physical activity must be immediately removed from play and not allowed to return to play that day, even amidst claims of feeling better.
- Upon determination of a suspected concussion, the student must be closely monitored for any signs or symptoms of deterioration and must not be left alone.
- An unconscious student must be assumed to have a cervical spine injury and must be appropriately immobilized by trained personnel only (e.g., collar/spinal board) before ambulance transportation to hospital. Do not remove equipment (e.g., helmet). All students with a suspected concussion (brain injury), even if there was no loss of consciousness need to be evaluated by a physician as soon as possible.
- Parents/guardians must be informed immediately of the importance of the head injury being evaluated by a physician.
- Following medical examination, the student must be monitored by a responsible adult for the next 24–48 hours for signs of deterioration. If any signs of deterioration occur, the student needs to be immediately re-evaluated by a physician.
- Steps to re-entering sport/physical activity:
 - Concussions typically result in a fast onset of short-term difficulties that resolve over time. The student will need to rest until the concussion symptoms are gone. This means resting the body and mind until there are no symptoms. Then the student must consult with a doctor and obtain written consent as to when to begin the steps listed below before returning to normal physical and mental activities. The student may proceed to the next step only when symptom free. If symptoms occur, the student must drop back to the step where symptoms occurred, then try the process again. Allow at least 24 hours between steps.

- ✓ *Step 0:* Complete physical rest. No exercise or exertion. Limit mental activities (TV, reading, video games). If these mental activities make symptoms worse, **stop immediately!** No drugs or alcohol until symptom free.
- ✓ *Step 1:* Light exercise/work such as walking or stationary cycling; reading.
- ✓ *Step 2:* Sport/work specific activity, such as skating for hockey or computer use for work.
- ✓ *Step 3:* Sport practice—no contact/work for short intervals.
- ✓ *Step 4:* Sport practice with body contact/work—once cleared to do so from a medical doctor. The time required to progress will vary with the severity of the concussion.
- ✓ *Step 5:* Return to full activity—sport/work/school.

(Printed with permission from the Brain Injury Association of Nova Scotia (BIANS), www.braininjuryns.com.)

UNIVERSAL PRECAUTIONS

Universal precautions (e.g., using impermeable gloves) must be followed when dealing with situations involving blood and other bodily fluids. Physical education teachers must refer to school board protocols that address blood and bodily fluids procedures.

Blood and Bodily Fluids

- Use impermeable gloves if blood, or bodily fluids containing visible blood, are anticipated.
- Stop the bleeding, cover the wound, and change the student's clothing if contaminated with excessive amounts of blood.
- Follow accepted guidelines for control of bleeding and for any bodily fluids containing blood.
- Wash hands and other affected skin areas after contact with blood.
- Clean any surfaces or equipment with appropriate disinfectant.
- Clean clothes or skin with soap and water or an appropriate antiseptic.
- Use proper disposal procedures for contaminated clothing and equipment.
- Use a ventilation device for emergency resuscitation.
- Avoid direct contact with student if you have an open skin condition.

FIRE

Students must be made aware of the locations of the fire alarms, the fire exits, and alternate routes from the gymnasium or other large indoor room used for activity.

LIGHTNING

Lightning is a significant weather hazard that may affect outdoor activities. Safety precautions and protocols **must** be developed and communicated to participants in response to potential lightning risk factors. At all times the board's lightning procedures are the mandatory minimum standards. In situations

where a higher standard of care is presented (e.g., trip guides, facility/program coordinators), the higher standard of care is to be followed. For lightning procedures, see Lightning Protocol in Appendix C: Risk Management).

RULES FOR SAFE PLAY

Prior to teaching the skills of the activity, the physical education teacher must outline the possible risks of the activity (warnings of possible dangers), demonstrate how to minimize the risks, and set procedures and rules for safe play.

ACTIVITY NOT REPRESENTED IN GUIDELINES

If students are involved in an activity or sport (e.g., a low-organization game) that is not described in this guideline, refer to the guidelines of an activity that it most resembles.

Approval from the appropriate school board official must be received if a physical education teacher wishes to include activities that are not in the guidelines and do not resemble guideline activities. As part of this process, the teacher must demonstrate that all appropriate precautions will be taken in the interest of student safety.

MODIFICATIONS TO GUIDELINES

Any modifications teachers make to guideline statements must raise the level of safety, not lower it.

Individuals wishing to make additions and/or modifications to these safety guidelines must contact the Nova Scotia Department of Education and Early Childhood Development to initiate the process.

CORRECTIVE ACTIONS

Where an incident occurs that increases or could increase the risk of injury, corrective actions must take place to help prevent its reoccurrence.

CHANGE ROOM CONDUCT

At the beginning of the school year, physical education teachers must instruct students in appropriate change room conduct as well as emphasize the need to change quickly and proceed to the gym. Reinforce this guideline as necessary during the school year.

Substitute Teacher Coverage

The substitute teacher must have students participate in activities that are commensurate with the teacher's experience or qualifications.

Lesson plans left for the substitute shall include

- the *Safety Guidelines* sheet for the activity with the lesson plans
- the location of a contact teacher or administrator in case of an emergency
- specific restrictions or modifications for students with health or behavioural problems

Sport/Activity Page Components

Guidelines for each class activity are outlined according to the following critical components:

- Equipment
- Clothing/Footwear
- Facilities
- Special Rules/Instructions
- Supervision

All statements found on activity pages and supporting Appendices A–J are mandatory. An activity must not occur unless these guidelines have been read and understood.

With some exceptions, appropriate age divisions are not described on activity pages. It is the responsibility of each school board to determine the age appropriateness of these activities. Where ages are determined in activity pages (e.g., Rowing [Grades 6 to 8 only]), the standard has been determined by experts in the field.

Equipment

To provide a safe environment for class activities, the physical education teacher must make a pre-activity check of the equipment to be used. This could be done visually or recorded on a check list (see Sample Safety Checklist, Gymnasium Equipment in Appendix C). Hazards must be identified and (immediately) removed or isolated as a factor in the activity.

When using equipment that is not described in the document, care must be taken to determine that it is safe for use (e.g., no sharp edges, cracks, or splinters) and that it is size, mass, and strength appropriate.

All balls must be properly inflated.

Equipment cannot be made at home. Equipment can be made at school by board employees, adult volunteers, and by students who are under direct supervision.

If students are permitted to bring their own equipment (e.g., skis, in-line skates, bicycles), students and parents/guardians must be informed of the importance of determining that the equipment is in good working order and suitable for personal use. (A signed consent form by parents/guardians is recommended.)

Helmets: Canadian Standards Association (CSA) is the regulatory body in Canada that provides the safety standards and regulations for protective head equipment (helmets). As of January 2008, the CSA has safety standards for only ice hockey helmets and cycling helmets and regulations for only the ice hockey helmet. (The CSA is presently working on having standards and regulations for alpine skiing / snowboarding helmets.)

The Equipment column under each specific activity outlines where the activity mandates the wearing of a helmet. Where the activity page does not specifically mention a CSA-approved ice hockey helmet, cycling helmet, or other standard for a helmet, the comment will read, “A suitable helmet for the activity must be worn.”

To locate and select a suitable helmet for the activity, the use of the following may be helpful:

- Consult the sport governing body of the activity.
- Consult a reputable provider (retailer) of the equipment (e.g., skateboard) for information on the most suitable helmet.
- Select a helmet that is sport specific for the activity using a safety standard body outside of Canada; for example,
 - American Society for Testing Materials (ASTM)
 - National Operating Committee for Standards in Athletic Equipment (NOCSAE)

Where a Canadian Standard Association standard becomes available for an activity helmet, **that CSA-approved helmet must be used.**

Students must report equipment problems to the physical education teacher.

When equipment (e.g., fitness equipment) is purchased second-hand or donated to the school / school board, follow the guidelines for new/donated equipment in Appendix C.

Clothing/Footwear

Appropriate athletic footwear must be a minimum uniform requirement. Appropriate athletic footwear is defined as a running shoe with a flat rubber treaded sole that is secured to the foot. Running shoes with higher heels; wheels; rubber, plastic, or metal cleats; open toes; or open heels are not appropriate. Students must also wear appropriate clothing for physical education classes. Shorts or sweat pants and T-shirts or sweatshirts are examples of appropriate clothing. Deviations from this minimum are listed on activity pages. Some ill-fitting clothing, jewellery, hard-soled shoes, and socks without shoes can inhibit movement and possibly cause injury during active movement. Where religious requirements present a safety concern, modifications to the activity must be made.

Hanging jewellery (long scarves and belts) must not be worn. Jewellery that cannot be removed and that presents a safety concern (e.g., medical alert identification, religious requirement jewellery) must be taped or securely covered. Deviations from this minimum are listed on activity pages.

Parents/guardians must be made aware of safety precautions with eyeglasses for some activities, including an eyeglass strap and/or shatterproof lenses or removal of glasses if vision is adequate.

Long hair must be tied back away from the face to prevent blocked vision and injury to other participating students.

Facilities

To provide a safe environment for class activities, the teacher must make a pre-activity check of the facilities and equipment to be used. This could be done visually or recorded on a check list (see Appendix C). The minimum requirement is a pre-use visual check. Hazards must be identified and immediately removed as a factor in the activity. Potentially dangerous and immovable objects (e.g., goalposts, protruding stage) must be brought to the attention of students and administration and should be protected by properly installed mats / protective gear. All equipment must be checked regularly to determine it is in good working order. Students must report equipment or facility problems to the teacher. For more information on the role of the student in safety, see Student Responsibilities in Appendix C: Risk Management.

Facilities and major equipment must be inspected, and a written report completed by a reputable third party on a regular basis as per individual school board policies.

Any use of a facility must be supervised (see Supervision).

Equipment or furniture that is hazardous to the activity **must not** be stored around the perimeter of the gymnasium or any other large indoor room used for physical education. A reasonable number of benches as well as mats secured to the wall are exceptions to this statement.

For all indoor activities, walls and stages must not be used as turning points or finish lines. A line or pylon could be designated in advance of the wall or stage.

Foreseeable risks must be identified and precautions taken to minimize risks. For safety precautions when using non-gym areas (e.g., concourses, hallways, classrooms, stages) for gym classes, see Appendix C: Risk Management.

Playing fields must be free from hazards (e.g., holes, glass, excessive water, and rocks). Severely uneven surfaces must be brought to the attention of the principal, students must be made aware of them, and modifications made when necessary. Fields and/or outdoor playing areas must allow for sufficient traction. (In extreme weather, school administrators have the right and safety obligation to close the fields and/or outdoor playing fields to both school-related activity and community use.)

Regarding the opening or closing of gym divider door or curtains:

- Teachers and staff members only are in charge of opening and closing.
- Check that path is clear (no obstructions and /or students in the way).
- Remove key after the door closes.
- Inspect divider door or curtain on a regular basis for anything that would hinder effective operation.

Noise can be a problem in gymnasiums where curtains divide teaching areas. Determine that students are able to hear and follow instructions and signals. Use strategies to enhance communication to students.

A teacher or supervisor who is not familiar with the operations related to divider doors or curtains must seek assistance from appropriate support staff and/or refrain from opening and closing divider doors or curtains until instructional support is received.

Special Rules/Instructions

Class activity must be modified according to the age and ability levels of students and the facility available.

Physical education teachers must be encouraged to stay current with respect to safe exercise techniques.

All class sessions must include appropriate warm-ups and cool-downs.

Skills must be taught in a proper progression. Refer to skill progression resources (e.g., school board's core curriculum documents, commercial resources).

Games and activities must be based on skills that have been taught.

Before involving students in the outdoor activity, teachers must take the following into consideration:

- previous training
- the length of time students will be vigorously active
- the temperature

Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).

Students must receive instruction on the importance of reporting symptoms related to a suspected concussion (see Generic Issues, Concussions).

Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, and tornados) (see Lightning Protocol in Appendix C).

Adequate hydration must be accessible for students.

Modify activities that involve students with special needs to address safety issues for all students. Physical education teachers need to refer to resources designed to maximize safe opportunities for students with physical, intellectual, and behavioural exceptionalities (e.g., *Moving to Inclusion* from PHE Canada, Active Start, Special Olympics Canada).

Many activities address the issue of body contact, stick-on-body, and stick-on-stick contact. In an effort to promote common understanding of the term, this document views contact as an intentional contact with the purpose of gaining an advantage in the specific activity.

Some activities refer to an “in-charge person.” While physical education teachers are in charge and responsible for the overall safety and well-being of persons under their care, sometimes there are other personnel who must be identified as “in charge” related to specific situations (e.g., a pool lifeguard). In activities where an in-charge person is designated, that person must make final decisions regarding the safety of the participants. **While moving, students must not be required to close their eyes or be blindfolded.**

Emphasize controlled movement when requiring students to walk or run backwards. Avoid backward-running races.

Any student with a cast must provide a doctor’s note or parent/guardian signed permission indicating it is safe for the student to participate.

Casts/orthopaedic devices must not present a safety concern to students or other participants. Modifications to the program might have to be made.

Supervision

Definition: Supervision is the vigilant overseeing of an activity for regulation or direction. All facilities, equipment, and activities have inherent risks, but the more effectively they are supervised, the safer they become. (Refer to Facilities section above.)

A supervisor, as referred to below, is defined as a teacher, principal, or vice-principal employed by the school board. A volunteer (not necessarily a teacher) could assist in the supervision of physical education activities. Examples of volunteers are instructional assistants, educational assistants, retired teachers, co-op students, parents/guardians, and student / practice teacher candidates. Refer to the school board (and SIP—Student Insurance Program) policies regarding volunteers. Any and all volunteers **must not** be the sole supervisors of any activity.

Students must be aware that the use of equipment and the gymnasium are prohibited without the appropriate type of supervision. In addition to written or verbal communication, at least one of the following deterrents must be in place:

- Locked doors.
- Signs on doors indicating that students are not to use the gym unless supervisory staff are scheduled and present in the area of the gym (e.g., an adjoining physical education office) in order to see students entering the gym without authorization.

All activities must be supervised. The *Safety Guidelines* designate three categories of supervision: **Constant Visual**, **On-site**, and **In the Area**. The categories are based on the principles of general and specific supervision that take into consideration the risk level of the activity, the participants’ skill level, and the participants’ maturity.

- **Constant visual** or direct supervision means that the teacher is physically present, watching the activity in question. Only one activity requiring constant visual supervision may take place while other activities are going on.
- **On-site** supervision entails teacher presence, but not necessarily constantly viewing one specific activity. Momentary presence in adjoining rooms to the gym is considered part of on-site supervision.
- **In-the-area** supervision means the teacher must be readily accessible and at least one of the following criteria is in place:
 - The teacher is circulating.
 - The exact location of the teacher is known and location is nearby.

- The teacher is visible.

Example: During a track and field session, some students are involved in high jump, some are practising relay passing on the track, while a third group is distance running around the school.

- **Constant visual supervision:** High jump—Teacher is at the high jump area and is observing activity.
- **On-site supervision:** Relay passing—Students are practising on the track and can be seen by the teacher who is with the high jumpers.
- **In-the-area supervision:** Distance running—Students are running around the school and at times may be out of sight.

Physical education teachers must establish routines, rules of acceptable behaviour, and appropriate duties of students at the beginning of the year and reinforce throughout the year. Physical education teachers must sanction students for unsafe play or unacceptable behaviour, and must exercise that responsibility at all times. Refer to Student Responsibilities in Appendix C: Risk Management for more information on student behaviour.

Students must be made aware of the rules of activities or games. Rules must be strictly enforced and modified to suit the age, physical, emotional, social, and intellectual abilities of the participants.

The physical education teacher must be vigilant to prevent one student from pressuring another into trying skills or activities for which one is not ready.

When a student displays hesitation verbally or non-verbally, the physical education teacher must determine the reason(s) for doubt. If the teacher believes that a potential hesitancy during the skill could put the student at risk, the student must be directed toward a more basic skill.

Co-op students or other secondary students must not be the sole supervisor of any activity.

Sports/Activities

Archery

Only the National Archery in the Schools Program (NASP) and protocols are to be used.

Archery is not an appropriate activity for students in grades primary–3. (At grade 4, strength requirement to control a compound bow is set at its minimum weight).

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>All equipment must be inspected on a regular basis and repaired as necessary.</p> <p>Arm guards must be made available to students.</p> <p>Bow length and weight must correspond to the height and strength of the participant.</p> <p>Compound bows must not exceed 20 lb. pull weight.</p>	<p>No jewellery.</p> <p>Appropriate clothing must be worn. No loose-fitting clothing on the upper body.</p> <p>Suitable footwear must be worn (e.g., running shoes, hiking boots). No sandals.</p> <p>Long hair must be tied back.</p>	<p>Determine that all facilities are safe for use.</p> <p>Areas must be free of obstructions and hazards.</p> <p>Must use National Archery in the Schools Program (NASP) protocols for range set-up and safety.</p> <p>For indoor shooting, a properly installed arrow curtain must be used.</p> <p>Access/exit to the facility must be controlled and warning sign posted.</p> <p>For outdoor activity, the shooting area must be well marked and controlled and a properly installed arrow curtain must be used.</p>	<p>Skills must be taught in proper progression (e.g., 11 steps to archery success using string bow).</p> <p>These guidelines must be shared with the activity provider.</p> <p>Establish a “Start” and “Stop” shooting and retrieving system: one whistle blast = shoot; two whistle blasts = get bow; and three whistle blasts = go get arrows, as indicated by NASP.</p> <p>Establish an emergency procedure, including whistle system (5+ whistle blast emergency signal rule as indicated by NASP).</p> <p>Students must receive instruction on</p> <ul style="list-style-type: none"> safety and emergency procedures whistle system 	<p>Constant visual supervision is required during instruction and while running the range.</p> <p>RATIO</p> <ul style="list-style-type: none"> 10 students on the shooting line to 1 teacher/supervisor <p>A teacher/supervisor who is providing instruction is required to have their BAI (Basic Archery Instructor) certification from NASP.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>An equal number of appropriate- sized/length arrows must be given to each participant.</p> <p>Appropriate targets must be used.</p> <p>Target butts must be a minimum of</p> <ul style="list-style-type: none"> 5 cm (2 in.) thick of 0.9 kg (2 lb.) density ethafoam pieces or equivalent 1.2 m × 1.2 m (3 ft. × 3 ft.) in size target face <p>Compound bows are acceptable when target butts are able to stop compound shot arrows.</p> <p>Where compound bows are used, targets must meet the following requirements:</p> <ul style="list-style-type: none"> 30–35 cm (12–14 in.) deep bin/box of rags, plastic bags, stretch wrap, window screening, etc., which is inside the box and packed tightly 5 cm (2 in.) density of 0.9 kg (2 lb.) ethafoam or equivalent on the front 80–120 cm (31–47 in.) target faces 		<p>Archery equipment must be stored in two separate secured areas; arrows in one area, bows in another.</p> <p>Shooting distance must be a minimum of 5 m (20 ft.), maximum of 10 m (33 ft.).</p>	<ul style="list-style-type: none"> shooting techniques care and use of equipment how to remove an arrow from a target butt safely dry fire rule <p>“Shooting” line must be established, appropriate for the skill level of students. Sufficient spacing must be provided for each student on the shooting line.</p> <p>No one is to be in front of the shooting line.</p> <p>All students not involved in shooting must be positioned well behind the shooting line and away from the archers on the line.</p> <p>Students must be instructed that a loaded bow must never be pointed at anyone.</p> <p>Bows must only be loaded on the shooting line, after the signal to shoot has been given.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Where possible, store ethafoam target butts out of direct sunlight.</p> <p>No crossbows.</p> <p>Quivers must be used (e.g., pylon used as a floor quiver).</p>			<p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>If outdoor facility is used, students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>If outdoors, students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Badminton

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Racquets must be inspected regularly for breakage and to determine proper grip.</p> <p>Protective eye gear meeting ASTM F803 standards or equivalent must be worn by all students at all times.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding areas must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>Court boundary lines must be clearly defined.</p> <p>A safety procedure must be established for side-by-side courts.</p> <p>Where facility does not allow for safe play (boundary lines too close to walls), modify rules appropriately.</p>	<p>Skills must be taught in proper progression. Games must be based on skills that are taught.</p> <p>Activities/skills must be modified to the age and ability level of the participants.</p> <p>The code of etiquette for court play must be taught and enforced (e.g., not entering a court being used).</p> <p>When teaching/practising skills, adequate spacing must be allowed for each athlete to be able to make an uninterrupted swing.</p> <p>Players must stop play whenever a foreign object comes onto the court.</p> <p>Encourage front court player to avoid facing partner during a rally.</p>	<p>On-site supervision is required during initial instruction.</p> <p>In-the-area supervision is required after initial instruction.</p> <p>Setting up of equipment requires on-site supervision.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may effect participation (see Introduction).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Ball Hockey / Floor Hockey

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Protective eye gear meeting ASTM F803 standards or equivalent must be worn by all students.</p> <p>Stick blades must be checked regularly to determine the blade is securely and safety attached to the stick.</p> <p>Use only regulation plastic ball hockey, Cosom hockey sticks.</p> <p>Goalies must wear protective mask, pads, and chest protector (e.g., hockey helmet with cage, softball mask). Goalies must wear gloves appropriate to the activity (e.g., ball glove).</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No rings. No watches.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface must be free of all obstacles (e.g., tables, chairs, pianos) and provide sufficient traction.</p> <p>Playing surface must provide good traction.</p> <p>Floor plugs must be in place.</p>	<p>Skills must be taught in proper progression.</p> <p>Games and activities must be based on skills that are taught.</p> <p>Only active players on the floor can have a stick.</p> <p>The following rules must be in place and enforced by penalties:</p> <ul style="list-style-type: none"> ▪ No body contact. ▪ No stick-on-body contact or stick-on-stick contact. ▪ No slapshots. <p>Implement a crease for protection of the goalie, and no other player or player's stick is allowed in the crease.</p> <p>Stick must remain below the waist at all times.</p> <p>Penalties for stick infractions strictly enforced.</p> <p>Goalies must remain in crease area during play.</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Use “soft” ball (e.g., P30, P40, foam ball, yarn ball, plastic or soft rubber puck).</p> <p>Stick blade must be checked for cracks. Stick length must be appropriate to the height of the student.</p>			<p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Baseball/Hardball

Baseball/hardball is not an appropriate activity for Nova Scotia students.

Basketball/Bordenball/Endball/Benchball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
A fully stocked first-aid kit must be readily accessible.	Appropriate clothing and footwear must be worn.	Determine that all facilities are safe for use.	Skills must be taught in proper progression.	On-site supervision is required.
A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.	No jewellery.	Playing surfaces and surrounding areas must be free of all obstacles.	Games and activities must be based on skills that are taught.	Only trained adults are to use motorized hand winches to raise or lower baskets.
Determine that all equipment is safe for use.		It is recommended that protective padding must be used on rectangular backboard lower edges and corners.	Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect their participation (see Introduction).	Trained students under constant supervision may use hand winches.
In situations where student's follow-through could result in contact with a wall and/or stage, protective gym mats or padding must be placed beyond the "key" area.		Playing surface, whether indoor or outdoor, must provide good traction.	If facility does not allow for safe cross-court play (e.g., doors and radiators under baskets, wall close to the baseline, or side baskets attached to walls), modify rules appropriately (e.g., no lay-ups).	
Protective wall mats must extend a minimum of 1.8 m (6 ft.) up the wall from the top of the baseboard (maximum 10 cm (4 in.) from the floor) and be a minimum width of 4.8 m (16 ft.).		Winch for moving backboards up and down must not be located directly under the supporting wall-mounted structure.	Activity/rules must be modified to the skills of the participants.	
Where a stage is close to the baseline, gym mats must be placed over the edge of the stage and extend close to the floor.		When raising or lowering baskets, the trained adult operating the hand or motorized winch must be able to see that the area under the basket is clear.	No hanging from rims on portable basketball systems.	
		Floor sockets must have cover plates.	The base for portable basketball systems must not be on the court.	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Portable basketball systems must be internally weighted to prevent tipping or movement.</p> <p>Set-up and movement of portable basketball systems must be done by a trained adult.</p> <p>The height of an adjustable basket must not present a safety concern.</p>				

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Bowling / Lawn Bowling / Bocce Ball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>Proper shoes must be worn at all times, as provided or approved by the facility.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Public bowling alleys, lawn bowling facility, and fields where school facilities are used, must provide a surface with suitable traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Parents must be 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>Non-active participants must be behind bowler(s) at all times and not in the field of play.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training 	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> the length of time students will be vigorously active the temperature <p>If outdoors, students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Broomball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Broomball sticks (regulation or otherwise) must be appropriate for the size and age of the student. Check for cracks/splinters.</p> <p>Broomball nets, hockey nets, or pylons should be used for to mark the goal area.</p> <p>Foam ball, utility ball, or regulation broomball ball must be used.</p> <p>Goalie and players equipment are required when playing on ice:</p> <ul style="list-style-type: none"> ▪ CSA-approved hockey helmet with full cage ▪ gloves (e.g., broomball, hockey) ▪ shin pads (e.g., broomball, hockey) 	<p>Appropriate clothing and footwear must be worn.</p> <p>Broomball played on fields, blacktop, or on rinks requires player to wear suitable clothing for weather conditions.</p> <p>No skates.</p> <p>For broomball on ice, footwear must provide good traction (e.g., broomball shoes).</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>NON-ICE BROOMBALL “Blacktop” area must not be obstructed (e.g., tetherball poles, tennis standards, or basketball standards).</p> <p>Field must be free from ice patches.</p> <p>ICE BROOMBALL Ice surface must be free from obstacles.</p> <p>Before playing broomball on an outdoor ice surface (e.g., lake, pond), contact local authorities to determine with absolute certainty, that the ice is thick enough to be safe for activity.</p>	<p>Skills must be taught in proper progression.</p> <p>Games and activities must be based on skills that are taught.</p> <p>Players must keep sticks below the waist at all times.</p> <p>Crease must be extended 2 m from the goal line. No other players or their brooms, other than the goalie and the goalie broom, are allowed in the crease.</p> <p>Only non-contact broomball is allowed.</p> <p>Parents must be informed when an activity takes students off school property and the means of transportation used.</p> <p>Activity/rules must be modified to age and ability level of students.</p> <p>Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices)</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> ▪ Jack or Jill protector ▪ elbow pads 			<p>may affect participation (see Introduction).</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Adequate hydration must be accessible.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., frostbite and hypothermia).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Climbing: Ascending Lines

(Portable or permanent installation on school site; permanent installation on commercial site)

Where students climb or ascend single lines suspended from ceiling anchors.

Climbing ascending lines is not an appropriate activity for Nova Scotia students.

See Climbing: Bouldering for more information regarding low-climbing activities.

Climbing: Bouldering/Traversing Walls

(Portable or permanent installation on school site; permanent installation on commercial site)

Where students climb relatively low walls / boulders, unroped, protected by matting.

Note: Climbing Wall Award (CWA) is the preferred certification to govern these activities.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Applicable to all installations:</p> <p>All equipment must be inspected by the teacher prior to activity.</p> <p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be available for all activities/locations.</p> <p>A mat surface must be in place under the bouldering area. Where the height increases and/or the angle of the climb increases in difficulty, the thickness of matting must also increase accordingly.</p>	<p>Applicable to all installations:</p> <p>Clothing and footwear appropriate to the activities and environmental conditions must be worn.</p> <p>It is advisable that climbing-specific shoes be used as sneakers are not suitable for bouldering.</p> <p>No tops with drawstrings. Nothing around the neck (e.g., leather ties, knots).</p> <p>No finger rings. Medic alert bracelet/necklace must be taped. All other jewellery that presents a safety concern must be removed or taped.</p> <p>Long hair must be covered or tied back.</p>	<p>Applicable to all installations:</p> <p>The coordinating teacher must determine that all facilities are safe for use.</p> <p>The area for climbing must be appropriate for ability levels, age, and size of students.</p> <p>All providers must follow the <i>Nova Scotia Building Code Act</i>, and all applicable by-laws and regulations.</p> <p>All climbing equipment must be installed by a qualified professional (e.g., certified CWA instructor / school board / EECD-approved provider).</p> <p>The initial installation of climbing equipment must be inspected by qualified personnel upon completion of the installation and at least</p>	<p>Applicable to all installations:</p> <p><i>Special Rules:</i> Indoor Signs outlining the rules should be posted in the wall area.</p> <p>Bouldering/traversing walls must be securely covered and/or locked and inaccessible when not in use.</p> <p>This activity page must be presented to the activity provider prior to the activity taking place.</p> <p>The activity provider must meet the minimum requirements listed on this page.</p> <p>It is advisable and preferred to have a CWA or comparably trained/experienced teacher oversee the activity.</p>	<p>Applicable to all installations:</p> <p>Teachers must be present for all aspects of the program.</p> <p>A suitable means of transporting an injured student must be accessible.</p> <p>On-site supervision by a qualified instructor is required. This is a CWA-certified instructor or a “teacher who has completed and passed a suitably endorsed program of competence, to be defined as comparable by EECD and SIP.”</p> <p>QUALIFICATIONS APPLICABLE TO ALL INSTALLATIONS</p> <p>Instructors must be trained in, understand, demonstrate, and adhere to a directly relevant skill set for their respective activity.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>General guidelines for mat thicknesses:</p> <ul style="list-style-type: none"> ▪ Cross-link foam 5 cm (2 in.) ▪ Open-cell foam 5 cm (2 in.) ▪ Polyurethane 5 cm (2 in.) ▪ Dual-density 5 cm (2 in.) <p>Mats of equivalent compaction rating as determined by the manufacturer.</p> <p>Adhere to height limitations and flooring protection as outlined by the Climbing Wall Association or a climbing flooring manufacturer. It is recommended to ensure continuous flooring—meaning all seams/gaps are covered to avoid a foot going through the seam, resulting in an injury. Drag mats and portable mats are often a culprit for sprained ankles.</p> <p>Consult with SIP for a list of suggested manufacturer matting that meets this guideline.</p>		<p>once a year thereafter by qualified climbing-inspection personnel CAW and in conjunction with school board engineers.</p> <p>It is preferred to have a CWA-trained teacher or CWA-trained personnel monitor the facility and activity within the facility.</p> <p>This inspection must be documented with a written report. Necessary changes based on deficiencies or degraded equipment changes noted in the report must be addressed and completed within three months of inspection date). Inspections must be correctly documented and records kept with the ensuing principal of the school for school installations.</p> <p>Adhere to the recommended number of climbers per square metre of wall surface and established fall zones.</p> <p>The teacher overseeing the activity should ensure Leave-no-Trace principles are practised, and in outdoor settings, all permissions and</p>	<p>Risks involved with the activities must be communicated to parents/guardians with a signed consent form from a parent/guardian, giving permission for the student to participate.</p> <p>It is recommended that informed consent be obtained according to SIP standards.</p> <p>Completed medical forms for each participating student must be accessible.</p> <p>Where the activity takes students off-campus, parents/guardians must be made aware of the means of transportation used.</p> <p>Prior to the first lesson, coordinating teachers must inform approved-climbing instructors or supporting teachers (with the appropriate training) of students who have special needs.</p> <p>Risks involved with each activity and how to lower the risk of an injury occurring</p>	<p>A relevant skill set is a described set of skills developed by recognized climbing professionals following the CWA standards in practice.</p> <p>All approved instructors (as support in the schools or off-site and an indoor or outside facility) must be at least 18 years of age or older to teach the introductory lesson and/or be an instructor.</p> <p>After initial instruction, an individual (e.g., teacher) who is trained in the skills and safety elements of bouldering can supervise students who are bouldering.</p> <p>QUALIFICATIONS APPLICABLE TO PERMANENT SCHOOL SITES</p> <p>Instructors for permanent school sites must have successfully completed a training session that directly addresses the climbing activities they are teaching.</p> <p>Students who have demonstrated the required instructor skills and who are 16 years of age or older can assist with instruction but must be directly supervised</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
		land-access permits have been obtained to use the bouldering setting.	<p>must be communicated to students.</p> <p>Teachers, instructors, and students must be aware of safety procedures.</p> <p>Skills must be taught in proper progression.</p> <p>Activity and course elements that are introduced must be based on skills that are taught and appropriate for the developmental stage and experience of the students.</p> <p>An introductory lesson must be an integral part of the program for all students.</p> <p>Students must be allowed to select a challenge at their comfort level.</p> <p>Bouldering must take place in areas designated for bouldering only.</p> <p>Adequate hydration must be accessible.</p> <p>Where the activity takes the students outside, students must be aware of ways to protect themselves from UV rays (e.g., use of hat,</p>	<p>by a qualified teacher instructor.</p> <p>FIRST-AID CERTIFICATION At least one instructor must have current first-aid qualifications equivalent to or exceeding Emergency First-Aid certificate (EFA), preferably at a Standard First-Aid certification level. If the location is remote or deemed wilderness, instructors should have Wilderness and Remote Basic or Advanced certification to meet their location. During the school day these would simply be school crisis members.</p> <p>RATIOS APPLICABLE TO ALL INSTALLATIONS</p> <ul style="list-style-type: none"> ▪ 1 instructor to 12 students (Only when the primary instructor is a teacher and in a permanent school installation. All assistants and CWA-certified Instructors should retain a 1:6 ratio.) ▪ Where multiple activities are taking place at the climbing site: <ul style="list-style-type: none"> – the overall instructor-to-student

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>APPLICABLE TO PERMANENT INSTALLATIONS ON SCHOOL SITES</p> <p><i>Grade 6 and below:</i> The hands of the students must not be more than 2.43 m (7 ft. 8 in.) above the ground.</p> <p><i>Grades 7 and 8*:</i> The hands of the students must not be more than 3.5 m (10 ft. 6 in.) above the ground.</p> <p><i>Grades 9 – 12*:</i> The hands of the students must not be more than 3.7 m (12 ft.)</p>	<p>ratio must not exceed 1:12 (grades 7 and 8)</p> <p>– 1:8 (grades 6 and below)</p> <p>All climbing equipment must still be checked by an instructor before a student leaves the ground.</p> <p>The instructor to student/equipment ratios must meet minimum ratios for all activities.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>*The supervising teacher must exercise judgment when considering the height limitation recommended above. Body size is another factor to consider along with age, strength, and flexibility.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may effect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Climbing: Climbing Vertical Wall and Related Activities

(Portable or permanent installation on school site; permanent installation on commercial site)

Vertical wall climbing is not an appropriate activity for Nova Scotia students.

Please see Climbing: Bouldering for more information regarding low-climbing activities.

Climbing: Ropes / Challenge Courses

(Permanent installation on school site; permanent installation on commercial site)

Rope climbing and challenge courses are not appropriate activities for Nova Scotia students.

Please see Climbing: Bouldering for more information regarding low-climbing activities.

Climbing: Zipline / Tyrolean Traverse / Equivalent

(Off-site permanent or portable installation on school site; permanent installation on commercial site)

Ziplining, Tyrolean traversing, and their equivalents are not appropriate activities for Nova Scotia students.

Please see Climbing: Bouldering for more information regarding low climbing activities.

Cricket / Cricket Variations

(e.g., Kanga Cricket / Cricket Wicket / Continuous Cricket)

The official game of cricket is not an appropriate activity for students in grades primary–4.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Use an official kanga ball set or equipment modifications, for example:</p> <ul style="list-style-type: none"> plastic balls or soft balls paddle bats pylons for wicket <p>FOR GRADES 9–12 ONLY Regulation cricket bats, stumps, and balls must be used.</p> <p>Approved cricket pads and gloves must be worn by batters and wicketkeeper.</p> <p>When facing fast bowling, batter must wear an approved cricket helmet.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>Studded cricket shoes must not be worn.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor field must be free from debris and obstructions and provide good footing.</p> <p>Holes and severely uneven surfaces must be brought to the attention of the principal, and students must be made aware of them.</p> <p>For indoor games, the playing surface and surrounding area must be free of all obstacles (e.g., table, chairs, pianos) and provide good traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills taught.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect their participation (see Introduction).</p> <p>Bouncers and bean balls must not be bowled.</p> <p>If outdoors, students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> previous training 	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
A softer ball must be used for indoor cricket drills and games.			<ul style="list-style-type: none"> the length of time students will be vigorously active the temperature <p>A designated area must be established for non-active players at a safe distance behind the batter.</p> <p>The bowler standing behind a designated line must underhand lob or roll the ball (primary/junior) at the batter's wicket.</p> <p>Straight-arm overhand throws could be used at the intermediate level.</p> <p>The wicket keeper must stand a safe distance behind a striker.</p> <p>A student's fitness level must be commensurate with the level of competition.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Adequate hydration must be accessible.	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Curling

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Rocks made under the supervision of school staff must not present a safety concern.</p> <p>Equipment rules mandated by the curling club must be followed.</p> <p>CSA-approved hockey helmets must be worn.</p>	<p>Appropriate clothing and footwear must be worn. Clothing and footwear must be appropriate for cold temperature activity.</p> <p>Curling shoes with a removable gripper on the sliding shoe (or shoes with a removable slider or the sliding shoe taped) must be used.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>A curling rink can be used.</p> <p>An outdoor rink can be used.</p> <p>Before curling on an outdoor surface (e.g., lake, pond), contact local authorities for information to determine with absolute certainty that the ice is thick enough to be safe.</p> <p>The curling surface must be free of obstacles and hazardous cracks.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Teach etiquette and safety rules before going to the curling rink.</p> <p>All curlers must observe the rules of etiquette.</p> <p>Off-ice instruction, including safety rules, must precede on-ice instruction.</p> <p>Students must be instructed not to step over the curling rocks, but to walk around them.</p> <p>Students must be instructed that unless in the action of shooting, curling rocks should never be picked up off the ice.</p> <p>Establish a safe routine to clear rocks from the house.</p> <p>Parents must be informed when curling takes students off school property, and the</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>means of transportation used.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>When using outdoor facilities, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Adequate hydration must be accessible.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., frostbite and hypothermia).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Dancing / Rhythmic Activities

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Electrical equipment must be in good working order and a safe distance from activity.</p> <p>No rhythmic clubs are to be used.</p>	<p>Appropriate clothing and footwear must be worn. Bare feet are permitted.</p> <p>Gymnastic slippers or running shoes must be worn.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding area (e.g., gym or large room) must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>Floor plugs must be in place.</p>	<p>Skills must be taught in proper progression.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect their participation (see Introduction).</p> <p>Instruct students in safe use of equipment (e.g., ribbon sticks).</p> <p>Modify activity to the age and ability level of students (e.g., throws of equipment [ropes, ribbons, hoops, etc.] are to be kept to a low height.)</p>	<p>On-site supervision is required for rhythmic activities.</p> <p>In-the-area supervision is required for dance.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Diving: Springboard or Tower

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Accessibility to standard safety equipment as determined by the Nova Scotia Life Saving Society and the pool regulations of the Canadian Red Cross.</p> <p>Of particular note, the following must be accessible:</p> <ul style="list-style-type: none"> ring buoys reaching poles spinal boards first-aid kit emergency phone 	<p>Appropriate swimming attire.</p> <p>No jewellery.</p> <p>A device must be used to keep hair from obstructing vision (e.g., elastic).</p>	<p>Determine that all facilities are safe for use.</p> <p>Determine that board and adjustable fulcrum are in good working order.</p> <p>Water depths must conform to Canadian Amateur Diving Association (CADA) regulations.</p> <p>Backyard pools must not be used.</p> <p>The springboard must be clean and not slippery.</p> <p>Diving stands must be free of vibrations and bolted soundly.</p> <p>Hinges must be checked and bushings replaced if necessary.</p> <p>The fulcrum must be adjustable and lubricated and must move the entire length of limit range.</p>	<p>Skills must be taught in the proper progression.</p> <p>Games/activities must be based on the skills taught.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students must adhere to the following rules:</p> <ul style="list-style-type: none"> Only one person must use the board at one time. Move towards the edge of the pool after a dive, as established by the instructor. No running or pushing on the deck. Make sure the diving area is clear before proceeding to dive. No diving into the shallow end. No chewing gum. No wearing goggles. No earplugs. No shoes on the deck. 	<p>On-site supervision by the teacher is required.</p> <p>Constant visual supervision by the diving instructor is required for initial instruction of each dive by each diver.</p> <p>DIVING INSTRUCTOR QUALIFICATIONS</p> <p>Instructors must have CADA certification, Level 1, if they are teaching any diving skills beyond a front dive.</p> <p>SUPERVISION RATIO FOR INSTRUCTIONAL SWIM</p> <p>Instructional swim may include organized games, relays, etc., but cannot include an unorganized free swim.</p> <p>There must be a minimum of two certified aquatic instructors on deck or in the pool.</p> <p>Supervision ratio is 2 instructors to 50 students, with both instructors certified as outlined below.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
		<p>The board must be level. The height must conform to 1 m (3 ft.) or 3 m (10 ft.) above the surface of the water (+/- 2 cm [0.75 in.]).</p>	<p>Emergency procedures must be outlined to students.</p> <p>Implement strategies to increase confidence and enhance safety (e.g., wearing a T-shirt when learning new dives, functioning bubble jets).</p> <p>Prior to competing, students must successfully complete the following swim test, administered by a qualified instructor/guard (test is based on Canadian Swim to Survive Standard):</p> <ul style="list-style-type: none"> ▪ Rolling entry (backward or forward) into deep water at 2.8 m (9 ft.) minimum depth. ▪ Swim 50 m (164 ft.) continuously any stroke (no aids or stops). ▪ Tread water for one minute. ▪ Demonstrate help/huddle position. <p>Students who do not pass the above swim test must not dive.</p>	<p>In situations where there are 51–75 students, an additional certified instructor or lifeguard (NLS) is required. The instructor requires the same certification as listed below.</p> <p>SWIM INSTRUCTION QUALIFICATIONS</p> <p><i>Both instructors</i> must hold one of the following current certifications:</p> <ul style="list-style-type: none"> ▪ Canadian Red Cross Water Safety Instructor award ▪ Lifesaving Society Instructor certificate plus an Assistant Lifeguard certificate ▪ YMCA Instructor certificate ▪ National Lifeguard Services Lifeguard certificate (NLS) <p><i>One instructor</i> must also hold current:</p> <ul style="list-style-type: none"> ▪ National Lifeguard Services Lifeguard certificate (NLS) <p>OR</p> <ul style="list-style-type: none"> ▪ Standard First Aid certificate (e.g., Canadian Red Cross, Nova Scotia Lifesaving Society, St.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
				<p>John Ambulance, Canadian Ski Patrol)</p> <p>RATIOS Maximum students per qualified diving instructor 1:12, plus one guard at 1:30.</p> <p>Note: Verified copies of certification must be available in the pool area.</p> <p>SUPERVISION RATIO FOR RECREATIONAL SWIM (Free Swim; No Instruction)</p> <p>Teachers must accompany students to the pool and be on deck or in the pool during the recreational/free swim.</p> <p>During a recreational/free swim, the only acceptable lifeguard certification is NLS.</p> <p>The minimum ratio of lifeguards (NLS certified) to bathers on deck and in the pool is</p> <ul style="list-style-type: none"> ▪ 1–125 bathers, 2 lifeguards (If the teacher is NLS certified, the teacher may act as one of the two lifeguards, and therefore, a third person is not necessary.)

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
				<ul style="list-style-type: none"> 126-250 bathers, 3 lifeguards (If the teacher is NLS certified, the teacher may act as one of the three lifeguards, and therefore, a fourth person is not necessary. <p>Note: A swimmer/bather is considered to be anyone within 1.8 m (6 ft.) from the water's edge.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Dodgeball / Tag Games

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Use soft objects (e.g., foam balls, sponges, beach balls, elephant- skin balls).</p> <p>No underinflated balls (e.g., volleyballs).</p> <p>No beanbags or hard-flying discs (e.g., Frisbees).</p> <p>Equipment must not have hard or sharp edges.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface must be free of all obstacles (e.g., desks, chairs, pianos) and provide sufficient traction.</p> <p>Holes and severely uneven surfaces must be brought to the attention of the principal.</p> <p>All doors in and out of the playing area must be closed.</p> <p>There must be adequate space for all participants.</p> <p>Games that take place over large areas (e.g., survival) require the teacher to set and communicate definite boundary lines.</p> <p>Teachers must do a safety check walk-through in order to identify and remove potential hazards.</p> <p>Immovable hazards (e.g., goalposts) must be identified to students and marked with pylons.</p> <p>Floor plugs must be in place.</p>	<p>Skills must be taught in proper progression. Non-elimination games are recommended to maximize participation.</p> <p>Games must be based on skills taught.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect their participation (see Introduction).</p> <p>DODGEBALL Rules for contact with the ball must be in place (e.g., below the waist).</p> <p>Students who are targets must remain upright.</p> <p>Activities/rules must be modified based on the skill level, age, and facilities/equipment available.</p> <p>Safe zones must be clearly delineated at a safe distance from walls, stages, obstacles.</p>	<p>Constant visual supervision is required for dodgeball games.</p> <p>On-site supervision is required for tag games.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>TAG GAMES In games where participants are permitted to block the player who is attempting the tag (e.g., triangle tag and train tag) the tagging player is not to make intentional contact to move the blockers out of the way or to reach through the blockers to make the tag, but rather move around the blockers in order to make the tag.</p> <p>The blockers are not to intentionally make contact with the tagger with their bodies, arms, or legs, but rather to move in front of the tagger to block access so the tagger has to go around the blocker.</p> <p>Clearly define areas of the body that can be tagged (e.g., arms, legs, back).</p> <p>Inform students that a tag is a touch, not a push, grab, or punch.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Games must be played at a speed that is appropriate for the activity/area chosen (e.g., walk briskly, rather than run, when playing tag games in areas with limited space, such as multi-purpose rooms).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Fencing

Fencing is not an appropriate activity for students in grades primary–8.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Equipment must be checked regularly for defects by students and staff and repaired or replaced as required.</p> <p>Mask, vest, gloves, and foil with rubber tips must be used.</p> <p>See Equipment in the Introduction regarding bringing equipment for use in class.</p> <p>All equipment from home must be transported safely in a case.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>Students must wear long-sleeved shirt or sweatshirt and long pants.</p>	<p>Determine that all facilities are safe for use.</p> <p>Area must be free from obstacles and debris and provide good footing.</p>	<p>Skills must be taught in proper progression.</p> <p>Activity must be based on skills taught.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</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>Adequate hydration must be accessible.</p>	<p>On-site supervision is required for instruction.</p> <p>Constant visual supervision is required when fencing an opponent.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Field Hockey

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Sticks must be checked regularly for cracks.</p> <p>Use indoor soft ball.</p> <p>CSA-approved hockey helmet with cage, and full goalie equipment including throat protector, must be worn by goaltender.</p> <p>Shin guards must be made available to all players.</p> <p>Regulation field hockey sticks for outside use must be used. Indoor field hockey sticks must be used in the gymnasium.</p> <p>Although regulation field hockey sticks are recommended, use equipment suitable to the</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No rings, watches or hanging jewellery.</p> <p>Cleats must not be worn.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface must be checked regularly. It must be clear of debris and provide good footing.</p> <p>Holes and severely uneven surfaces must be brought to the attention of the principal, and students must be made aware of them.</p> <p>Floor plugs must be in place.</p>	<p>Skills must be taught in proper progression.</p> <p>At no time can the stick be brought above waist level.</p> <p>Implement a soccer goal-size crease area for the protection of the goalie.</p> <p>No other player or player's stick is allowed in the crease.</p> <p>Games must be based on skills that are taught.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active 	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
age and ability of students (e.g., Cosom sticks, soft ball).			<ul style="list-style-type: none"> the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Modify the skills and rules to meet the age and ability of students (e.g., no goalie).</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>No other player or player's stick is allowed in the crease.</p> <p>If a regulation ball is used and there is a goalie, equipment as specified must be used.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Fitness Activities

This page applies to aerobics, circuit training, yoga, Pilates, etc., using a variety of equipment (e.g., chinning bar, stability ball, slides, steps, tubing, medicine ball, balance board).

See Safety in Activity Rooms in Appendix C.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>All fitness equipment must be appropriate in size and weight for the student.</p> <p>Free weights are not to be used in grades primary–5.</p> <p>Electrical equipment must be in good working order.</p> <p>Steps and/or slides must be equipped with non-slip tread.</p> <p>Tubing/elastic strips must be appropriate for fitness level</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables and chairs) and provide sufficient traction.</p> <p>To provide free flow of motion, allow adequate space between</p> <ul style="list-style-type: none"> fitness activities and equipment fitness equipment and walls and doors <p>Limit activities on stages to those that are stationary (e.g., tubing, chinning bar, stretching).</p> <p>Fitness room must be locked when unsupervised.</p>	<p>Use proper progression of activities:</p> <ul style="list-style-type: none"> Warm-up Muscle strength/endurance Peak work Cool down <p>Fitness activities must be modified based on the ability level of students, the facilities, and the equipment available.</p> <p>Where fitness activities constitute the main part of the lesson, a proper warm-up and cool-down must be provided.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect their participation (see Introduction).</p>	<p>On-site supervision is required.</p> <p>Any teacher who is unfamiliar with the use of fitness equipment and disciplines (e.g., Pilates and yoga) must</p> <ul style="list-style-type: none"> seek assistance from appropriate support personnel, <p>AND/OR</p> <ul style="list-style-type: none"> refrain from teaching until help is received <p>AND/OR</p> <ul style="list-style-type: none"> acquire Canada Fitness Standard certification or equivalent (e.g., Canfitpro, www.canfitpro.com) <p>Note: Intramural/club situations require teacher supervision.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>of participant (e.g., proper tension and length).</p> <p>Place a utility mat directly below high apparatus (e.g., chinning bar, peg board).</p>			<p>Resistance training for the development of endurance can be done, emphasizing high repetitions and/or low weights.</p> <p>Students should start with no load (resistance). When proper technique is mastered, a light weight can be used with a high number of repetitions.</p> <p>Where fitness equipment is being used, (e.g., treadmills, stationary bicycle, medicine ball, chinning bar, tubing), students must be instructed in and demonstrate competency in the proper use of the equipment before using it independently.</p> <p>A process must be in place where equipment needing repair is identified and removed from use.</p> <p>Stress correct body alignment for injury prevention.</p> <p>Permit students to work at personal levels of intensity (e.g., students who can make responsible decisions related to low-impact to high-impact</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>and low-intensity to high-intensity).</p> <p>A process must be in place to regularly disinfect equipment.</p> <p>There is a minimum of two students in the fitness room at any one time.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Floorball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g. cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>The stick must be approved by the International Floorball Federation (IFF) and marked accordingly with the IFF sticker.</p> <p>Stick length must be appropriate to the height of the student.</p> <p>The blade must not have sharp edges, and its hook must not exceed 30 mm.</p> <p>The ball must be approved by the IFF:</p> <ul style="list-style-type: none"> 72 mm diameter weight 23 g hard plastic 26 evenly distributed holes (e.g., similar to a whiffle ball) 	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and area must be free of all obstacles (e.g., tables, chairs, pianos) and provide sufficient traction.</p> <p>Floor plugs must be in place.</p> <p>Mark the goalkeeper area where no other player may play.</p>	<p>Skills must be taught in proper progression.</p> <p>Games and activities must be based on skills that are taught.</p> <p>The following rules must be in place and enforced by penalties:</p> <ul style="list-style-type: none"> No body contact. No blocking/screening of the opposite player. No stick-on-body contact or stick-on-stick contact. Stick must remain below the waist at all times (including back swing and follow through). Ball is to be played below knee level at all times. <p>Implement a crease for the protection of the goalie. No other player's stick is allowed in the crease.</p> <p>All other International Floorball Federation rules of the game are to be followed.</p> <p>Be aware of students whose medical conditions (e.g. asthma, anaphylaxis, cast, orthopaedic devices)</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Goalkeepers must not use a stick.</p> <p>Goalkeeper's net measures 160 cm high and 115 cm wide.</p> <p>Goalkeeper must wear:</p> <ul style="list-style-type: none"> ▪ IFF-approved/marked face mask ▪ jersey (protective) ▪ long trousers <p>Protective eyewear must be worn.</p> <p>Optional goalkeeper equipment:</p> <ul style="list-style-type: none"> ▪ any kind of protective equipment, but this must not include parts intended to cover the goal ▪ knee pads under the pants ▪ padded pants ▪ helmet and thin gloves 			<p>may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Football: Flag/Touch

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Use footballs appropriate to the size and ability of the group (e.g., smaller football or foam ball).</p> <p>Goalposts must be padded if in the field of play. Padding must be 1.8 m (6 ft.) high.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No cleats to be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing area must be inspected regularly and free from debris and obstructions and well removed from traffic areas.</p> <p>Holes and uneven surfaces must be reported to the principal and students must be made aware of them.</p> <p>The playing surface must provide suitable footing and proper traction.</p> <p>Perimeter of field must be marked (e.g., collapsible flags or soft pylons).</p> <p>Floor plugs must be in place.</p>	<p>No blocking or tackling allowed.</p> <p>Activities/rules must be modified to the age and ability level of the participants.</p> <p>Skills must be taught in proper progression.</p> <p>Games and activities must be based on skills that are taught.</p> <p>Rules of the game must be strictly enforced.</p> <p>Flags are not to be tucked under belt.</p> <p>Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Football: Tackle

Tackle football is not an appropriate activity for Nova Scotia students.

Golf

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use (e.g., grips must be checked regularly and repaired as needed).</p> <p>Plastic whiffle or foam golf balls must be used on school property (except for putting).</p> <p>Regulation golf balls must not be used on school property except for putting.</p> <p>Clubs must be of appropriate length.</p> <p>Fully equipped golf bags must be appropriate in size and weight for students.</p> <p>Golf cages must be in good repair and securely attached to surface.</p>	<p>Appropriate clothing and footwear must be worn. No open-toe shoes.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Adequate space must be provided for full backswing and follow-through.</p> <p>The following facilities can be used:</p> <ul style="list-style-type: none"> ▪ Gym ▪ School property ▪ Golf domes ▪ Putting course ▪ Driving range ▪ Par-3 golf course <p>Regardless of facility, the hitting area must be well marked and controlled.</p>	<p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>When going to a facility off-campus, parents/guardians must be made aware of the means of transportation used.</p> <p>Students must receive instruction on proper golf etiquette and safety. This must include</p> <ul style="list-style-type: none"> ▪ a safe location to stand when someone is hitting ▪ how to enter another fairway safely ▪ when it is safe to hit when the group ahead is on the same hole <p>Skills must be taught in proper progression.</p> <p>Establish a safe routine for hitting and retrieving golf balls at a driving range and on school property.</p> <p>All rules of play pertaining to the driving range and/or mini-putt must be followed.</p>	<p>On-site supervision is required for instruction, practice inside a facility, and when chipping with regulation golf balls.</p> <p>RATIO</p> <ul style="list-style-type: none"> ▪ When playing on a golf course, supervision ratio is one adult to three students (1:3). (Grades primary–4 only) ▪ In-the-area supervision is required following initial instruction. (Grades 5–12 only) <p>Visit: Nova Scotia Golf Association (www.nsga.ns.ca).</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>During instruction, or while waiting to practice hitting or swinging, non-active players' clubs must remain on the ground or in their bag.</p> <p>No chipping out of sand on school property; golf facilities only.</p> <p>Students must have an opportunity to develop skills before playing on a golf course.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Students must be instructed in procedures to follow in extreme weather condition (e.g., lightning).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Gymnastics General Procedures

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>MATS Mats must be placed on all designated landing areas under and around equipment without overlaps or gaps.</p> <p>Regularly check mats for wear and tears.</p> <p>General utility mats are to be used for floor work, tumbling, and landing on feet from a controlled height (student's height at shoulder is maximum jumping height):</p> <ul style="list-style-type: none"> ▪ Cross-link foam 5 cm (2 in.) ▪ Open-cell foam 5 cm (2 in.) ▪ Polyurethane 5 cm (2 in.) ▪ Dual-density foam 5 cm (2 in.) 	<p>Appropriate clothing and footwear must be worn. Snuggly fitting clothes that allow unrestricted movement. Proper running or gym shoes are recommended. No sock feet.</p> <p>No jewellery.</p> <p>Tie back long hair and remove hair clips.</p> <p>Secure eyeglasses. It is recommended for student to not remove eyeglasses so that vision is not impaired.</p>	<p>Determine that all facilities are safe for use.</p> <p>Floor plan must allow enough space around each piece of apparatus for safe movement.</p> <p>Allow for landings at safe distances away from walls and other equipment.</p> <p>Perimeter of the gym must be free from excess equipment, (e.g., tables and chairs).</p>	<p>Teachers must be aware of the physical limitations of students (e.g., epilepsy, weak wrists, etc.).</p> <p>Teachers must create an atmosphere of discipline and control.</p> <p>All skills must be taught in a proper progression, from simple to complex.</p> <p>Observe that students demonstrate control of basic movement before moving to more complicated skills (e.g., rotations on mats before performing on apparatus, and perform landings before working on elevated equipment).</p> <p>When a student displays hesitation, verbally or non-verbally, the teacher must discuss the reason(s) for doubt. If the teacher believes that a potential hesitancy during the move could put the student at risk, the student is to be directed toward a more basic skill.</p>	<p>All elevated inversions require constant visual supervision.</p> <p>Spotting is defined as molding or adjusting to assist with technical positioning of the gymnast or equipment.</p> <p>Spotting is not supporting the weight of the student/gymnast.</p> <p>Spotting is initially the role of the teacher, and may then progress to students who have been trained by the teacher.</p> <p>Responsibilities vary with the age, strength, and experience of the student.</p> <p>Students can provide assistance by keeping approach and landing areas clear, giving verbal cues, and checking the placement of mats and stability of equipment.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> ▪ Mats of equivalent compaction rating as determined by manufacturer <p>Landing surfaces used for elevated inverted skills must be</p> <ul style="list-style-type: none"> ▪ 31–61cm (12–24 in.) thick ▪ solid or cross-linked foam pit or the equivalent <p>The above landing surfaces must not be used as landing surfaces for vaulting or for controlled landings (e.g., landing on feet) off any piece of equipment.</p>			<p>It is advisable that any teacher who is unfamiliar with any gymnastics apparatus, gymnastic skill progressions, or spotting techniques seek assistance from appropriate support staff and/or refrain from using the equipment until help is received.</p> <p>Students must not be forced to perform skills beyond their abilities.</p> <p>Mat work must precede apparatus. Apparatus must be introduced one piece at a time, working toward the development of a circuit.</p> <p>Landing mats must be properly placed for landings, and precautions must be taken to minimize movement of the mat on impact.</p> <p>Every lesson must be preceded by a warm-up.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Gymnastics: Above-Ground Trampoline

Using an above-ground trampoline is not an appropriate activity for Nova Scotia students.

Gymnastics: Beat Board

See Gymnastics General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, intercom, two-way radio) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>General utility mats or a landing mat (minimum 10 cm [4 in.] thick) must be placed to designated landing area (see Gymnastics General Procedures for mat specifications).</p> <p>Beat boards must have carpeted or non-skid top and non-skid feet.</p> <p>No springboards are to be used.</p>	<p>Appropriate clothing and footwear must be worn (e.g., running shoes). Snuggly fitting clothes that allow unrestricted movement. No sock feet.</p> <p>No jewellery.</p> <p>Tie back long hair and remove hair clips.</p> <p>Secure eyeglasses. (It is recommended for students to <u>not</u> remove eyeglasses so that vision is not impaired.).</p>	<p>Determine that all facilities are safe for use.</p> <p>Set up landing areas at safe distances away from walls and other equipment.</p> <p>The floor plan must allow enough space around each piece of apparatus for safe movement.</p> <p>The playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Activities/routines must be based on skills that are taught.</p> <p>Introduce beat board activities in a developmental sequence (e.g., take-offs and landings from beat boards to mat before beat boards to box horses).</p> <p>Combination of beat board and box horse / utility box at the junior and intermediate levels only.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision is required.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Gymnastics: Bench and Chair Activities

Jumping and landing skills can effectively be taught from chairs and benches before using larger equipment.

See Gymnastics General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g. cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Stacking chairs must not have cracks or chipped corners. The seat and back must be secured to the supports.</p> <p>No folding chairs.</p> <p>Benches must not have cracks, chipped corners, or splinters on the top surface.</p> <p>Bench tops must be secured to all supports.</p> <p>Utility mats must be used to designate landing areas when using an inverted bench supported on two chairs:</p>	<p>Appropriate clothing and footwear must be worn. Snuggly fitting clothes that allow unrestricted movement. Proper running or gym shoes are recommended. No sock feet.</p> <p>No jewellery.</p> <p>Tie back long hair and remove hair clips.</p> <p>Secure eyeglasses. (It is recommended for students to not remove eyeglasses so that vision is not impaired.)</p>	<p>Determine that all facilities are safe for use.</p> <p>Determine that there is enough space around chairs/benches for safe movement.</p> <p>Allow for landings at safe distances away from walls and other equipment.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables) and provide sufficient traction.</p>	<p>All skills must be taught in a proper progression from simple to complex.</p> <p>Games/activities must be based on skills that are taught.</p> <p>Observe that a student demonstrates control of basic movement before moving to more complicated skills (e.g., forward jumping with turns).</p> <p>Teach simple forward jumps and bent-knee landings first, before introducing aerial shapes and rotations.</p> <p>Instruct students to jump up from a chair/bench and land close by, so that the chair/bench does not move.</p> <p>Instruct students never to jump from the seat over the back of the chair.</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> ▪ Cross-link foam 5 cm (2 in.) ▪ Open-cell foam 5 cm (2 in.) ▪ Polyurethane 5 cm (2 in.) ▪ Dual-density foam 5 cm (2 in.) ▪ Mats of equivalent compaction rating as determined by manufacturer 			<p>When supporting an inverted bench on two chair seats, be sure the bench ends are well anchored on and through the chair seats.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Gymnastics: Box Horse / Utility Box

See Gymnastics General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>The beat board must not be used with the box horse at the primary level.</p> <p>General utility mats or hardside/softside landing mat (minimum 10 cm [4 in.] thick) hardside up, must be placed to designate landing area.</p> <p>No gap between box horse and landing surface (see Gymnastics General Procedures for mat specifications).</p> <p>Check box horse / utility box for stability (e.g., does not slide on floor, does not come apart).</p>	<p>Appropriate clothing and footwear must be worn. Snuggly fitting clothes that allow unrestricted movement. Proper running or gym shoes are recommended. No sock feet.</p> <p>No jewellery.</p> <p>Tie back long hair and remove hair clips.</p> <p>Secure eyeglasses. It is recommended for student to not remove eyeglasses so that vision is not impaired.</p>	<p>Determine that all facilities are safe for use.</p> <p>Allow for landings at safe distances away from walls and other equipment.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Activities must be based on skills that are taught.</p> <p>No aerial somersaults, neck springs, head springs, or hand springs.</p> <p>The 30–60 cm (12–24 in.) landing mat must not be used for landings off the box horse.</p> <p>Set up box horse at suitable height for students (e.g., below shoulder height) and appropriate to activity.</p> <p>The following are appropriate box horse activities at the for grades primary–4: static balances, landings, and basic vaulting progressions.</p> <p>No jumping from box horse if height of box horse is above student’s shoulder height.</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>See Gymnastics General Procedures for guidelines related to students spotting.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect their participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Gymnastics: Climber

Climber: Self-standing trestles. Wall climber that is attached to, and pulls out from, the wall.

See Gymnastics General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Check clamps and feet of trestles, wall lever, and floor pins of wall climber to determine that climber is secure.</p> <p>Do a daily visual check.</p> <p>General utility mats must be placed on all landing areas (see Gymnastics General Procedures for mat specifications).</p> <p>Mats must not have gaps or overlap.</p>	<p>Appropriate clothing and footwear must be worn. Suitable gym clothing that enables students to feel the climber rungs at the elbows and knees (e.g., shorts, T-shirts, tops of lightweight material). Proper running or gym shoes are recommended. No tights or jeans.</p> <p>No jewellery.</p> <p>Secure eyeglasses. (It is recommended for student to not remove eyeglasses so that vision is not impaired.)</p>	<p>Determine that all facilities are safe for use.</p> <p>Set up landing areas at safe distances away from walls and other equipment.</p> <p>Floor plan must allow enough space around each piece of apparatus for safe movement.</p> <p>Store trestle equipment securely when not in use.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chair, etc.) and provide sufficient traction).</p>	<p>Students must be informed of designated landing areas.</p> <p>Skills must be taught in proper progression (e.g., hanging activities from one rung before hanging and travelling along rungs with hands).</p> <p>Activities/routines must be based on skills that are taught.</p> <p>Organize students on the climber so that there is no overcrowding.</p> <p>Adjust equipment so it is appropriate to the height of the students and the activity being performed.</p> <p>Where a horizontal ladder or bars are at chest height or lower, students may climb on top. When horizontal ladder or bar(s) are at stretch height, only hanging and travelling below are</p>	<p>Constant visual supervision is required for initial instructions on trestles, followed by on-site supervision.</p> <p>Equipment setup and adjustment must be done with teacher direction and supervision.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
Trestle rungs must be an appropriate distance apart for the age and ability of students (e.g., do not have small students climbing on rungs that are far apart).			<p>permitted. (Stretch height is the height from the toes to extended fingers held over the head of most children.)</p> <p>Travelling on top bars at or above stretch height of stretch height bars is not permitted.</p> <p>Students must not jump from anything higher than their own shoulder height onto designated landing mat.</p> <p>Horizontal ladders and bars of trestles must not be approached from the side, as trestles could slide sideways.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect their participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Gymnastics: Climbing Ropes

Gymnastics ropes are ropes suspended from a gymnastics climber or from a ceiling track.

See Gymnastics General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>General utility mats must be placed on all landing areas (see Gymnastics General Procedures for mat specifications).</p> <p>Mats must not have gaps or overlap.</p> <p>Regularly check ropes for fraying. If ropes are severely frayed, do not use (e.g., students get slivers).</p> <p>Stable platform to initiate a swing (e.g., utility box).</p>	<p>Appropriate clothing and footwear must be worn. Snuggly fitting clothes that allow unrestricted movement. Proper running or gym shoes are recommended. No sock feet.</p> <p>No jewellery.</p> <p>Tie back long hair and remove hair clips.</p> <p>Secure eyeglasses. It is recommended for student to not remove eyeglasses so that vision is not impaired.</p>	<p>Determine that all facilities are safe for use.</p> <p>Allow for landings at safe distances away from walls and other equipment.</p> <p>Playing surface and surrounding area must be free of obstacles (e.g., tables, chairs) and provide sufficient traction. This includes room to swing back and forth.</p>	<p>Skills must be taught in proper progression.</p> <p>Introduce rope activities in a developmental sequence (e.g., hanging in a variety of shapes before climbing hand-over-hand).</p> <p>Activities must be based on skills that are taught.</p> <p>Swinging activities must be conducted in a controlled manner (e.g., specify a designated start and finish point).</p> <p>Stress control before height. Teachers must designate a maximum climbing height (e.g., 4 m [13 ft.]). Use tape to mark a line on the rope or wall.</p> <p>No inversions. Hips must never be above the level of the head.</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
If ropes are used for swinging, mats must cover the floor surface below the path of the rope.			<p>No releasing ropes or jumping from heights any higher than student's hop height.</p> <p>See Gymnastics General Procedures for guidelines related to students spotting.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Gymnastics: In-ground Trampoline

Using an in-ground trampoline (where the trampoline is level with the floor) is not an appropriate activity for Nova Scotia students.

See Gymnastics General Procedures.

Gymnastics: Mat Work

See Gymnastics General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>MATS Mats must be placed on all designated landing areas under and around equipment without overlaps or gaps.</p> <p>Regularly check mats for wear and tears.</p> <p>General utility mats to be used for floor work, tumbling and landing on feet from a controlled height (student's height at shoulder is maximum jumping height):</p> <ul style="list-style-type: none"> ▪ Cross-link foam 5 cm (2 in.) ▪ Open-cell foam 5 cm (2 in.) ▪ Polyurethane 5 cm (2 in.) 	<p>Appropriate clothing and footwear must be worn. Snuggly fitting clothes that allow unrestricted movement on the mats. Proper running or gym shoes on mats are recommended. No sock feet on gym floor or mats.</p> <p>No jewellery.</p> <p>Tie back long hair and remove hair clips.</p> <p>Secure eyeglasses. It is recommended for student to not remove eyeglasses so that vision is not impaired.</p>	<p>Determine that all facilities are safe for use.</p> <p>Floor plan must allow enough space around each piece of apparatus for safe movement.</p> <p>Allow for movement landings at safe distances away from walls and other equipment.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Activities/routines must be based on skills that are taught.</p> <p>Students must be instructed not to attempt</p> <ul style="list-style-type: none"> ▪ aerial somersaults ▪ extended dive rolls (e.g., dive rolls for distance, diving over bodies) ▪ front handsprings ▪ back handsprings ▪ back head rolls ▪ headstands <p>Mat work must precede apparatus.</p> <p>Mats must be placed on floor soft-side up.</p> <p>When mats are place end-to-end, they must be securely fastened with Velcro strips.</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> ▪ Dual-density foam 5 cm (2 in.) ▪ Mats of equivalent compaction rating as determined by manufacturer 			Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect their participation (see Introduction).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Gymnastics: Mini-tramp

Using a mini-tramp is not an appropriate activity for Nova Scotia students.

See Gymnastics General Procedures.

Gymnastics: Parallel Bars / High Bar / Still Rings / Pommel Horse / Ropes / Balance Beam / Uneven Parallel Bars / Floor / Table or Flatback Vaulting

See Gymnastics General Procedures page for guidelines related to student spotting.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use. Equipment must be inspected on a regular basis and repaired as necessary.</p> <p>No springboards. Only beat boards to be used for take-offs. Beat boards used to mount the apparatus must be removed immediately after use.</p> <p>No beat boards or mini-tramps in combination with uneven parallel bars, balance beam, etc., for grades primary–8.</p> <p>Box horse must not be used for vaulting.</p>	<p>Appropriate clothing and footwear must be worn (e.g., bare feet, running shoes, or gymnastic slippers). Snuggly fitting clothes that allow unrestricted movement. No sock feet.</p> <p>No jewellery.</p> <p>Tie back long hair and remove hair clips.</p> <p>Secure or remove eyeglasses.</p>	<p>Determine that all facilities are safe for use.</p> <p>Precautions must be taken to minimize the movement of mats on impact.</p> <p>Velcro mats must be attached.</p> <p>Determine that there is sufficient space between each apparatus to allow free movement and also sufficient space to dismount.</p> <p>Equipment must be properly secured to the floor, ceiling, and/or walls.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Activities/routines must be based on skills that are taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students must be instructed on safety related to gymnastics and all associated apparatus prior to using any equipment.</p> <p>No inversions unless instructed by teachers after the student has demonstrated lead-up progression.</p>	<p>On-site supervision is required.</p> <p>Inversions require constant visual supervision (including handspring flatback vaults to stacked mats or a vaulting table plus stacked mats.</p> <p>Constant visual supervision is required when students are attempting difficult moves for the first time on an apparatus.</p> <p>Constant visual supervision is required for initial teaching on still rings. After initial instruction, and provided there will be no inversions, on-site supervision is required.</p> <p>Students must not act as spotters for high-level skills.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Equipment height must be appropriate for students size and skill level (e.g., beams at shoulder height maximum, hanging activities at stretch height maximum, support activities on top of bars at shoulder height).</p> <p>Teachers must do a safety-check for proper set-up prior to student use. Determine that all locking mechanisms are checked prior to use.</p> <p>General utility mats must be placed to designate landing area (see Gymnastics General Procedure for mat specifications).</p> <p>General utility mats are to be used:</p> <ul style="list-style-type: none"> ▪ Cross-link foam 5 cm (2 in.) ▪ Open-cell foam 5 cm (2 in.) ▪ Polyurethane 5 cm (2 in.) ▪ Dual-density foam 5 cm (2 in.) ▪ Mats of equivalent compaction rating as determined by manufacturer 			<p>No inversions unless a 30–60 cm (12–24 in.) landing mat is in place.</p> <p>The following movements are not permitted on the above-mentioned equipment for grades primary–8:</p> <ul style="list-style-type: none"> ▪ Aerial somersaults ▪ Dive roll for distance ▪ Front head springs and handsprings ▪ Back handsprings <p>See Gymnastics General Procedures for guidelines related to students spotting.</p> <p>Students need to be taught how to adjust equipment.</p> <p>Teachers must be aware of the physical limitations and initial skill levels of students.</p> <p>Students must not be forced to perform skills beyond their physical and psychological capabilities.</p>	<p>Constant visual supervision is required for flatback vaulting to mats off vault table.</p> <p>A teacher/supervisor who is providing instruction and is unfamiliar with vault table or flatback vaulting to stacked mats or gymnastics instruction (e.g., no recent experience) must seek assistance from appropriate support staff and/or refrain from using equipment until instructional support is received.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Landing surfaces to be used for elevated inverted skills:</p> <ul style="list-style-type: none"> 30–60 cm (12–24 in.) landing mats of solid or cross-linked foam or equivalent must be used. These must not be used as a landing surface or for controlled landing (e.g., landing on feet) off any piece of equipment. For handspring to flatback vaulting, mats must be stacked, roped together to a minimum height of 105 cm (42 in.) and a maximum of 125 cm (50 in.) using 5 cm increments. The top mat must be hard side up. <p>Landing surfaces for feet first landing (e.g., vaulting, dismounts from a height):</p> <ul style="list-style-type: none"> Hardside/softside landing mat minimum 12 cm (5 in.) with hardside up must be in place for each apparatus. Mats must be situated around/under apparatus as a landing area such that there is no overlap or open spaces. 				

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Gymnastics: Pyramid Building

Standing pyramids is not an appropriate activity for Nova Scotia students.

See Gymnastics General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Regularly check mats for wear and tears.</p> <p>General utility mats to be used for floor work, tumbling and landing on feet from a controlled height (student's height at shoulder is maximum jumping height):</p> <ul style="list-style-type: none"> ▪ Cross-link foam 5 cm (2 in.) ▪ Open-cell foam 5 cm (2 in.) ▪ Polyurethane 5 cm (2 in.) ▪ Dual-density foam 5 cm (2 in.) 	<p>Appropriate clothing and footwear must be worn.</p> <p>Snuggly fitting clothes that allow unrestricted movement on the mats. Proper running or gym shoes are recommended. No sock feet.</p> <p>No jewellery.</p> <p>Tie back long hair and remove hair clips.</p> <p>Secure eyeglasses. It is recommended for student to not remove eyeglasses so that vision is not impaired.</p>	<p>Determine that all facilities are safe for use.</p> <p>Pyramids must be a safe distance away from walls.</p> <p>Do not build pyramids near entrances or exits.</p> <p>Do not build pyramids on or near stages.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>No standing pyramids.</p> <p>Weight-bearing pyramids must not exceed two levels.</p> <p>Pyramid-building skills must be taught in proper progression.</p> <p>Instruction must include how to assemble and how to disassemble.</p> <p>Activities/pyramids must be based on skills that are taught.</p> <p>Weight and size of the participant determines their placement in the pyramid (e.g., larger students are part of the base).</p> <p>Pyramid building must be the only activity in the space.</p>	<p>Constant visual supervision is required during instruction and first attempt. On-site supervision thereafter.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> Mats of equivalent compaction rating as determined by manufacturer <p>Mats must be under pyramid and extend a minimum of 1.5 m (5 ft.) in all directions.</p>			<p>Be aware of students whose medical condition (e.g. asthma, anaphylaxis, casts, orthopaedic devices) may affect their participation (see Introduction).</p> <p>Set maximum number of participants and maximum height depending on size, age, and skill of participants.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Gymnastics: Trampoline

Using a trampoline is not an appropriate activity for Nova Scotia students.

Handball: Wall

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>When playing on an enclosed regulation court, protective eyewear must be worn.</p> <p>Students wearing eyeglasses must also wear appropriate eye protection (e.g., shatterproof lenses).</p> <p>Balls must be appropriate for the ability of the students.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines must be clearly defined.</p> <p>Playing surface and surrounding areas must be free of all obstacles.</p> <p>Playing surface must provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Games/activities must be based on skills taught.</p> <p>When teaching skills and playing, there must be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students must be taught the code of etiquette for court play.</p> <p>No more than two players to a playing area.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision is required during instruction of skills. In-the-area supervision after skills have been taught.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Hockey: Ice/Lead-up Games

(e.g., Shinny)

Hockey is not an appropriate activity for students in grades primary–4.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>STICKS</p> <ul style="list-style-type: none"> Regulation hockey sticks only. Butt end must be covered with tape or a commercially-made butt end. Must be checked for cracks and splinters. <p>SHINNY LEAD-UP GAMES</p> <p>Activity where there is no goalie and the puck (e.g., plastic or foam ball, plastic or soft-rubber puck, or regulation puck) is not to leave the ice surface at any time. Players must wear a CSA-approved hockey helmet</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>Properly-fitting ice hockey skates.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Ice surface must be free from debris and deep ruts.</p> <p>A break-away net is mandatory.</p> <p>Before hockey on an outdoor ice surface (e.g., lake, pond), contact local authorities for information to determine, with absolute certainty, that the ice is thick enough to be safe for activity.</p>	<p>Parents must be aware of any off-site activity and the mode of transportation.</p> <p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>No slap shots.</p> <p>SHINNY</p> <p>No body contact, no stick-on-body contact, or no stick-on-stick contact.</p> <p>ICE HOCKEY</p> <p>No body contact and no stick-on-body contact.</p> <p>Teachers must modify the game to suit the equipment available and the ability of students.</p> <p>All rules must be clearly outlined and enforced.</p> <p>Before involving students in the outdoor activity, teachers</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>with cage, throat protector, gloves, and elbow pads.</p> <p>ICE HOCKEY GAME Activity using a goalie, a regulation puck where the puck will be leaving the ice surface (e.g. lifting), and full hockey equipment is required.</p> <p>Goalies must wear a</p> <ul style="list-style-type: none"> CSA-approved hockey helmet with full face mask throat protector catcher, blocker, and leg pads chest and arm protector cup and pelvic protector <p>Players must wear</p> <ul style="list-style-type: none"> a CSA-approved hockey helmet with full face mask a throat protector shin pads (cracked shin pads must be replaced immediately) pants, shoulder pads, elbow pads, and gloves a cup/pelvic protector 			<p>must take the following into consideration:</p> <ul style="list-style-type: none"> previous training the length of time students will be vigorously active the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Adequate hydration must be accessible.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., frostbite and hypothermia).</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Kin-ball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Large inflated ball (e.g., Earth ball, OMNIKIN ball).</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding area must be free from obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>All access/exit doors must be closed.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect participation (see Introduction).</p> <p>Activities/rules must be modified based on skill level, age, and facilities/equipment available.</p> <p>Rules of Kin-ball must be strictly enforced.</p> <p>Visit: Kin-ball Canada (www.kin-ball.ca)</p> <p>No intentional body-on-body contact with an opposing player.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training 	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> the length of time students will be vigorously active the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Lacrosse: Box/Field

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be available for all activities/ locations.</p> <p>Determine that all equipment is safe for use.</p> <p>Sticks and balls for field lacrosse must be as follows:</p> <ul style="list-style-type: none"> ▪ Metal sticks with moulded heads. ▪ Pockets with mesh, lace, or leather. ▪ Must conform to Canadian Lacrosse Association (CLA) standards. <p>MEN'S AND WOMEN'S FIELD LACROSSE</p> <ul style="list-style-type: none"> ▪ No aggressive checking with either the stick or the body is allowed. ▪ No protective equipment worn by players. ▪ Full protective equipment worn by goalie. 	<p>Appropriate clothing and footwear must be worn (e.g., basketball or court shoes).</p> <p>No metal cleats.</p> <p>No jewellery.</p>	<p>Indoor playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and must provide sufficient traction.</p> <p>Determine that all facilities are safe for use.</p> <p>Holes and severely uneven surfaces must be reported to principal and students must be made aware of them.</p> <p>Perimeter of the field must be marked.</p> <p>Field/outdoor playing areas must allow for sufficient traction.</p>	<p>Parents/guardians must be made aware of any off-campus activity and the means of transportation used.</p> <p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Activities/rules must be modified to age and ability level of participants.</p> <p>Only non-contact lacrosse is to be played.</p> <p>When teaching the skills of throwing and catching, adequate spacing must be allowed for</p> <ul style="list-style-type: none"> ▪ students to make an uninterrupted swing ▪ pairs/groups not to interfere with one another <p>Stress student responsibility regarding individual space.</p>	<p>Constant visual supervision is required during initial practice of skills.</p> <p>On-site supervision is required.</p> <p>The Lacrosse Nova Scotia website offers additional information about the sport of lacrosse. (www.lacrossens.ca)</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Goalie Equipment</p> <ul style="list-style-type: none"> ▪ CSA-approved hockey helmet with full cage ▪ Throat protector ▪ Chest and arm protector ▪ Goalie gloves ▪ Goalie pants ▪ Athletic cup or Jill strap ▪ Leg pants <p>Player Equipment Where stick-on-stick contact is allowed (Senior only).</p> <ul style="list-style-type: none"> ▪ CSA-approved hockey helmet with full cage ▪ Shoulder pads with arm guards ▪ Elbow pads ▪ Gloves ▪ Athletic cup or Jill strap 			<p>A safety zone must be established away from the gym walls or playground fence to prevent contact.</p> <p>A student's fitness level must be commensurate with the level of competition.</p> <p>Be aware of students who medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect participation (see Introduction).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Adequate hydration must be accessible.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Penalties for rule infractions must be strictly enforced.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>GAMES Games with body contact and/or stick-on-body contact are not permitted.</p> <p>For games where no contact is allowed (body contact, stick-on-body contact or stick-on-stick contact) no protective equipment is required for players. If a goalie is used, goalie must wear protective equipment.</p> <p>For games where stick-on-stick contact is permitted, players must wear protective equipment. If a goalie is used, goalie must wear protective equipment.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Lacrosse: Inter (Soft)

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>No protective equipment for Inter (Soft) Lacrosse.</p> <p>Facemask for goaltender.</p> <p>Sticks and balls for Inter (Soft) Lacrosse:</p> <p>Molded plastic sticks and a soft, air-filled ball.</p>	<p>Appropriate clothing and footwear must be worn (e.g., basketball or court shoes).</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Holes and severely uneven surfaces must be reported to the principal, and students must be made aware of them</p> <p>Field/outdoor playing areas must allow for sufficient traction.</p> <p>Indoor playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Only non-contact lacrosse is to be played.</p> <p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Stress student responsibility regarding individual space.</p> <p>Activities/rules must be modified to age and ability level of participants.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect participation (see Introduction).</p> <p>When teaching the skills of throwing and catching, adequate spacing must be allowed for</p> <ul style="list-style-type: none"> ▪ students to make an uninterrupted swing ▪ pairs/groups not to interfere with one another 	<p>On-site supervision is required.</p> <p>The Lacrosse Nova Scotia website offers additional information about lacrosse (www.lacrossens.ca).</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>A safety zone must be established away from the gym wall or playground fence to prevent contact.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Martial Arts: Judo / Aikido / Karate / Tae Kwon Do

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g. cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>ACTIVITY SURFACE Mats (5 cm [2 in.]), wrestling mats, or mats of equivalent compaction rating are required when the activity involves throws or falls (see Gymnastics General Procedures, Mats, for general utility mat specifications).</p> <p>Mat surface must be clean and checked frequently for irregularities (e.g., no gaps, overlaps or difference in height when joined).</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>Loose, comfortable clothing is required. Bare feet are acceptable.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Clear, smooth, level, and dry floor surface.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>Surrounding walls must be padded if mat surface is less than 2 m (6.5 ft.) from the wall.</p>	<p>Skills must be taught in proper progressions (e.g., in Judo; standing up sparring [techi waza rondori] can be practised only after break falls/rolls [ukemi] have been well established).</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Warm-up activities must emphasize conditioning and flexibility.</p> <p>Stress importance of anticipation, avoidance of risky situations, self-defense tactics, and appropriate aggression.</p> <p>In Judo, beginner level programs, arm-lock, or strangulation techniques must not be done.</p> <p>Students must be matched with students of similar weight, height, and skill level.</p>	<p>On-site supervision by a teacher or qualified instructor is required.</p> <p>Qualified instructors must deliver the program.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>During individual or group practice time, no horseplay is allowed.</p> <p>Where activity takes students off-campus, parents/guardians must be made aware of means of transportation used.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education General Procedures

All outdoor education pursuits must be approved by the principal or designate. A school board official must sign a detailed application form for all overnight pursuits.

Approval must include consideration of itinerary, suitability of excursion activities to the curriculum, travel time, safety factors, supervision arrangements, and age appropriateness.

Volunteers must be fully informed, in writing, of their specific roles and responsibilities prior to the activity and submit a completed medical form to the teacher/supervisor, and volunteers acting as supervisors or co-leaders during an outdoor pursuit should have comparable experiences or certification to match the activity.

Refer to School Board Policy related to the maximum number of days allowed for outdoor education pursuits. A teacher must be designated as the supervisor in charge of the pursuit or share the leadership with any contract experts who may be associated with the pursuit.

Parental/guardian consent forms must be on file prior to any student going on all outdoor education related pursuits.

Information on parent/guardian informed consent forms must include itinerary (including dates), routes, locations, contacts, relationship of pursuit activities to the curriculum, supervision arrangements, cost per student, behavioural expectations, inherent risks, and, where applicable, dates of parent/guardian information meetings.

In an emergency situation (e.g., lightning, severe weather, medical emergency) the supervisor in charge of the pursuit must follow school board protocol. If the pursuit takes place at an outdoor education facility and the emergency protocol is more stringent than the school board protocol, then the outdoor education facility protocol must be followed.

For all pursuits requiring transportation, a list of students in each vehicle as well as a list of the drivers and license plate numbers of the vehicles will be left at the school. The list will also accompany the teachers/supervisors on the pursuit. Staff or volunteer drivers must comply with school board requirements for insurance. On all pursuits, a vehicle for emergency purposes must be accessible.

For overnight pursuits, students must provide medical information to the teachers/supervisors, and may be asked for a Health Card number.

An **urban setting** is defined as an on-school site, park setting adjacent to the school site, or in the school community that is Emergency Medical Services accessible within **10 minutes or less**.

A **remote setting** or **field trip** is defined as an off-school site and is approximately 30 minutes from accessing advanced medical care. This may include front country camps, community parks, trails, provincial parks, or recreational areas within the school's geographic boundary.

A **wilderness setting** involves locations that are beyond remote and rural due to the time needed to access advanced medical care. A wilderness setting or field trip is defined as an off-school site, park trails, farmland, woodlots, provincial/national parks, backcountry sites, or community recreational areas. The distinction between **remote** and **wilderness** is that accessing advanced medical care, due to the location of the activity, is challenged because of distance and terrain. When accessing advanced medical care in these areas, the teacher understands that advanced help will most likely arrive **60 plus minutes or longer**.

When participating in pursuits in the following settings listed above, the teacher/supervisor leading the pursuit must have the indicated level of first-aid certification and carry with them the specific first-aid kit to match the location and the specific activity.

etting	First-Aid Certification*	First-Aid Kit (See Appendix C.)
Urban (outside of school)	Standard First Aid	Adventure First-Aid 2.0 Kit
Remote	Wilderness and Remote First Aid	Adventure Medical Back-country First-Aid kit
Wilderness	Advanced Wilderness and Remote First Aid	Adventure Medical Back-country First-Aid kit

* Canadian Red Cross / St. John Ambulance or equivalent to any of the above (recognized by Occupational Health and Safety Guidelines).

There must be a procedure in place to identify any students who may be anaphylactic. Any student so identified must carry at least two epinephrine autoinjectors. One injector must be carried on their person and the second must be with the teacher/supervisor. All excursion teachers/supervisors must be trained in the use of an epinephrine autoinjector.

Teachers/supervisors on outdoor education must have knowledge of any students with medical conditions or dietary needs with medical implications, and any student on medication.

Students on vital medication must bring an extra supply, and this medication must be in a clearly marked container and must be in teacher's/supervisor's possession.

Teachers/supervisors must monitor weather conditions and postpone or modify the pursuit to ensure safety of all individuals.

Teachers/supervisors should strongly consider the use of a personal satellite communication device (i.e., SPOT) when taking students into the remote and/or wilderness settings.

Teachers/supervisors on pursuits must have a list of parent/guardian contact and emergency numbers. Prior to the pursuit, teachers/supervisors must plan how they will access emergency medical care.

Students must be provided with a list of recommended clothing and personal items suitable for the specific activity.

When combining two activities, teachers/supervisors on pursuits must refer to the activity page for each activity.

Supervision

Both male and female chaperones must accompany mixed groups for overnight pursuits.

The supervisor in charge of the pursuit must designate a responsible adult (e.g., teacher, parent, volunteer) to transport/accompany an injured student to the hospital. This must not be the supervisor in charge of the pursuit.

A supervisor is defined as someone who is competent, confident, and has experience leading students on outdoor education-related experiences (i.e., possess a Certificate in Outdoor Education from a certified institution, experience working at a recreational outdoor pursuit camp, or personal life experiences in outdoor pursuits).

For all water-based activity, proper and current certifications are required to support the water-based pursuit.

Outdoor Education: Alpine Skiing / Snowboarding / Snowblading

Alpine skiing, snowboarding, and snowblading are not appropriate activities for students in grades primary–3.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Alpine skiing / snowboarding/ snowblading must only be done at a ski resort.</p> <p>The following must be worn when skiing at a ski resort:</p> <ul style="list-style-type: none"> A properly fitting snow sport helmet designed for skiing/snowboarding/ snowblading. <p>Parents/guardians must be informed of the importance of wearing wrist guards for snowboarding.</p>	<p>Appropriate clothing and footwear must be worn. Clothing must be adequate for winter out-of-doors activity.</p> <p>No long scarves.</p> <p>No hanging jewellery.</p> <p>Long hair must be tied back or tucked in.</p>	<p>Determine that all facilities are safe for use.</p> <p>Only commercially operated ski facilities with suitable teaching areas (gentle slopes) must be used.</p> <p>The area must be patrolled by members of a recognized ski patrol.</p> <p>Define skiing area to the students so they are aware of the boundaries for activity.</p>	<p>Parents/guardians must be informed by letter of the following:</p> <ul style="list-style-type: none"> The activity is taking place off campus. The means of transportation. Details of the activity. The importance of wearing suitable clothing and equipment. <ul style="list-style-type: none"> A suitable skiing/snowboarding /snowblading helmet. Wrist guards for snowboarding. The importance of sun protection. The Alpine Skier's/Snowboarder's Responsibility Code. <p>Review the following with students prior to the trip:</p> <ul style="list-style-type: none"> Selection of proper clothing for the activity and weather of the day (e.g., no jeans). 	<p>In-the-area supervision is required.</p> <p>RATIOS</p> <ul style="list-style-type: none"> 1:12 teacher/student (grades 4 to 9) 1:20 teacher/student (grades 10 to 12) <p>Duties of the supervisors must be clearly outlined, including circulating to all hills/terrains that students are using for skiing/ snowboarding/snowblading and in the clubhouse facility.</p> <p>A vehicle for emergency purposes must be accessible.</p> <p>Designate a supervisor (e.g., teacher or parent) to transport an injured student to hospital. This must not be the supervisor in charge of the trip.</p> <p>It is recommended that the supervisor in charge of the</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Parents/guardians must be informed of the importance of an annual equipment inspection by a knowledgeable equipment technician.</p> <p>All bindings must be in working order and set to the proper tension.</p> <p>All bindings must meet with current approved guidelines.</p> <p>Boots and bindings must be thoroughly compatible.</p> <p>When renting equipment, boards, skis, and poles of the proper length must be selected for each student. The edges and bases must be in good repair.</p> <p>If equipment is borrowed, bindings must be inspected and adjusted by a knowledgeable equipment technician on site.</p>			<ul style="list-style-type: none"> ▪ The importance of rest/breaks during the day and not getting overtired. ▪ How to recognize and treat frostbite and hypothermia. ▪ No hot-dogging or jumping activities. ▪ No inversions (hips must be below head level at all times). ▪ Alpine Skier's/Snowboarders Responsibility Code. ▪ Lift use guidelines. <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation.</p> <p>Adequate hydration must be accessible.</p> <p>All students must be tested and grouped appropriately as determined by a qualified skiing/snowboarding/snowblading instructor.</p> <p>All students must participate in a formal lesson.</p>	<p>trip has current Standard First-Aid certification.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>All skills must be taught in proper progression, based on observed skill levels.</p> <p>Activities/games must be based on the skills that are taught.</p> <p>Students must be taught the importance of controlled skiing/snowboarding/snowblading at all times.</p> <p>Students must ski/snowboard/snowblade in areas identified as appropriate by the qualified instructor.</p> <p>Freestyle terrain is not recommended for students in Nova Scotia (e.g., jumps, hits, ramps, embankments, fun boxes, jibs, rails, half-pipes, quarter-pipes, snow cross, freestyle bump terrain, and other constructed or natural terrain features).</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature (“Canada’s Wind Chill Index” guidelines from Environment Canada can assist skiers/snowboarders in determining appropriate clothing for a comfortable outdoor snow sport activity. (www.ec.gc.ca/meteo-weather/default.asp?lang=En&n=5FBF816A-1)) <p>Instruct participants to keep a safe distance from each other (e.g., 2–3 m) to prevent interference/tripping one another.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Boardsailing

Boardsailing is not recommended for grades primary–4.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be available for all activities/locations.</p> <p>Determine that all equipment is safe for use.</p> <p>Motorized rescue craft must be operational during each session.</p>	<p>Appropriate footwear and clothing must be worn.</p> <p>Appropriate swimwear must be worn.</p> <p>Correctly fitting, properly fastened, and Canadian-approved PFD/life jacket with whistle.</p> <p>Wet suits as required.</p>	<p>Determine that all facilities are safe to use.</p> <p>Water temperature is above 15°C (59°F).</p> <p>Water area must be open with no visual obstructions to supervisors.</p>	<p>Skills must be taught in proper progression.</p> <p>Activities must be based on skills taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Prior to boardsailing, students must successfully complete the following swim test (based on Canadian Swim to Survive Standard), administered by a qualified instructor/guard:</p> <ul style="list-style-type: none"> Rolling entry (backward or forward) into deep water at 2.75 m (9 ft.) minimum depth.) Swim 50 m (165 ft.) continuously any stroke while fully clothed (no aids or stops). Tread water for 1 minute. 	<p>RATIO</p> <ul style="list-style-type: none"> 1:20 teacher/students in partners with a maximum of 10 on the boards at once. <p>A qualified lifeguard must be on site at all times.</p> <p>On-site supervision is required by the teacher.</p> <p>The supervisor must have Standard First Aid. At least one supporting supervisor must have Emergency First-Aid certification, if in an urban environment. If the location is remote or is considered wilderness due to time and distance in accessing emergency medical assistance, the supervisor must have a Wilderness and Remote First Aid (Basic or Advanced) certification and the supporting supervisor must have Standard First Aid certificate.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students who do not pass the above swim test must not boardsail.</p> <p>Students must be familiar with emergency procedures and self-rescue skills related to facility.</p> <p>Appropriate attention must be given to wind, height of waves, and weather conditions.</p> <p>Students must be in buddy pairs for instruction and to assist in monitoring their buddy and their position.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Adequate hydration must be accessible.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Camping (no canoeing)

An extended overnight camping experience in an outdoor environment where students may be doing their own food preparation.

Grade primary—4: Dorm only (tents on school site); Grades 5–12: Dorm or tents (on-/off-school site)

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Determine that all equipment is safe for use.</p> <p>A fully stocked off-site (backcountry) first-aid kit and completed participant medical form must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be available for all activities/locations. SPOT is highly recommended.</p> <p>All personal, group, and safety equipment must be collected and checked out before the excursion.</p> <p>Compass or GPS and maps of the area are required.</p>	<p>Clothing and footwear appropriate to the activities and environmental conditions must be worn. No open-toed or Croc-type footwear (e.g., sandals).</p> <p>Suitable layers and change of clothing for one to two days longer than the number of days of excursion must be taken. Rain gear, top with hood, and bottom should be taken.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Supervisor in charge of the excursion must check with local authorities to determine the level of potential hazards (e.g., bears, forest fires).</p> <p>Facilities and routes must be commensurate with age and abilities of the group.</p> <p>Grades 1–4 must use dorm facilities only.</p> <p>Washroom facilities must be within walking distance.</p>	<p>This activity page must be presented to the activity provider prior to the activity taking place.</p> <p>The activity provider must meet the minimum requirements listed on this page.</p> <p>Risks involved with the activities must be communicated to the parents/ guardians with a signed response form from the parents/guardians, giving permission for student to participate.</p> <p>Where the activity takes students off-campus, parents/guardians must be made aware of means of transportation used.</p>	<p>On-site supervision is required.</p> <p>RATIO Ratio of supervisor to students:</p> <ul style="list-style-type: none"> 1:6 supervisor/students (Grades primary–4) 1:8 supervisor/students (Grades 5–9) 1:12 supervisor/students (Grades 10–12) <p>A vehicle for emergency purposes must be accessible at base camp.</p> <p>The supervisor in charge of the excursion must designate a responsible adult (e.g., teacher, parent, volunteer) to transport/ accompany an injured student to the hospital. This must not be the supervisor in charge of the excursion.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>If cooking on stoves, use propane or liquid gas-type stoves (1 per 8 students). It is highly recommended that alcohol-based stoves are used.</p> <p>A shovel/trowel and a flashlight must be on site.</p> <p>An adequate supply of nutritious food that does not require preparation or refrigeration. (Consult school board or public health nutritionist.)</p> <p>An adequate supply of safe water and a water treatment system must be taken.</p> <p>Waterproof matches and/or matches or fire-starting strikers in a waterproof container must be taken.</p>			<p>Completed medical forms for each participating student must be accessible at the school with designated back up person.</p> <p>Skills must be taught in proper progression.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> previous training the length of time students will be vigorously active the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	<p>If using tents, at least one of the leaders must have tent camping experience.</p> <p>Intermediate students may not fill and/or light camp stoves without-supervision.</p> <p>FIRST-AID CERTIFICATION At least one supervisor must have current first-aid certification, which may be</p> <ul style="list-style-type: none"> Canadian Red Cross Wilderness and Remote First Aid Basic or Advanced or equivalent to any of the above to meet the time and distance considerations in accessing advanced medical care. <p>It is also recommended that at least one other supervisor has a minimum of Standard First Aid training or higher.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must be made aware of expectations as they relate to</p> <ul style="list-style-type: none"> ▪ behaviour ▪ emergency procedures ▪ a signal to assemble ▪ boundaries for the activity ▪ the risk-management policy <p>Teacher/supervisors must use the buddy system to keep track of students.</p> <p>A process for the accounting of students must be in place.</p> <p>Program must be planned in detail with contingency plans for inclement weather.</p> <p>A complete excursion itinerary must be left at the school.</p> <p>Program activities must be appropriate for both the age and skill level of the participants.</p> <p>All food items, gum, and toiletries must be removed from tents at night and kept in bear-proof containers or cars or hung in trees.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must not use axes, saws, or camping knives.</p> <p>No open flame or heaters of any sort in or near tents.</p> <p>No food in the tents.</p> <p>No bare feet in the campsite area.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect students' participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Canoe Tripping

Canoe tripping is not an acceptable activity for students in grades primary–8.

Moving-water canoeing, beyond Class II, and moving-water kayaking are not appropriate activities for Nova Scotia students.

No moving-water canoe tripping should be attempted with school groups that are on rivers or streams that have a Class II and beyond in the rapid classification.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Determine that all equipment is safe for use.</p> <p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way, intercom) must be available for all activities/locations.</p> <p>It is highly recommended that a SPOT is registered for remote and wilderness trips.</p> <p>There must be three paddles per canoe.</p> <p>Paddles and canoes must be checked for cracks, splinters, and leaks.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No hanging jewellery.</p> <p>Appropriate clothing layers.</p> <p>Dry change of clothing kept in a watertight bag/container.</p> <p>Rain gear must be taken.</p>	<p>Determine that all facilities and planned route are safe for use.</p> <p>Supervisors must not plan an excursion through white water.</p> <p>The canoe route must be appropriate to the age and ability of students.</p>	<p>See Outdoor Education: Camping.</p> <p>When applicable, this activity page must be presented to the activity provider prior to the activity taking place.</p> <p>The activity provider must meet the minimum requirements listed on this page.</p> <p>Risks involved with the activities must be communicated to parents/guardians with a signed response form from the parents/guardians, giving permission for the student to participate.</p>	<p>Supervisors must have a minimum of Paddle Canada Canoe Tripping certification and be able to demonstrate competencies in water safety, canoeing skills, and related areas as required for students.</p> <p>At least one supervisor must have experience with</p> <ul style="list-style-type: none"> ▪ bug season ▪ cold water hazards, wind wave dynamics, rapids (recognize inherent danger and ways to avoid) ▪ cooking over an open fire without a grate ▪ camp craft ▪ waterproofing methods during wet weather

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>One buoyant heaving line of not less than 15 m (e.g., throw bag) per canoe is required.</p> <p>All canoes are properly fitted with painters.</p> <p>One bailer (bailer must be at least 750 mL [9 oz.] with an opening of 65 cm² [4 in.²] and constructed of plastic and/or metal) per canoe must be supplied.</p> <p>A repair kit must be on board.</p> <p>Appropriate canoe tripping packs must be taken.</p> <p>Each canoe must have one waterproof flashlight.</p> <p>The group must have a water purification method.</p> <p>Waterproof matches and/or matches in a waterproof container are required.</p> <p>Correctly fitting and Transport Canada-approved PFD, with whistle attached, must be worn and properly fastened at all times while on the water.</p>			<p>Where the activity takes students off-campus, parents/guardians must be made aware of means of transportation used.</p> <p>An excursion itinerary must be completed and filed with an appropriate school official.</p> <p>Skills must be taught in the proper progression.</p> <p>Activities must be based on skills taught.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature 	<p>At least one supervisor must have general knowledge of the area.</p> <p>INSTRUCTOR QUALIFICATIONS At least one supervisor must have Paddle Canada Canoe Tripping certification or equivalent.</p> <p>RATIOS If the group is divided into two excursions, then two supervisors must have the proper certifications. The supporting supervisors should have comparable experiences and competency in canoe tripping.</p> <p>Teacher/supervisor to student ratio is 1:10 for overnight tripping, as per Paddle Canada ratios. However, it is highly recommended that two adult supervisors are leading the excursions in remote and wilderness settings.</p> <p>For all overnight excursions, two adult supervisors are required as a basic minimum.</p> <p>Where males and females participate on an excursion, both male and female</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
Appropriate maps and compass are required. A GPS is to be used as a back-up only.			<p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>WATER SAFETY Correctly fitting and Transport Canada-approved PFDs / life jackets, with whistle attached, must be worn and properly fastened at all times while on the water as per Paddle Canada regulations.</p> <p>CANOEING SKILLS As a prerequisite for open-water canoeing, the student must demonstrate basic competence to a canoe instructor in</p> <ul style="list-style-type: none"> ▪ lifts, carries, and portaging ▪ launching a canoe ▪ proper entry/exit from a canoe ▪ self-rescues into dry and/or swamped canoes ▪ canoe-over-canoe rescue procedures ▪ positioning of paddlers <p>Manoeuvres to be completed as follows:</p>	<p>teachers/supervisors are required.</p> <p>FIRST-AID CERTIFICATION At least one supervisor must have current first-aid certification, which may be</p> <ul style="list-style-type: none"> ▪ Canadian Red Cross Wilderness First Aid Basic or Advanced ▪ Wilderness and Remote First Aid equivalent <p>When taking students to remote areas 30 minutes and beyond advanced medical care, the first-aid designation should be remote Wilderness and Remote First Aid Basic, and wilderness is Wilderness and Remote First Aid Advanced.</p> <p>Note: It is recommended that at least one other supervisor has Standard First Aid training or higher.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> ▪ Paddling forward in a straight line ▪ Sideslip ▪ Pivot 360° in both directions ▪ Paddle a circle, clockwise direction, 10 metre radius, without switching paddling sides; paddle counter-clockwise direction, 10 metre radius ▪ Stop ▪ Landings (shore and dock) <p>Strokes to be completed as follows:</p> <ul style="list-style-type: none"> ▪ Forward and reverse stroke ▪ J-stroke/rudder, stern draw and stern pry strokes ▪ Sweep stroke ▪ Draw and pry strokes <p>These manoeuvres must be done in a pool, shallow water, or sheltered bay.</p> <p>The person in the stern must demonstrate competence in the use of the j-stroke.</p> <p>Students must be instructed on how to handle unexpected wind and wave conditions.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>RELATED AREAS</p> <p>Students must be familiar with</p> <ul style="list-style-type: none"> ▪ basic first-aid and hypothermia ▪ suitable clothing ▪ canoeing equipment and repairs ▪ camping skills and safety ▪ environmental concerns ▪ use of a compass ▪ map reading <p>An emergency action plan must be developed and communicated to all involved with the excursion.</p> <p>A systematic pattern for group travel and communication must be established.</p> <p>The supervisor in charge must postpone the excursion if there is any indication of inclement weather or cold water conditions severe enough to put students' safety at risk.</p> <p>If storm weather suddenly approaches, seek appropriate shelter immediately.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Daylight canoeing only, except under emergency situations.</p> <p>Note: Navigation lights are required if operating at night or in restricted visibility (e.g., waterproof flashlight).</p> <p>Canoe instructors must be aware of water conditions (e.g., currents and undertows).</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect students participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Canoeing

Pools, Lake-Water Canoeing, Base-Camp Canoeing

Canoeing is not an acceptable activity for students in grades primary–4.

Moving-water canoeing up to Class II is appropriate, but moving-water kayaking and moving-water rafting are not appropriate activities for Nova Scotia students.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Determine that all equipment is safe for use.</p> <p>A fully stocked off-site (Back Country) first-aid kit and completed participant medical form must be readily accessible.</p> <p>A working communication device (e.g., cell phone and two-way radio system) must be available for all activities/locations.</p> <p>No aluminium canoes are to be used in pools.</p> <p>Paddles and canoes must be checked for cracks, splinters and leaks. There must be one paddle per person plus one extra paddle per canoe.</p>	<p>Clothing and footwear appropriate to the activities and environmental conditions must be worn.</p> <p>Footwear must be worn at all times, both in and out of the canoe.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Water conditions must be appropriate for the skill level of the group.</p>	<p>This activity page must be presented to the activity provider prior to the activity taking place.</p> <p>The activity provider must meet the minimum requirements listed on this page.</p> <p>Risks involved with the activities must be communicated to parents/guardians with a signed response form from the parents/guardians, giving permission for the student to participate.</p> <p>Where the activity takes students off campus, parents/guardians must be made aware of the means of transportation used.</p>	<p>On-site supervision is required by the instructor when students are canoeing.</p> <p>A vehicle for emergency purposes must be accessible.</p> <p>The supervisor in charge of the excursion must designate a responsible adult (teacher, parent, volunteer) to transport/ accompany an injured student to the hospital. This must not be the supervisor in charge of the excursion.</p> <p>Supporting supervisors should have comparable competencies to meet the canoeing expectations for a Waterfront program.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>One buoyant heaving line of not less than 15 m (45 ft.) (e.g., throw rope rescue bag) per canoe is required.</p> <p>One bailer (bailer must be at least 750 mL with an opening of 65 cm² and constructed of plastic and/or metal) per canoe.</p> <p>There must be one waterproof flashlight per canoe.</p> <p>Correct fitting and Transport Canada-approved PFD with whistle attached, must be worn and properly secured at all times while on the water.</p>			<p>Completed medical forms for each participating student must be accessible at the school with a designated back-up person.</p> <p>Skills must be taught in proper progression.</p> <p>Activities must be based on skills taught.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g. lightning, funnel clouds, severe winds, tornadoes).</p>	<p>INSTRUCTOR QUALIFICATIONS Instructor must possess Paddle Canada Waterfront Canoe Instructor certificate or the equivalent.</p> <p>CANOE RATIOS</p> <ul style="list-style-type: none"> ▪ 1:10 supervisor/students <p>At least one supervisor must be a certified Waterfront Canoe Instructor with Paddle Canada or equivalent.</p> <p>FIRST-AID CERTIFICATION At least one supervisor must have current first-aid certification, which may be</p> <ul style="list-style-type: none"> ▪ NLS lifeguard certificate <p>OR</p> <ul style="list-style-type: none"> ▪ Canadian Red Cross Wilderness and Remote First Aid Basic or Advanced to meet the time distance limits to accessing advanced medical care <p>Note: It is also recommended that at least one other supervisor has Standard First Aid training or higher.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>WATER SAFETY Correct fitting and Transport Canada-approved PFD, with whistle attached, must be worn and properly secured at all times while on the water as per Paddle Canada regulations.</p> <p>Overview of Waterfront Tandem Program Safety and Rescue, Theory:</p> <ul style="list-style-type: none"> ▪ TC Regulations ▪ Designated Paddling Area ▪ Cold Water Concerns and Hypothermia ▪ Environmental Hazards ▪ Emergency Procedures for the Camp ▪ Rescue Procedures ▪ Expanding One's Skills ▪ Buddy System ▪ PC PFD Policy: Always Wear It! <p>Safety and Rescue, Practical:</p> <ul style="list-style-type: none"> ▪ Warm Up to Reduce Paddling Injuries ▪ PFD Selection ▪ Canoe Carries ▪ Body Mass Centred in Canoe ▪ How to Sit or Kneel ▪ Basic Whistle Signals 	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Paddling Skills, General:</p> <ul style="list-style-type: none"> ▪ Enter and Exit Canoe (shore or dock) ▪ Balance 3-Point Contact ▪ Paddling Positions ▪ How to Hold a Paddle ▪ Co-ordinating Switching Sides <p>Paddling Skills, Strokes:</p> <ul style="list-style-type: none"> ▪ Forward ▪ Reverse ▪ Check (stop) ▪ Draw ▪ Push Away ▪ J or Rudder <p>Paddling Skills, Manoeuvres:</p> <ul style="list-style-type: none"> ▪ Forward Paddling ▪ Spinning the Canoe ▪ Stopping <p>Knowledge</p> <ul style="list-style-type: none"> ▪ Canoe and Paddle Parts ▪ Paddling in a Group ▪ Course Limitations ▪ Additional Courses ▪ Canoeing Resources and Local Paddling Clubs or Groups <p>This Waterfront program introduces the beginner to paddling with a partner in calm waters in a designated area (approximately 80 × 100 m). The skills and</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>knowledge gained at this level form the foundation necessary for confident and safe travel within small and calm environments.</p> <p>Supervisors must be aware of weather forecast, especially wind conditions. Canoeing must be cancelled in adverse conditions.</p> <p>If stormy weather suddenly approaches, seek appropriate shelter immediately.</p> <p>Daylight canoeing only, except under emergency situations.</p> <p>Note: Navigation lights are required if operating at night or in restricted visibility (e.g., waterproof flashlight).</p> <p>Canoe instructors must be aware of water conditions (e.g., currents and undertows).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Canoeing Moving Water

Class I and Class II River Classifications Only

Class I: *Easy*. Fast-moving water with riffles and small waves. There are few obstructions and all are obvious and easily missed with some training. Risk to swimmers is slight; self-rescue is easy.

Class II: *Novice*. Straightforward rapids with wide, clear channels that are evident without scouting. Occasional manoeuvring may be required, but rocks and medium-sized waves are easily missed by trained paddlers. Swimmers are seldom at risk of injury and group assistance, while helpful, is seldom needed.

In both of the above classes there is no evidence of rapids with moderate, irregular waves, large waves or strainers, strong eddies, or powerful currents. (Reference: International Scale of River Difficulty)

If canoeing moving water is part of a canoe-tripping experience, also see the Canoe Tripping activity page, especially the Special Rules/Instructions and Supervision columns.

If canoeing moving water is part of a base-camp experience or is a day-specific activity, also see the Canoeing activity page, especially the Supervision column.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
A fully stocked first-aid kit must be readily accessible.	Appropriate clothing and footwear must be worn.	Determine that all facilities are safe for use.	Skills must be taught in proper progression.	On-site supervision is required.
A working communication device (e.g., cell phone) must be accessible.	Wetsuits or dry suits as required.	River difficulty must be read and classified by a qualified instructor on the day of the activity.	Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).	INSTRUCTOR QUALIFICATIONS Paddle Canada Moving Water certification and Swift Water Rescue Technician or equivalent to either of the above.
Determine that all equipment is safe for use.	Correctly fitting, properly fastened, and Canadian-approved PFDs/lifejackets, with whistle attached must be worn.	Moving water must be determined to be a Class I or Class II.		

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Durable, resilient canoes must be used.</p> <p>Canoes must be equipped with</p> <ul style="list-style-type: none"> ▪ paddles (one per person) ▪ flotation device <p>White-water helmets must be worn (e.g., Pro-Tec, Shred Ready, Wildwater).</p> <p>Equipment must meet Transport Canada Small Vessel Regulations (www.tc.gc.ca/eng/marinesafety/debs-obs-menu-1362.htm).</p> <p>Wrap kit with bailer must include</p> <ul style="list-style-type: none"> ▪ two carabiners ▪ two 18-inch Prusik loops ▪ 23 m (75 ft.) static spectra rope ▪ 23 m (75 ft.) of $\frac{3}{8}$ in. floating rope <p>Paddles and canoes must be checked for cracks, splinters, and leaks.</p>	<p>No jewellery.</p>		<p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Parents/guardians must be informed by letter of their child's involvement in canoeing moving water and be made aware of the importance of suitable clothing and equipment.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Prior to canoeing, students must successfully complete the following swim test in its</p>	<p>At least one supervisor must be a qualified instructor.</p> <p>Supervisor to student ratio should adhere to Paddle Canada suggested ratios.</p> <p>For all overnight trips, two staff/adult supervisors are required as a basic minimum.</p> <p>At least one supervisor must have detailed knowledge of the area.</p> <p>SWIM TEST RATIO</p> <ul style="list-style-type: none"> ▪ 2:50 instructors/students plus 1 qualified lifeguard <p>FIRST-AID CERTIFICATION</p> <p>At least one supervisor must have current first-aid certification, which may be</p> <ul style="list-style-type: none"> • Canadian Red Cross Wilderness and Remote First Aid Basic or Advanced or an equivalent to any of the above to meet the time/distance considerations in accessing advanced medical care <p>It is also recommended that at least one other supervisor have minimum of Standard</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>entirety, administered by a qualified instructor/guard (test is based on Canadian Swim to Survive Standard):</p> <ul style="list-style-type: none"> Rolling entry (backward or forward) into deep water at 2.75 m (9 ft.) minimum depth. Swim 50 m (150 ft.) continuously, any stroke (no aids or stops). Tread water for one minute. <p>Students who do not pass the above swim test must not canoe.</p> <p>Supervisor must be aware of swim test results.</p> <p>Prior to students' participation in a moving-water canoeing experience, a prerequisite test must occur in a pool, shallow water, or sheltered bay where students must demonstrate basic competence to a canoe instructor as outlined in the following:</p> <ul style="list-style-type: none"> Proper entry/exit from canoe Self-rescues into dry and/or swamped canoes Canoe-over-canoe rescue procedures 	<p>First Aid training or higher (i.e., NLS).</p> <p>A vehicle for emergency purposes must be accessible.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> ▪ Synchronized strokes ▪ Positioning of paddlers ▪ Packing the canoe <p>Manoeuvres using the following basic strokes:</p> <ul style="list-style-type: none"> ▪ Forward and reverse strokes ▪ J-stroke, stern draw, and pry strokes ▪ Draw and pry strokes ▪ Cross-bow draw stroke <p>Prior to students' participation in a moving-water canoe experience, they must demonstrate competence in the following water safety and canoe skills to the qualified instructor:</p> <p>WATER SAFETY</p> <ul style="list-style-type: none"> ▪ Swimming in currents wearing a PFD / life jacket ▪ Retrieving a swamped canoe ▪ Self-rescue ▪ Line toss and rescue ▪ Communication in an emergency situation ▪ River reading (e.g., downstream V, curling waves, hydraulics, standing waves, eddies, pillows, sweepers, and strainers) ▪ River difficulty analysis 	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			CANOE SKILLS <ul style="list-style-type: none"> ▪ Landing ▪ Eddy out ▪ Peel out ▪ S-turn ▪ Front ferry ▪ Back ferry ▪ Portaging, lifts, and carries ▪ Paddling forward in a straight line ▪ Sideslip ▪ Pivots 360° in both directions ▪ Circles 10 m radius in both directions ▪ Stop 	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Cross-Country Running / Orienteering

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Map, working compasses, control markers, and punches must be accessible.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No bare feet. No spikes/cleats of any kind.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Prior to initial use of cross-country route or orienteering course, teachers must do a safety check “walk through” in order to identify potential hazards.</p> <p>If the cross-country route or orienteering course is on grass and/or in a wooded area, teachers/instructors must do a safety check “walk through” after a substantial rainfall and/or windstorm, in order to identify potential hazards.</p> <p>Teachers must familiarize students with the route or course before running the route (e.g., notice of areas to approach with caution).</p> <p>If the route is using sidewalks around the school, determine that students are not crossing busy intersections unless directly supervised.</p>	<p>BRIEFING THE PARTICIPANTS A pre-session explanation may be needed to ensure that participants understand as many of the following points as are relevant:</p> <ul style="list-style-type: none"> ▪ The purpose of the exercise. ▪ How to perform the key orienteering skills required. ▪ The need for an equipment check. ▪ The location of the “Start” and “Finish.” ▪ The cut-off time. ▪ The importance of reporting back by that time regardless of course completion. ▪ The area to be used, including its boundaries (e.g., stay in the forest), dangerous areas (e.g., crags), out-of-bounds sections (e.g., private property). ▪ What to do if lost (e.g., use a safety bearing—three whistle blows). 	<p>In-the-area supervision is required.</p> <p>One supervisor must have current Wilderness and Remote First-Aid certification; minimum Red Cross Wilderness and Remote First-Aid certification or equivalent if going off-site and in a remote or wilderness-type setting. If the location is considered urban, the supervisor must have current Standard First-Aid certification, and supporting supervisors must have a minimum of Emergency First Aid.</p> <p>OFF-SITE ORIENTEERING RATIOS</p> <ul style="list-style-type: none"> ▪ 1:10 teacher/students (grades primary–5) ▪ 1:20 teacher/students (grades 6–9) ▪ 1:30 teacher/students (grades 10–12)

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
		<p>Where boundaries are hard to define, the use of marshals at points causing concern or taping off the area is recommended.</p>	<ul style="list-style-type: none"> ▪ Specific hazards (e.g., dangers to eyes near low branches, the risks of crossing slippery rock or of steep descents at speed). ▪ First-aid and emergency procedures (Students must receive instruction on safety procedures related to severe weather conditions [e.g., lightning, funnel clouds, severe winds, tornadoes].) ▪ The need for ethical behaviour—leave no trace. <p>Parents must be notified when students will be running off the school property and, where applicable, the means of transportation to get to the site.</p> <p>Length and difficulty of route must be appropriate to the age and ability level of the participants (e.g., primary students must not be out of sight for long periods of time).</p> <p>A proper warm-up and cool-down must be included.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect participation (see Introduction).</p> <p>Students must be instructed in basic road safety.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Students are to run in pairs or groups.</p> <p>Adequate hydration must be accessible.</p> <p>No audio devices (e.g., MP3 players).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Each student must have an emergency whistle for orienteering</p> <p>There must always be a supervisor/adult at the “Start” and “Finish” points for the activity while participants are out.</p> <p>The emergency procedures in place must be relevant to the situation (terrain, location, participants, weather, etc.).</p> <p>Boundaries and appropriate relocation strategies should be made known to participants.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Cross-Country Skiing / Snowshoeing / Skate Skiing

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>CROSS-COUNTRY SKIING Skis, bindings, boots, and poles must be in good repair and the appropriate size for the skier.</p> <p>SNOWSHOEING The frame and bindings must be in good repair.</p> <p>SKATE SKI Skate skis must not be cracked and straps must be in good repair.</p> <p>See Equipment in the Introduction regarding bringing equipment for use in class.</p>	<p>Appropriate clothing and footwear must be worn. Clothing must be appropriate for outdoor activity.</p> <p>For clothing, use layering principles and have a hat and mitts or gloves available for use.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Define specific routes to the students so they are aware of the boundaries for activity, whether using a commercial or non-commercial site.</p> <p>When choosing a site, teachers must take into consideration sun, wind, and snow conditions as well as suitability of the terrain for student age and ability.</p> <p>When selecting a non-commercial site the facility, must include all of the following:</p> <ul style="list-style-type: none"> ▪ A level field with practice tracks. ▪ A long run-out at the bottom section of a larger hill. ▪ Proximity to warmth, food, waxing, and other facilities. ▪ Well-marked trails. 	<p>Parents/guardians must be informed of the following by letter:</p> <ul style="list-style-type: none"> ▪ An activity taking place off school property. ▪ The means of transportation. ▪ The details of the activity. ▪ The importance of wearing suitable clothing for the activity and weather of the day. ▪ The importance of sun protection. <p>Review with students</p> <ul style="list-style-type: none"> ▪ the selection of proper clothing for the activity and weather of the day ▪ how to recognize and treat frostbite and hypothermia ▪ the importance of sun protection ▪ the safety precautions to take when working close to others with their sharp tip poles 	<p>In-the-area supervision is required for all sites.</p> <p>RATIOS On-site supervision when skills are taught:</p> <ul style="list-style-type: none"> ▪ Teacher to whole class. <p>Off-site supervision after skills are taught:</p> <ul style="list-style-type: none"> ▪ 1:10 teacher/students (grades P–9) ▪ 1:15 teacher/students (grades 10–12) <p>Ratios must be in place for day cross-country trips and snowshoeing to off-school sites.</p> <p>One supervisor must have current Wilderness and Remote First-Aid certification; minimum Red Cross Wilderness and Remote First-Aid certification or equivalent when going off-site. If the location is considered urban, the supervisor must have a current Standard First-Aid certification and supporting supervisors must have a</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Teachers must be aware of students with a history of asthma and other respiratory problems. Students with severe asthma must ski with an inhaler.</p> <p>Emergency procedures must be established and communicated to students.</p> <p>Skills must be taught in proper progression.</p> <p>Teach basic uphill and downhill maneuvers on gentle slopes.</p> <p>Activities must be based on skills that are taught.</p> <p>Instruct students to check that boots are secure in the bindings.</p> <p>Use a buddy system.</p> <p>When using outdoor facilities, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training 	<p>minimum of Emergency First Aid.</p> <p>There must be a designated supervisor (teacher, parent, or responsible adult) capable of transporting an injured student to the hospital. This must not be the supervisor in charge of the trip.</p> <p>A vehicle must be accessible for transportation in case of emergency.</p> <p>If dividing the class into groups, duties of the supervisors for each group must be clearly outlined.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> the length of time students will be vigorously active the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Adequate hydration must be accessible.</p> <p>Instruct participants to keep a safe distance from each other (e.g., 2–3 m) to prevent interference with or tripping of one another.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Dragon Boating

Dragon boating is not an appropriate activity for students in grades primary–4.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible for all activities/locations.</p> <p>Determine that all equipment is safe for use.</p> <p>Paddles and boats must be checked to assess that</p> <ul style="list-style-type: none"> there are no splinters or cracks the head, tail, drum, drummer's seat, and steering oar are securely fitted the boat is not leaking and that-bailers are in it the centre seat is in place if it is a split boat the buoyancy compartments are functional and sufficient to create positive buoyancy the boat meets Transport Canada's Small Vessel 	<p>Appropriate clothing and footwear must be worn. Footwear must be securely fastened.</p> <p>Correctly fitting, properly fastened, and Canadian-approved lifejacket/PFD must be worn at all times during dragon boating.</p> <p>Glasses, if worn, must have a safety strap.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Water and weather conditions must be appropriate for the skill level of the group.</p> <p>CONTROLLED AREA A confined location, such as a pool, lakefront, or slow-moving river, must be available for the teaching of basic stroke skills.</p> <p>Teacher/supervisor is familiar with the site and/or the site is commonly used for dragon boating.</p>	<p>Skills must be taught in proper progression.</p> <p>Activity/games must be based on skills taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>This activity page must be presented to the Dragon Boat provider prior to activity taking place. The activity provider must meet the minimum requirements listed on this page.</p> <p>Parents/guardians must be informed by letter of their child's involvement in dragon boating and be made aware of the importance of suitable clothing.</p>	<p>On-site supervision is required.</p> <p>RATIO For on-the-water instruction, teacher/instructor-to-student ratio is 1:12.</p> <p>One teacher/supervisor must be on the dragon boat. The other could be on land, in a motorized safety boat.</p> <p>A motorized safety boat with a first-aid provider on board must be in the water and accessible while students are dragon boating. The operator of the boat must have a Pleasure Craft Operator Card.</p> <p>A vehicle for emergency purposes must be available.</p> <p>Designate a supervisor (e.g., teacher or parent) to transport an injured student to the hospital. This must not</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Regulations (www.tc.gc.ca)</p> <p>Two audible alarm signals (e.g., whistle, air horn) must be carried by the helm (boat steersperson).</p> <p>A rescue craft must be equipped with a bullhorn/megaphone.</p>			<p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Prior to dragon boating, students must successfully complete the following swim test in its entirety. The test is administered by a qualified instructor/guard (test is based on Canadian Swim to Survive Standard):</p> <ul style="list-style-type: none"> Rolling entry (backward or forward) into deep water (2.75 m [9 ft.] minimum depth). Swim 50 m (150 ft.) continuously any stroke while fully clothed (no aids or stops). Tread water for one minute. <p>Students who do not pass the above swim test must not dragon boat.</p> <p>Complete the above swim test each year.</p> <p>Teacher/supervisor must be aware of swim test results.</p>	<p>be the supervisor of the excursion.</p> <p>INSTRUCTOR QUALIFICATIONS The instructor must have one of the following:</p> <ul style="list-style-type: none"> Minimum Paddle Canada Big Canoe Instructor Course Demonstrate competencies listed for steersperson in Special Rules/Instructions column <p>OR</p> <ul style="list-style-type: none"> Certification as required by the Dragon Boat Association <p>Visit: Dragon Boat Canada at www.dragonboat.ca and International Dragon Federation at www.idbf.org.</p> <p>FIRST-AID QUALIFICATIONS For the purposes of providing first-aid coverage, at least one supervisor must have one of the following:</p> <ul style="list-style-type: none"> National Lifeguard Services certificate Current certificate in any one of <ul style="list-style-type: none"> Standard First Aid with CPR Canadian Red Cross Wilderness and

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must be informed of available safety equipment and how to use it.</p> <p>Before the start of each session, the teacher/instructor must inform someone (e.g., facilities staff member) of the beginning and ending time on the water.</p> <p>Safety procedures and emergency procedures must be communicated to students and other trip supervisors.</p> <p>Students must receive instruction in the prevention and treatment of hypothermia.</p> <p>Adequate hydration must be accessible.</p> <p>Steersperson may sit or stand while steering.</p> <p>Steersperson is the in-charge person, outranking all persons in the boat.</p> <p>Steersperson for each boat must demonstrate the following knowledge and skills:</p>	<p>Remote Basic or Advanced certification to meet the time/distance designation from advanced medical care</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> ▪ Read and understand Transport Canada's <i>Boating Guide TP-511</i>. ▪ Be able to manage the team and exercise authority over team members. ▪ Be able to appropriately load the boat. ▪ Be able to appropriately balance the boat. ▪ Be able to maintain a straight course at full racing speed with a full crew of 18–20 paddlers plus the drummer. ▪ Be able to steer a figure-eight course around two buoys at normal speed with a full crew, in both directions, or in the absence of buoys, steer a set course, which includes both left- and right-angled turns. ▪ Be able to execute sideways manoeuvres without going forwards. ▪ Be able to turn the boat through 360° in both directions without the use of paddlers. ▪ Be able to guide the boat forward in a straight line without the use of paddlers. 	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> ▪ Be able to guide the boat in reverse for 50 m with the use of paddlers. ▪ Be able to execute an emergency stop from racing speed to full stop ▪ Be able to execute safe approaches to a jetty/pontoon/dock in still and in windy conditions. ▪ Be able to manage the unloading of the team members. ▪ Be able to secure the boat and determine that all gear is put away correctly. <p>SAFETY PROCEDURE Should students require assistance at any time during the session, the drummer or steersperson must raise their hand, accompanied by a series of three short bursts through the sounding device provided to signal the first-aid provider or safety boat.</p> <p>Before the start of each session, all paddlers are required to pair up with the paddler beside them, in case of emergencies (buddy system). The first pair is also responsible for the drummer</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>and the last pair for the steersperson.</p> <p>Steersperson must be able to use, and crew must correctly respond to common dragon boat racing commands.</p> <p>EMERGENCY PROCEDURE In the event that a boat is swamped, the following procedures must be followed:</p> <ul style="list-style-type: none"> ▪ The steersperson must be aware of any special conditions (e.g., asthma) that may apply to an individual paddler. ▪ The steersperson must take charge of the crew until the motorized safety boat arrives. ▪ The crew must hold on to the boat. (Students must be instructed not to swim to shore.) ▪ Each student must determine that their partner is in view (buddy system). ▪ Each student must inform the steersperson if their partner is missing (buddy system). ▪ The approach of the safety boat must not 	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>endanger (e.g., trap) any participants in the water.</p> <ul style="list-style-type: none"> Each student must follow steersperson / first-aid provider instructions. If the boat has sufficient flotation, the crew must get into boat and paddle to shore. If not, the crew must hang onto the boat and follow the instructions of the steersperson. <p>The instructor must be aware of weather forecasts, especially wind conditions and water conditions (e.g., currents, tides, and waves conditions).</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Dragon boating must be cancelled in adverse weather conditions.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> previous training 	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> the length of time students will be vigorously active the temperature 	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Flat-Water Kayaking

Pools, Flat-Water Kayaking, Base-Camp Kayaking

Flat-water kayaking is not an acceptable activity for students in grades primary–8.

All kayak activities will follow Paddle Canada standards.

There is no moving-water kayaking. Kayaking is on flat water or a river where no rapids exist and eddies are very slight. Moving-water kayaking is not an appropriate activity for Nova Scotia students.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Determine that all equipment is safe for use.</p> <p>A fully stocked off-site (Back Country) first-aid kit and completed participant medical form must be readily accessible.</p> <p>A working communication device (e.g., cell phone and two-way radio system, (VHF) must be available for all activities/locations.</p> <p>The kayak must have adequate flotation in the nose and stern to prevent the kayak from sinking when full of water.</p>	<p>Clothing and footwear appropriate to the activities and environmental conditions must be worn.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Water conditions must be appropriate for the type of kayak being used and the skill level of the group.</p>	<p>This activity page must be presented to the activity provider prior to the activity taking place.</p> <p>The activity provider must meet the minimum requirements listed on this page.</p> <p>Risks involved with the activities must be communicated to parents/guardians with a signed response form from the parents/ guardians, giving permission for student to participate.</p> <p>Where the activity takes students off-campus, parents/guardians must be</p>	<p>On-site supervision is required by the instructor when students are kayaking.</p> <p>The supervisor in charge of the excursion must designate a responsible adult (e.g., teacher, parent, volunteer) to transport/ accompany an injured student to hospital. This must not be the supervisor in charge of the excursion.</p> <p>INSTRUCTOR QUALIFICATIONS The lead instructor must possess Paddle Canada Introduction to Sea Kayaking Instructor and the lead guide must have a minimum Skills I Sea Kayak certification or equivalent.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>The paddle (one per paddler) and kayak must be checked for cracks, splinters, and leaks. Extra paddles for participants must be accessible.</p> <p>One buoyant heaving line of not less than 15 m (45 ft.) (e.g., throw rope rescue bag) per kayak and accessible from each boat.</p> <p>One bilge pump per kayak must be available and accessible from each boat.</p> <p>One waterproof flashlight per kayak is required.</p> <p>One paddle float per paddler must be accessible on each boat.</p> <p>Correct-fitting and Transport Canada-approved PFD, with whistle attached, must be worn and properly secured at all times while on the water.</p>			<p>made aware of means of transportation used.</p> <p>Completed medical forms for each participating student must be accessible.</p> <p>Skills must be taught in proper progression.</p> <p>Activities must be based on skills taught.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> previous training the length of time students will be vigorously active the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions</p>	<p>KAYAKING RATIOS</p> <ul style="list-style-type: none"> 1:6 supervisor/students for instruction <i>Guided Excursions:</i> One supervisor must be Paddle Canada Skills level I guide to support the pursuit properly and other supervisors a certified Paddle Canada Sea Kayak instructor or have Intro to Sea Kayaking Skill certification. Recommended maximum of 2 leaders for 12 students. <p>FIRST-AID CERTIFICATION</p> <p>At least one supervisor must have current first-aid certification, which may be</p> <ul style="list-style-type: none"> Canadian Red Cross Wilderness and Remote First Aid Basic or advanced to meet the time distance requirements in accessing advanced medical care For urban environments: NLS lifeguard certificate <p>OR</p> <ul style="list-style-type: none"> Emergency First-Aid certificate or Standard First Aid Equivalent to any of the above

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>(e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>WATER SAFETY Students and Supervisors must wear CSA-approved personal flotation devices at all times at, near, or in water while kayaking. (See Equipment column.)</p> <p>INTRODUCTION TO KAYAKING SKILLS COURSE OVERVIEW Rescue Skills</p> <ul style="list-style-type: none"> ▪ Wet Exit ▪ Retrieving a Swamped Kayak ▪ Assisted Rescue ▪ Rafting <p>Paddling Skills</p> <ul style="list-style-type: none"> ▪ Lifting and Carrying a Kayak ▪ Forward and Reverse Paddling ▪ Forward and Reverse Sweep Strokes ▪ Draw Stroke ▪ Low Brace <p>Knowledge</p> <ul style="list-style-type: none"> ▪ Boat Design ▪ Boat Outfitting ▪ Clothing ▪ Safety Equipment ▪ Paddles ▪ Injury Prevention 	<p>NOTES It is also recommended that at least one other supervisor has Standard First Aid training or higher.</p> <p>All approved safety gear / rescue gear must be immediately accessible to the instructor or guide.</p> <p>The teaching location and guided excursions must meet the ability level of the students and follow Paddle Canada regulations for sea kayaking.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> Equipment Care Kayaking Resources <p>LOCATION Enclosed and sheltered with easy landing options immediately present.</p> <p>This course can be conducted in a pool.</p> <p>Supervisors must be aware of the weather forecast, especially wind conditions.</p> <p>Kayaking must be cancelled in adverse conditions.</p> <p>If storm weather suddenly approaches, seek appropriate shelter immediately.</p> <p>Daylight kayaking only, except under emergency situations.</p> <p>Note: Navigation lights are required if operating at night or in restricted visibility (e.g., waterproof flashlight).</p> <p>Kayak instructors must be aware of water conditions (e.g., currents and undertows).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Horseback Riding: English/Western/Therapeutic

Trail-Riding: Grades 5–12 only.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible for all activities/locations.</p> <p>Determine that all equipment is safe for use.</p> <p>On trail rides, a first-aid kit must be carried by one of the guides for each group.</p> <p>Use of horses must be suitable for beginner riders.</p> <p>Use only appropriate, safe tack properly fitted to the mounts being used.</p> <p>Tack (girth, stirrups) must be adjusted for each rider and checked by the instructor.</p> <p>Safety stirrups must be used for all saddles.</p>	<p>Appropriate riding attire (e.g., boots with heels, loose or stretch pants). Appropriate riding footwear only (e.g., boots with heels).</p> <p>Only properly fitted riding helmets with chinstraps approved by BSI, ASTM, or SEI.</p> <p>No hanging jewellery.</p> <p>TRAIL RIDING</p> <p>Appropriate footwear must be worn (minimum half-inch heel, maximum two-inch heel; no platform soles).</p> <p>For additional clothing/footwear related to therapeutic riding, see CanTRA Risk Management Standards (www.cantra.ca).</p>	<p>Determine that all facilities are safe for use.</p> <p>The riding stable must be a member of the Association of Riding Establishments.</p> <p>Riding areas (indoor or outdoor) must provide adequate space and good footing and are free of potential hazards (e.g., broken gates, roadways).</p> <p>An enclosed area for initial instruction must be provided.</p> <p>For additional safety guidelines related to therapeutic riding, see CanTRA Risk Management Standards (www.cantra.ca).</p>	<p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect participation (see Introduction).</p> <p>Instructors must be informed of all students who have medical conditions that present a risk.</p> <p>Parents/guardians must be informed by letter of their child's involvement in horseback riding, the means of transportation used to get to the site, and be made aware of the importance of suitable clothing and equipment.</p> <p>Students must be instructed on safe-handling and riding techniques.</p> <p>Students must follow the established rules regarding riding areas, treatment of</p>	<p>Teacher must be on the site.</p> <p>On-site supervision by a qualified instructor for initial instruction purposes.</p> <p>In-the-area supervision by a qualified instructor after initial instruction and when out on trails.</p> <p>One supervisor must have current Wilderness and Remote First-Aid certification; minimum Red Cross Wilderness and Remote First-Aid certification or equivalent if going off-site and in a remote or wilderness-type setting. If the location is considered urban, the supervisor must have a current Standard First-Aid certification and supporting supervisors must have a minimum of Emergency First Aid.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Guides on trail rides need</p> <ul style="list-style-type: none"> ▪ a communication system for all trail rides (e.g., walkie-talkie, working cell phone) ▪ a whistle ▪ a lead rope ▪ a sharp knife ▪ a hoof pick ▪ leather strips to repair tack <p>For additional safety equipment related to therapeutic riding, see CanTRA Risk Management Standards (www.cantra.ca).</p>			<p>horses, allowable activities, etc.</p> <p>Discuss implementation of an Emergency Action Plan with facility staff.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Until a rider is able to demonstrate to a qualified riding instructor how to stop, turn, and ride in a balanced and controlled manner, the rider is not allowed to ride on the trails.</p> <p>Beginners are to be supervised by a knowledgeable employee of the facility during the pre-mount handling and tacking of the horse or pony.</p> <p>While riders are mounting, horse must be held by a supervisor or use a mounting block.</p> <p>Adequate hydration must be accessible.</p>	<p>RIDING INSTRUCTOR QUALIFICATIONS Instructor must be First Aid and CPR certified.</p> <p>WESTERN Instructors/teachers must hold a current Canadian Equine Western Rider Preparation Program certificate or a Nova Scotia Equestrian Instructor Program certificate or an equivalent approved by the Nova Scotia Equestrian Federation www.horsenovascotia.ca.</p> <p>ENGLISH Instructors/teachers must hold a current Canadian Equestrian Federation English Rider Preparation Program certificate or Equine Canada English Instructor Program certificate or an equivalent approved by the Nova Scotia Equestrian Federation www.horsenovascotia.ca</p> <p>THERAPEUTIC RIDING Instructors/teachers must hold a current Canadian Therapeutic Riding Instructor certificate (CTRI).</p> <p>TRAIL GUIDES Instructors/teachers must hold a current Association of</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>ON TRAIL RIDES No dismounting from the horse during the ride unless duration of ride exceeds one hour, and then only with the assistance of the trail guide.</p> <p>While riding uphill or downhill, all horses must be kept to a walk.</p> <p>Bareback riding is not permitted. For additional instruction related to therapeutic riding, see CanTRA Risk Management Standards (www.cantra.ca).</p>	<p>Riding Establishments/Nova Scotia Equestrian Federation Trail Guides Certification Program certificate or an equivalent approved by the Nova Scotia Equestrian Federation www.horsenovascotia.ca.</p> <p>RATIOS</p> <ul style="list-style-type: none"> ▪ 1:1 Instructor/student for initial instruction and for therapeutic instruction ▪ 1:5 Instructor/ students after initial instruction <p>TRAIL RIDING RATIOS</p> <ul style="list-style-type: none"> ▪ All intermediate rides will have a ratio of trail guides-to-riders 1:5, with a minimum of two trail guides when more than five riders. <p>For additional supervision information related to therapeutic riding, see CanTRA Risk Management Standards (www.cantra.ca).</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			For therapeutic riding, accessibility to detailed medical information is critical.	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Mountain Biking

Mountain Biking takes place in various off-road conditions (e.g., gravel roads, ski trails, bike trails, etc.).

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Teacher must inspect all bikes prior to use to ensure all bikes are in good working order (i.e., have working brakes, properly inflated tires, tightened bolts, tightened wheels, etc.).</p> <p>The following statement refers to students' own, borrowed, or rented equipment:</p> <ul style="list-style-type: none"> Together, the teacher and student must complete an inspection of any student's own, borrowed, or rented bike before use, looking for working 	<p>Clothing must not encumber proper use of bicycle chain and must be adequate for outdoor activity.</p> <p>No open-toed shoes or sandals.</p>	<p>Prior to initial use of route, the teacher/supervisor must do a safety ride-through to verify safety and suitability.</p> <p>Define specific routes to the students so they are aware of the boundaries for activity, whether using a commercial or non-commercial site.</p> <p>When choosing a site, the following conditions must be taken into consideration:</p> <ul style="list-style-type: none"> sun wind suitability of terrain <p>Provide students with a map and/or clear directions.</p> <p>Students must ride only on trails outlined by the teacher/supervisor.</p> <p>In addition to the above, when selecting a non-commercial site, the site must include</p>	<p>URBAN SETTING It is recommended that the Making Tracks Cycling Program of the Ecology Action Centre be followed. For more information, see http://saferoutesns.ca/programs/making-tracks.</p> <p>A record of students and the route must be left in the school with an appropriate person. The Emergency Action Plan should also be left with the school.</p> <p>Students must be aware of an emergency procedure (Emergency Action Plan) in case of an accident (e.g., any sign of difficulty, dismount and walk bike until it is safe to resume riding).</p> <p>Skills must be taught in proper progression.</p> <p>Activities must be based on skills that are taught.</p>	<p>During initial instruction, on-site supervision is required.</p> <p>A teacher/supervisor who is providing instruction on mountain biking and is unfamiliar with mountain biking skills (e.g., no recent experience) must seek assistance from appropriate support staff and/or refrain from taking part in mountain biking until help is received.</p> <p>All instructors must have a minimum of an IMBA Level 1 certification, certificate in Outdoor Education, Mountain Biking Course, NCCP Level 1 MTB, or the equivalent.</p> <p>RATIO FOR ON-SITE INSTRUCTION</p> <ul style="list-style-type: none"> 1:1 teacher/class <p>RATIO FOR OFF-SITE INSTRUCTION</p> <ul style="list-style-type: none"> 1:6 teacher/student (Grades Primary–4)

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>brakes, properly inflated tires, tightened bolts and tightened wheels, etc. Bicycle size must be appropriate for the rider.</p> <p>All riders must use correctly fitting bicycle helmets approved by CSA, Snell, ANSI, ASTM, or British or Australian standard.</p> <p>Protective eyewear (e.g., sunglasses) must be worn.</p> <p>One supervisor per group must carry:</p> <ul style="list-style-type: none"> ▪ a first-aid kit ▪ a bicycle tool kit, including a pump ▪ a signalling device (e.g., whistle) 		<ul style="list-style-type: none"> ▪ a level field with a practice area ▪ a long run-out at the bottom section of a larger hill ▪ proximity to warmth, food, and other facilities <p>Prior to initial use, when riding at a non-commercial site, teacher/supervisor must do a safety ride-through to address safety and suitability.</p> <p>For off-road routes, determine that permission of the landowner is obtained.</p>	<p>Rules of the Trail for off-road cycling must be reviewed. Visit the International Mountain Bicycling Association website at www.imba.com.</p> <p>Ride on open trails only. Respect road closures.</p> <p>Instruction must be given on the proper position of a bicycle helmet (e.g., brow of helmet is at eyebrow level).</p> <p>Students must cycle at a speed that allows them to control their bike in a safe manner.</p> <p>It is recommended that students do not perform jumps, stunts, or tricks during mountain bike programming.</p> <p>Students must be encouraged to anticipate other trail users, especially around corners, and establish communication, be prepared to stop if necessary, and pass safely.</p> <p>Before leaving school property or going on mountain bike trails, students must demonstrate (to the</p>	<ul style="list-style-type: none"> ▪ 1:8 teacher/students (Grades 5–9) ▪ 1:10 teacher/students (Grades 10–12) <p>On mountain bike trails/routes, there must be two adult supervisors, each carrying a communication device. One supervisor stays at the back of the pack and one at the front.</p> <p>One supervisor must have current Wilderness and Remote First-Aid certification; minimum Red Cross Wilderness and Remote First-Aid certification or equivalent.</p> <p>One supervisor must take responsibility for administering first aid to an injured student, and must be present for the duration of the activity.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>teacher/supervisor) competency in</p> <ul style="list-style-type: none"> ▪ stopping ▪ changing gears ▪ turning ▪ going up and down hills in control ▪ negotiating obstacles <p>Teacher/supervisor must select routes/trails suitable to students' demonstrated ability.</p> <p>Emphasis must be placed on controlled riding.</p> <p>Students must be informed that at any sign of difficulty, they must dismount and walk their bikes until it is safe to resume riding.</p> <p>All riders must ride in groups of three. If a person gets hurt, another person goes for help and the other stays with the injured individual.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must be aware of the emergency action plan in case of an accident.</p> <p>Parents must be informed that cycling will take students off school property.</p> <p>Racing must not be done as an in-class activity.</p> <p>No audio devices (e.g., MP3 players, Smartphones, etc.) may be used.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Mountain bike excursions must be planned for daylight hours only.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>If a rider is using clips on their pedals, they must demonstrate to the teacher/supervisor competency with their use during initial instruction. The clips must be removed prior to going on trails if the student cannot demonstrate competency in their use.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Instruct participants to keep a safe distance from each other (e.g., 2–3 m) to prevent interference and collisions.</p> <p>Students must practice appropriate trail ethics (i.e., Leave No Trace: www.lnt.org).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Moving-Water Activities

Class II moving-water canoeing and canoe tripping Class I are appropriate. However, moving-water kayaking, white-water rafting, and Tidal Bore rafting are not appropriate activities for Nova Scotia students.

Outdoor Education: Outdoor Rock Climbing

Outdoor Rock Climbing is not an appropriate activity for students in grades primary–8.

For climbing programs where students may belay. This does not include outdoor ascending lines, ziplines, or bouldering.

See Outdoor Education General Guidelines.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Determine that all equipment is safe for use.</p> <p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be available for all activities/locations.</p> <p>All equipment must be commercially and specifically manufactured for the intended climbing-related activity and adhere to one of UIAA, CE, NFPA, ULC, CSA, or ASTM standards.</p> <p>Climbing ropes must be compatible with the chosen belay device and the climbing activity.</p> <p>Helmets that are commercially and specifically manufactured for climbing</p>	<p>Clothing and footwear appropriate to the activities and environmental conditions must be worn.</p> <p>No tops with drawstrings. Nothing around the neck (e.g., leather ties, knots).</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>All climbing equipment must be installed by a qualified professional.</p> <p>Climbing must be appropriate for ability levels, age, and size of students.</p> <p>Climbing may take place at sites where</p> <ul style="list-style-type: none"> the land owner has given permission for instruction in climbing recognition for rock climbing is provided by a reputable source 	<p>This activity page must be presented to the activity provider prior to the activity taking place.</p> <p>The activity provider must meet the minimum requirements listed on this page.</p> <p>Risks involved with the activities must be communicated to parents/guardians with a signed response form from the parents/guardians, giving permission for the student to participate.</p> <p>Where the activity takes students off campus, parents/guardians must be made aware of the means of transportation used.</p>	<p>On-site supervision by a qualified instructor is required.</p> <p>Teachers must be present for all aspects of the program.</p> <p>If the teacher is providing rock climbing instruction, an additional teacher/supervisor must be provided.</p> <p>A suitable means of transporting an injured student must be accessible.</p> <p>The supervisor in charge of the excursion must designate a teacher/supervisor (e.g., teacher, parent, volunteer) to transport/accompany an injured student to hospital. This must not be the supervisor in charge of the excursion.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>must be worn by everyone at the climbing site.</p> <p>Climbing harnesses, sit or full body, appropriate for the age and/or body size of the climber must be used.</p> <p>Belay devices must be connected with a locking carabiner rated at 22 kN/ 2200 kg/4945 lb., where commercial friction or camming devices are used.</p> <p>Top anchors must</p> <ul style="list-style-type: none"> have a minimum of two independent points have locking devices be able to sustain a load of 22 kN/2200 kg/4945 lb. <p>Climbers must not be able to climb above anchors.</p> <p>A bottom anchor must consist of a ground anchor in combination with a belayer harness.</p> <p>Bottom anchors must have a belay device connected with a locking carabiner and the anchoring system must be capable of sustaining a load of 10 kN/1000 kg/2240 lb.</p>			<p>Completed medical forms for each participating student must be accessible.</p> <p>Skills must be taught in proper progression.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> previous training the length of time students will be vigorously active the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Prior to the first lesson, teachers must inform climbing instructors of</p>	<p>Instructors must be trained in, understand, demonstrate, and adhere to a directly relevant skill set for their respective activity.</p> <p>A relevant skill set is a described set of skills developed by recognized climbing professionals.</p> <p>All instructors must be at least 18 years of age or older to teach the introductory lesson and/or be an instructor.</p> <p>FIRST-AID CERTIFICATION At least one instructor must have current first-aid qualifications equivalent to or from Canadian Red Cross Wilderness and Remote First Aid Basic or Advanced. This designation should meet the time and distance consideration when accessing advanced medical care.</p> <p>It is recommended that supporting supervisors have Standard First-Aid certification.</p> <p>Ratios</p> <ul style="list-style-type: none"> For initial instruction, one climbing instructor for

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
All equipment must be inspected by qualified personnel prior to activity.			<p>students who have special needs.</p> <p>Risks involved with each activity and how to lower the risk of an injury from occurring must be communicated to the students.</p> <p>Teachers, instructors, and students must be aware of safety procedures.</p> <p>Students waiting to climb must be</p> <ul style="list-style-type: none"> positioned a safe distance away from the base of the climb tied off if within 3 m (10 ft.) of the top edge of the cliff <p>A recognized descent route must be used to reach the base of the cliff.</p> <p>When students are belaying, the introductory lesson prior to top-rope climbing must</p> <ul style="list-style-type: none"> be identified as top rope specific be identified as specific to the belay device being used include instruction on and repeat practice of 	<p>two lines. The overall climbing instructor-to-student ratio must not exceed 1:6.</p> <ul style="list-style-type: none"> After initial instruction and when subsequent sessions are within a reasonable time frame, one climbing instructor to three lines. The overall climbing instructor-to-student ratio must not exceed 1:9. <p>A safety check of each student leaving the ground must be done by an instructor in all initial and subsequent climbing sessions.</p> <p>FOR CLIMB ONLY PROGRAMS</p> <ul style="list-style-type: none"> Requires one instructor per belay activity. <p>For intramural clubs that go to outdoor sites with a commercial climbing provider, all the above ratios apply for the first three visits of instructional time (minimum 16 hours) that take place in a reasonable time frame. After three separate visits (total time must be minimum 16 hours),</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> – the correct use of a harness – the correct use of knots and tie-in points – the concept of top-roping – the correct use of a belay device – general belaying principles – lowering procedures – communication and the climber/belayer contract – procedures to minimize the hazards of falling rock <p>Students must be allowed to select a challenge at their comfort level.</p> <p>A qualified instructor must do a safety check of any student leaving the ground.</p> <p>A buddy belay (when students are belaying) must be incorporated into all belay systems at all times. In most conventional top-roped belay systems, an approximate climber to belayer weight ratio is 1:1.</p>	<ul style="list-style-type: none"> ▪ an instructor provides a belay check of each student ▪ there must be on-site supervision by the instructor ▪ there must be a 1:16 teacher/student ratio ▪ there must be a 1:16 instructor/student ratio

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>A body belay and a counter-balanced system (e.g., Australian Belay) are not to be used.</p> <p>A belay system/technique that will not allow the climber to ground-fall in the event that the belayer becomes incapacitated must be used by student belayers.</p> <p>Lead climbing by students must not be done.</p> <p>CLIMB ONLY PROGRAMS Prior to climbing, rules must clearly be explained to students by a qualified instructor.</p> <p>Students are not permitted to</p> <ul style="list-style-type: none"> ▪ belay ▪ apply harnesses to themselves or others ▪ tie knots for themselves or others <p>Belaying, applying harnesses, and tying knots must be done by a qualified instructor.</p> <p>Weather conditions must not present a safety issue.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Water replacement and nutritional needs of climbers must be addressed.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Paddle Rafting

Paddle rafting is not an appropriate activity for Nova Scotia students.

Outdoor Education: Ropes Courses / Rappel Towers

Rope courses and rappel towers are not appropriate activities for Nova Scotia students.

Rowing (including Viking boats)

Rowing is not an appropriate activity for students in grades primary–4.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Correctly fitting, properly fastened and Canadian approved PFD must be worn at all times during Viking Boating.</p> <p>Shell inspected before each outing (e.g., check for holes, cracks, loose hardware).</p> <p>Each shell must have bow-ball in good repair.</p> <p>In practice sessions, each shell must be equipped with</p> <ul style="list-style-type: none"> ▪ a signaling device ▪ a watertight flashlight 	<p>Appropriate clothing and footwear must be worn.</p> <p>Glasses if worn, must have a safety strap.</p> <p>No jewellery.</p> <p>Correctly fitting, properly fastened and Canadian-approved PFD must be worn at all times during Viking boating.</p>	<p>Determine that all facilities are safe for use.</p> <p>When using an indoor rowing facility, the rules and regulations of that facility must be followed.</p> <p>AT DOCKSIDE/ BOATHOUSE Must have posted walking traffic pattern with hazards identified (e.g., keep to right, dock slippery when wet).</p> <p>Must have phone with posted emergency numbers (e.g., 9-1-1).</p> <p>ON THE WATER The course must be inspected before each use.</p> <p>Be aware of debris on the course, especially after heavy rain.</p> <p>Instructor must inform students of debris.</p>	<p>Skills must be taught in proper progression.</p> <p>Activities must be based on skills that are taught.</p> <p>Skill level must be appropriate for the water condition.</p> <p>Parents/guardians must be made aware of any off-campus activity and the means of transportation used.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>A student's fitness level must be commensurate with the level of activity.</p>	<p>On-site supervision is required.</p> <p>Instructor expertise for head coach derived from attendance at Rowing Canada Aviron Learn to Row Instructor's workshop or an equivalent within the last three years.</p> <p>An individual responsible for providing first aid to injured students must be present during the entire practice and competition with one of the following minimum certifications:</p> <ul style="list-style-type: none"> ▪ National Lifeguard Services certificate ▪ Current certificate in any one of <ul style="list-style-type: none"> – St. John Ambulance Standard First Aid with CPR certificate – Canadian Red Cross Standard First Aid – Canadian Ski Patrol First Aid

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Shoes on the footsteps must be tied down at the heels with no more than 6 cm (2 in.) of movement.</p> <p>Must have bow and stern lights attached during poor visibility (e.g., bike lights, flashlights).</p> <p>Oars must be checked for splinters and cracks.</p> <p>Adjustable oars must be securely tightened.</p> <p>One supervisor/instructor boat must be motorized and equipped as per Transport Canada Regulations (www.tc.gc.ca). For example,</p> <ul style="list-style-type: none"> 1 CSA-approved life jacket / PFD for each participant in the water paddles bailer watertight flashlight signaling device motor in good repair, with sufficient gas for the entire session 23 m (69 ft.) of floating rope <p>Coach boat engine must be running before the crew leaves the dock.</p>		<p>Be aware of water currents, especially those created by rapids and waterfalls.</p> <p>Sites must not include rapids and waterfalls.</p>	<p>Prior to rowing and Viking boating, students must successfully complete the following swim test in its entirety. The test is administered by a qualified instructor/guard (test is based on Canadian Swim to Survive Standard).</p> <ul style="list-style-type: none"> Rolling entry (backward or forward) into deep water (2.8 m [9 ft.] minimum depth). Swim 50 m (150 ft.) continuously, any stroke, while fully clothed (no aids or stops). Tread water for one minute. <p>Students who do not pass the above swim test must not row or participate in Viking boating.</p> <p>A site-specific rescue plan must be devised and shared with all supervisors and participants.</p> <p>Attention must be given to</p> <ul style="list-style-type: none"> weather conditions, including temperature of the day, high winds, lightning, and fog water temperature 	<p>The operator of the boat must have a Pleasure Craft Operator card.</p> <p>An instructor in a motorized boat must be within 500 m of students during all on-water practice sessions.</p> <p>RATIOS</p> <ul style="list-style-type: none"> Beginning rowers: 1:9 instructor/students Experienced rowers: 1:18 instructor/students <p>SWIM TEST RATIO</p> <ul style="list-style-type: none"> 2:50 instructors/students <p>A vehicle for emergency purposes must be available.</p> <p>SWIM INSTRUCTION QUALIFICATIONS</p> <p>Both instructors must hold one of the following current certifications:</p> <ul style="list-style-type: none"> Canadian Red Cross Water Safety Instructor Award Lifesaving Society Instructor certificate plus an Assistant Lifeguard certificate Lifesaving Society Swim Instructor certificate plus an Assistant Lifeguard certificate

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> visibility (500 m [1500 ft.] minimum is required) length of time in the sun previous training and length of preparation <p>Rowing must be cancelled in adverse conditions (e.g., first sign of white caps).</p> <p>If storm weather approaches suddenly, seek appropriate shelter immediately.</p> <p>Daylight rowing only.</p> <p>Students must receive instruction on safety procedures, use of equipment, and rowing techniques prior to initial practice.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Supervisor must be aware of all swim test results.</p> <p>Students must be instructed to remain with rowing shell and oars for flotation and visibility purposes if an accident occurs.</p>	<ul style="list-style-type: none"> YMCA Instructor Certificate National Lifeguard Services Lifeguard certificate (NLS) <p>One instructor must also hold a current</p> <ul style="list-style-type: none"> National Lifeguard Services Lifeguard certificate (NLS) <p>OR</p> <ul style="list-style-type: none"> Standard First Aid Certificate (e.g., Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol) <p>Note: Verified copies of certification must be available in the pool area.</p> <p>Refer to local municipal pool regulations for additional standards.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Adequate hydration must be accessible.</p> <p>Students must be familiar with basic first aid, hypothermia, and injuries caused by extreme heat.</p> <p>These activity pages must be presented to the Viking boat provider prior to the activity taking place. The activity provider must meet the minimum requirements listed on this page.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Sailing

Sailing is not an appropriate activity for students in grades primary–4.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Determine that all equipment is safe for use.</p> <p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, VHF) must be available (and tested) for all activities/locations.</p> <p>Students must check all personal safety equipment prior to use for any defects.</p> <p>Sailboats must be checked to ensure they are in proper working order and have no damages.</p> <p>All boats used (both sail and motor) must contain the proper equipment as required in the Transport Canada guidelines.</p>	<p>Appropriate clothing and footwear must be worn. No loose fitting clothing.</p> <p>Students must wear proper footwear with non-slip soles. Closed-toed shoes only. No flip flops.</p> <p>No hanging jewellery.</p> <p>Correctly fitting and Transport Canada-approved PFDs / life jackets, with whistle attached, must be worn, properly done up at all times while on or near the water.</p> <p>A CSA-approved helmet is required.</p>	<p>Only a certified Sail Canada school can be used.</p> <p>Determine that all facilities are safe for use.</p> <p>All facilities must have designated sailing areas.</p>	<p>This activity page must be presented to the activity provider prior to the activity taking place.</p> <p>The activity provider must meet the minimum requirements listed on this page.</p> <p>Risks involved with the activities must be communicated to parents/guardians with a signed response form from the parents/guardians, giving permission for student to participate.</p> <p>Where the activity takes students off-campus, parents/guardians must be made aware of means of transportation used. Skills must be taught in the proper progression.</p> <p>Activities must be based on skills taught.</p>	<p>On-site supervision is required.</p> <p>Teacher must be present and accompany students to and from the facility.</p> <p>One motorized safety boat for every eight sailboats must be present. The operator(s) of the safety boat must have a Pleasure Craft Operator card.</p> <p>A suitable means of transporting an injured participant must be accessible.</p> <p>The supervisor in charge of the excursion must designate a responsible adult (e.g., teacher, parent, volunteer) to transport/accompany an injured student to hospital. This must not be the supervisor in charge of the excursion.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature ▪ the weather report <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>WATER SAFETY Prior to sailing, students must successfully complete a swim test in its entirety. The test must be administered by a qualified instructor/guard (test is based on Canadian Swim Survive Standard):</p> <ul style="list-style-type: none"> ▪ Rolling entry (backwards or forward) into deep 	<p>INSTRUCTOR QUALIFICATIONS Certified instructors (minimum White Sail Coach, formerly Green Level Canadian Yachting Association certificate) must be present to instruct the course or sailing certification equivalent.</p> <p>SWIM TEST RATIOS</p> <ul style="list-style-type: none"> ▪ 2:50 qualified instructors per student plus one lifeguard.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>water at 2.8 m (9 ft.) minimum depth</p> <ul style="list-style-type: none"> Swim 50 m continuously any stroke (no aids or stops) Tread water for one minute <p>Students who do not pass the above swim test must not sail.</p> <p>Excursion supervisor must be aware of the swim test results.</p> <p>Prior to activity, classroom sessions must provide students with the knowledge base necessary to sail safely.</p> <p>Safety procedures and an emergency action plan must be clearly outlined to teachers/supervisors and students and practised.</p> <p>Teachers/supervisors must use a buddy system to keep track of students.</p> <p>A process for the accounting of students must be in place. Instructors must take weather conditions into consideration.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>If storm weather suddenly approaches, seek appropriate shelter immediately.</p> <p>Daylight sailing only, except under emergency situations.</p> <p>Note: Navigation lights are required if operating at night or in restricted visibility (e.g., waterproof flashlight).</p> <p>Sailing instructors must be aware of water conditions (e.g., currents and undertows).</p> <p>Be aware of students whose medical condition (e.g. asthma, anaphylaxis, casts, orthopaedic devices) may affect their participation (see Introduction).</p> <p>Sailors must be aware that potentially dangerous horseplay is discouraged as the risk of falling into the water and injury increases.</p> <p>Boat repair (i.e., rope cutting, fiberglass repair, or any use of tools or hazardous materials) must be done under supervision or by supervisors.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>A pre-activity brief safety meeting involving instructors, supervisors, and students should take place daily. Remind everyone of safety concerns, procedures, etc.</p> <p>Sailors must properly learn how to safely launch, rig and stow the boats properly.</p> <p>Abide by the Wind Speed sailing guidelines as written in the Canadian Yachting Association Learn to Sail program. (Certain levels can only sail in certain wind speeds.) www.advantageboating.com/learningcenter/cya-standards/cya-lts.html)</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Snow Tubing

Snow tubing is not an appropriate activity for Nova Scotia students due to uncontrollable speed and potential bouncing at high speeds.

Outdoor Education: Swimming

Ocean, Lakes, Ponds, Rivers

Governed by *Health Protection and Promotion Act*, Recreational Camps R.R.O. 1990, Regulation 568. See www.canlii.org/en/on/laws/regu/rro-1990-reg-568/latest/rro-1990-reg-568.html.

These swimming guidelines take into account the following water environments: ocean, lakes, ponds, rivers at recreational camps, public swimming areas, and non-designated swim areas.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Person in charge must have a whistle or other signalling device.</p> <p>RECREATIONAL CAMPS Accessibility to standard safety equipment as stated in Regulation 568:</p> <ul style="list-style-type: none"> One or more buoyant rescue aids (i.e., rescue tube attached to a shoulder loop with a 6 mm (0.25 in.) line at 	<p>Appropriate swimming attire is required.</p> <p>No jewellery.</p> <p>Appropriate footwear is required (e.g., where protruding objects may injure feet).</p>	<p>Determine that all facilities are safe for use.</p> <p>Swimming area must be</p> <ul style="list-style-type: none"> clearly defined (e.g., at camps' buoyed area) free from hazards have suitable water temperature <p>No swimming in fast-moving rivers or streams.</p> <p>Prior to swimming, supervisor must check with local authorities to determine whether the water is safe for swimming (e.g., location and water quality, away from fast-moving water).</p>	<p>Parents/guardians must give written permission for their child to be involved in any swimming activity.</p> <p>Swim ability must be demonstrated in shallow water to a qualified instructor/guard prior to swimming. Students must be able to tread water for 1 minute, swim 50 m (165 ft.) to be designated "a swimmer."</p> <p>Non-swimmers must be clearly identified and wear a properly fastened Personal Flotation Device (PFD) for recreational swims.</p>	<p>On-site supervision by teacher supervisor is required.</p> <p>SUPERVISION RATIO FOR INSTRUCTIONAL SWIMS Instructional swim may include organized games, relays etc., but cannot include an unorganized free swim without proper supervision.</p> <p>There must be a minimum of two certified swim instructors supervising the waterfront, certified as outlined below.</p> <p>Supervision ratio is 2 instructors to 1–25 students, with both people certified as outlined below.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>least 1.6 m (5 ft. 3 in.) in length.</p> <ul style="list-style-type: none"> One or more reaching poles of 3.6 m (12 ft.) or greater in length. One or more buoyant throwing aids attached to a 6 mm (0.25 in.) line at least 8 m (26 ft. 5 in.) in length. Spinal board. Paddleboard or boat, when any part of the swimming area is more than 50 m from the shore. Blankets and pillows. 		<p>NON-DESIGNATED SWIMMING AREA</p> <p>Supervisor must swim/check the whole area for underwater hazards.</p>	<p>Lifeguards must be readily identifiable to all swimmers at all times.</p> <p>In an emergency situation, the lifeguard is in charge.</p> <p>An emergency action plan must be in place and communicated to all supervisors.</p> <p>Students must practise simulated emergency situations (e.g., find a partner, assemble on shore with three loud whistle blasts).</p> <p>Students must be made aware of all rules and regulations associated with the swimming area.</p> <p>Students must be informed of acceptable standards of behaviour.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p>	<p>For situations where there are additional students, an additional certified instructor or lifeguard (NLS) is required for each additional 25 swimmers or less. The instructor requires the same certification as listed below.</p> <p>SWIM INSTRUCTION QUALIFICATIONS</p> <p>Both instructors must hold one of the following current certifications:</p> <ul style="list-style-type: none"> Canadian Red Cross Water Safety Instructor Award Lifesaving Society Instructor certificate plus an Assistant Lifeguard certificate Lifesaving Society Swim Instructor certificate plus an Assistant Lifeguard certificate YMCA Instructor certificate National Lifeguard Services Lifeguard certificate (NLS) <p>One instructor must also hold a current</p> <ul style="list-style-type: none"> National Lifeguard Services (NSL) Lifeguard certificate

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature ▪ the weather report <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Students must swim with a partner.</p> <p>A bather-counting system must be used at regular intervals (e.g., numbers students, blow whistle, and have them count off). Use this counting procedure at the beginning, every 15 minutes, and as the students exit the water.</p> <p>Duration of swim must depend on</p> <ul style="list-style-type: none"> ▪ capability of swimmers ▪ weather conditions ▪ water conditions ▪ time of day 	<ul style="list-style-type: none"> ▪ Standard First Aid certificate (e.g., Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol) ▪ In remote or wilderness settings one instructor must have Wilderness and Remote (Basic or Advanced) First-Aid certification. <p>Note: Verified copies of certification must be available.</p> <p>SUPERVISION RATIO FOR RECREATIONAL SWIM (FREE SWIM; NO INSTRUCTION)</p> <p>Teachers must accompany students to the swimming area and be present at the swimming area or in the water during the recreational/free swim.</p> <p>During a recreational/free swim, the only acceptable lifeguard certification is NLS.</p> <ul style="list-style-type: none"> ▪ The minimum ratio of lifeguards (NLS-certified) to bathers at the swimming area and in the water is 2 lifeguards to 1–25 students. If the teacher is NLS certified,

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Do not swim if there are any indications of inclement weather (e.g., lightning, high winds).</p> <p>Properly fastened and fitted DOT-approved PFDs are the only acceptable flotation devices.</p> <p>Diving is not permitted in any outdoor setting.</p> <p>No swimming after sunset or before sunrise.</p> <p>No distance swims or swimming out from the shoreline.</p> <p>Swim only in the designated area.</p> <p>Students must not retrieve water toys that go outside the designated swim area.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>the teacher may act as one of the two lifeguards, and therefore, a third person is not necessary.</p> <ul style="list-style-type: none"> ▪ 26–100 students: 3 lifeguards. If the teacher is NLS-certified, the teacher may act as one of the three lifeguards, and therefore, a fourth person is not necessary. ▪ For every student increment up to 25, an additional lifeguard is required. ▪ Despite the supervision required, the waterfront director (at a camp) shall determine that where non-swimmers, mentally or physically handicapped persons, or campers under five years of age are using the waterfront area in the camp, additional supervision is provided that, in the opinion of the waterfront director, is adequate with regard to the type and number of children using the waterfront area. (<i>Health Protection and Promotion Act</i>, R.R.O. 1990, Regulation 568, s. 34 [3])

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Note: The lifeguard must have the authority to stop any activity that they feel may be putting swimmers in a potentially dangerous situation.</p>	<p>In addition to the lifeguards, there must be at least one adult supervisor trained in aquatic emergency procedures.</p> <p>LIFEGUARD QUALIFICATIONS A lifeguard must hold a current National Lifeguard Service certificate.</p> <p>A vehicle for emergency purposes must be accessible.</p> <p>In situations when EMS is not required, or is not readily available, designate a supervisor (e.g., teacher or parent) to transport an injured student to the hospital. This must not be the supervisor in charge of the trip.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Tobogganing/Sledding

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>See Equipment in the Introduction regarding bringing equipment for use in class.</p> <p>Toboggan/sled must be in good repair with no jagged edges.</p> <p>Equipment that is difficult to control must not be used (e.g., cardboard boxes, snow saucers, garbage bags, and inner tubes).</p>	<p>Appropriate clothing and footwear for outdoor activity must be worn. Hat and gloves must be available for use.</p> <p>Check for hanging drawstrings.</p> <p>No loose scarves.</p> <p>Tie up long hair so it cannot get caught.</p> <p>Parents/guardians must be informed of the importance of wearing a helmet (e.g., skiing and snowboard helmet).</p>	<p>Determine that all facilities are safe for use.</p> <p>For any site, students must be made aware of the boundaries for the activity.</p> <p>When choosing a site, the following conditions must be taken into consideration:</p> <ul style="list-style-type: none"> ▪ Sun ▪ Wind ▪ Snow conditions ▪ Suitability of terrain ▪ Proximity to warmth, food, washrooms and other facilities <p>The hill and run-out section at the bottom of the hill must be free of obstacles (e.g., trees, exposed rocks, a roadway, railway, or an open creek).</p> <p>Monitor the condition of the slope on a regular basis, and if conditions become unsafe, cease the activity.</p>	<p>Parents/guardians must be made aware of any off school property activity, the means of transportation used and the importance of appropriate clothing and sun protection.</p> <p>Emergency procedures must be established and communicated to the students.</p> <p>Only seated forward positioning permitted on toboggans/sleds.</p> <p>There must be a safe distance between toboggans/sleds going down the hill.</p> <p>No overloading of toboggans/sleds.</p> <p>Establish safe procedure for students to clear the bottom area of the slide. Teach students to roll off the toboggan if heading for danger.</p>	<p>On-site supervision is required.</p> <p>If dividing class into groups, duties of supervisors for each group must be clearly outlined.</p> <p>There must be a designated supervisor (teacher, parent or responsible adult) with a vehicle to accompany an injured student to the hospital. This must not be the supervisor in charge.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Teachers must be aware of students with a history of asthma and other respiratory problems.</p> <p>Prior to the activity students must be reminded of safe play (e.g., no running up the sliding area, no jumping in front of descending toboggans, no intentional “snowing” of another individual).</p> <p>Teach students to slide down the middle of the sliding area and climb up the sides.</p> <p>Toboggan or sled only in the daylight hours or on well-lit hills.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature 	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Adequate hydration must be accessible.</p> <p>Students must receive instruction on symptoms and treatment of frostbite and hypothermia.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Outdoor Education: Winter Camping

Winter camping is not an appropriate activity for students in grades primary–8.

See Outdoor Education General Guidelines.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Determine that all equipment is safe for use.</p> <p>A fully stocked backcountry first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., two-way radio, cell phone) must be available for all activities/locations. SPOT is highly recommended.</p> <p>Collect and check all equipment prior to use.</p> <p>Each person must have a whistle or other signalling device.</p> <p>If cooking on stoves, use propane/liquid gas type stoves (1 per 8 students).</p> <p>Each person must have a four-season sleeping bag or equivalent (modified three-season).</p>	<p>Clothing and footwear appropriate to the activities and environmental conditions must be worn.</p> <p>No hanging jewellery.</p> <p>Suitable layers and change of clothing for one to two days longer than the number of days of excursion.</p> <p>Layering clothing principles must be taught.</p>	<p>Determine that all facilities are safe for use.</p> <p>Facilities/site must be consistent with age and experience of campers.</p> <p>Washroom facilities must be within walking distance.</p> <p>Hot tents / wood stoves must be in proper working order.</p> <p>Winter shelter must be properly constructed and inspected by the lead supervisor (i.e., quinzhees or other type of snow shelters)</p>	<p>This activity page must be presented to the activity provider prior to the activity taking place.</p> <p>The activity provider must meet the minimum requirements listed on this page.</p> <p>Risks involved with the activities must be communicated to parents/guardians with a signed response form from the parents/ guardians, giving permission for student to participate.</p> <p>Where the activity takes students off-campus, parents/guardians must be made aware of means of transportation used.</p> <p>Completed medical forms for each participating student must be accessible.</p>	<p>On-site supervision is required.</p> <p>RATIO The ratio of supervision is</p> <ul style="list-style-type: none"> 1:10 for remote overnight camping (recommended two adults) 1:15 for urban overnight camping <p>A vehicle for emergency purposes must be accessible at base camp.</p> <p>The supervisor in charge of the pursuit must designate a responsible adult (e.g., teacher, parent, volunteer) to transport/ accompany an injured student to the hospital. This must not be the supervisor in charge of the pursuit.</p> <p>Teachers/supervisors must have previous winter camping experience.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Each person must have a ground sheet or thermarest/insulation pad for under the sleeping bag.</p> <p>A flashlight must be on site.</p> <p>Only approved hot tents and manufactured wood stoves can be used.</p> <p>An adequate supply of nutritious food that does not require preparation or refrigeration must be taken.</p> <p>An adequate supply of safe water must be taken.</p> <p>Fire striker, waterproof matches, and/or matches in a waterproof container must be on site.</p>			<p>Skills must be taught in proper progression. Student abilities and supervisor skills must match the environment of presented winter conditions.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, tornadoes, severe winds, wind chill factor).</p> <p>Students must receive instruction in the prevention and treatment of hypothermia/frostbite.</p>	<p>Filling and lighting camp stoves must be done under constant visual supervision. Saws and camping knives may be used by students under adult supervision following instruction in their use.</p> <p>Hatchets are to be used by the supervisors.</p> <p>FIRST-AID CERTIFICATION</p> <p>At least one supervisor must have current first-aid certification, which may be Canadian Red Cross Advanced Wilderness and Remote First Aid or an equivalent.</p> <p>It is recommended that other supervisors have at least Standard First-Aid certification.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must be instructed in outdoor winter survival techniques.</p> <p>A systematic pattern for group travel and communication must be established.</p> <p>Length and difficulty of excursion must be commensurate with age and ability of students.</p> <p>Do not travel in darkness except for emergencies.</p> <p>Students must be made aware of expectations as they relate to</p> <ul style="list-style-type: none"> ▪ behaviour ▪ emergency procedures ▪ signal to assemble <p>Teachers/supervisors must use a buddy system to keep track of students.</p> <p>A process for the accounting of students must be in place.</p> <p>Program must be planned in detail with contingency plans for inclement weather.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>A complete excursion itinerary must be left in the school.</p> <p>Students must not use axes.</p> <p>No open flame of any sort can be used in or near tents (i.e., candles not enclosed).</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>There is to be no use of tent heaters or gas lanterns.</p> <p>WOOD STOVES Teachers/supervisors must check heat sources and monitor their use. Tents must be properly ventilated when the wood stove is in use. Wood stoves used in tents should be monitored regularly throughout the time they are used.</p> <p>Note: Extreme temperatures and wind chill, along with challenging winter conditions, should guide the lead supervisor in making</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			appropriate decisions for the health and well-being of students.	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Paddle Tennis

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Paddles must be inspected regularly for damage and to ensure proper grip.</p> <p>Protective eye gear meeting ASTM F803 standards or equivalent must be worn by all students at all times.</p> <p>Balls must be appropriate for the ability of the students.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines must be clearly defined.</p> <p>A safety procedure must be established for side-by-side courts.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught</p> <p>When teaching skills and playing, there must be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students must be taught the code of etiquette for court play.</p> <p>Only singles must be played unless a proper doubles court is available.</p> <p>There must be no more than four players to a playing area.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>Setting up of equipment requires on-site supervision.</p> <p>On-site supervision is required during instruction of skills. In-the-area supervision after skills have been taught.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Paddleball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Paddles must be inspected regularly for damage and wear.</p> <p>Balls must be appropriate for the ability of the students.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines must be clearly defined.</p> <p>A safety procedure must be established for side-by-side courts.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills taught.</p> <p>When teaching skills and playing, there must be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students must be taught the code of etiquette for court play.</p> <p>Students must be instructed in the safe and correct set-up of nets.</p> <p>No more than four players to a playing area.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>Setting up of equipment requires on-site supervision.</p> <p>On-site supervision is required during instruction of skills.</p> <p>In-the-area supervision is required after skills have been taught.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Parachute

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Check that the parachute is in good condition (e.g., no tears).</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in progression.</p> <p>Games must be based on skills that are taught.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students must not put any body parts through the hole in the chute.</p>	<p>On-site supervision is required for junior and intermediate students.</p> <p>Constant visual supervision is required with primary students.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Pickleball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Protective eye gear meeting ASTM F803 standards or equivalent must be worn by all students at all times.</p> <p>Racquets must be regularly inspected for damage and wear.</p> <p>Balls must be appropriate for the ability of the students.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines must be clearly defined.</p> <p>A safety procedure must be established for side-by-side courts.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>When teaching skills and playing, there must be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students must be taught the code of etiquette for court play.</p> <p>Only singles must be played unless a proper doubles court is available.</p> <p>No more than four players to a playing area.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>Setting up of equipment requires on-site supervision.</p> <p>On-site supervision is required during instruction of skills. In-the-area supervision after skills have been taught.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Racquetball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Protective eye gear meeting ASTM F803 standards or equivalent must be worn by all students at all times.</p> <p>Racquetball racquets must be equipped with a thong that is worn around the wrist.</p> <p>When playing on an enclosed, regulation court, protective eye gear must be worn.</p> <p>Racquets must be inspected regularly for damage and wear.</p> <p>Balls must be appropriate for the age and ability of the students.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines must be clearly defined.</p> <p>A safety procedure must be established for side-by-side courts.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>When teaching skills and playing, there must be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students must be taught the code of etiquette for court play.</p> <p>No more than four players to a playing area.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision is required during instruction of skills. In-the-area supervision after skills have been taught.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Ringette: Gym

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>A “felt” ring or a regulation rubber quoit is used for ringette.</p> <p>Only use commercially produced regulation ringette sticks.</p> <p>Sticks must be checked regularly for cracks and splinters.</p> <p>Protective eyewear must be worn.</p> <p>Stick length must be appropriate to the height of the student.</p> <p>Goalies must wear protective mask (e.g., hockey helmet with cage, softball mask).</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No rings and watches. No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and area must be free of all obstacles (e.g., tables, chairs, pianos) and provide sufficient traction.</p> <p>Floor plugs must be in place.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>The following rules must be in place and enforced by penalties:</p> <ul style="list-style-type: none"> ▪ No body contact. ▪ No stick-on-body contact or stick-on-stick contact. ▪ Stick must remain below the waist at all times. ▪ Implement a crease for protection of the goalie, and no other player or player’s stick is allowed in the crease. <p>Sticks must remain below the waist at all times.</p> <p>Penalties for stick infractions are strictly enforced.</p> <p>No other player or player’s stick is allowed in the crease.</p> <p>Goalies must remain in the crease area during play.</p> <p>Sticks must be in contact with the floor at all times, except on a shot or a pass when the</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
Goalies must wear gloves, pads, and chest protector appropriate to the activity (e.g., ball glove).			<p>stick may not go beyond waist level.</p> <p>Only active participants on the floor can have a stick.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may effect athlete's participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Ringette: Ice

Ice ringette is not an appropriate activity for students in grades primary–4.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Goalie must wear</p> <ul style="list-style-type: none"> ▪ a CSA-approved hockey helmet and protective mask ▪ a catcher/blocker ▪ elbow pads ▪ chest and arm protectors ▪ leg pads ▪ a cup or pelvic protector <p>Players must wear</p> <ul style="list-style-type: none"> ▪ CSA-approved hockey helmet with face guard ▪ hockey gloves ▪ elbow pads, shin guards ▪ shoulder pads ▪ a cup or pelvic protector <p>Sticks:</p> <ul style="list-style-type: none"> ▪ Use only regulation ringette sticks. ▪ Check regularly for cracks. 	<p>Appropriate clothing and footwear must be worn.</p> <p>Properly fitting ice hockey skates.</p> <p>No hanging jewellery. No rings. No watches.</p>	<p>Determine that all facilities are safe for use.</p> <p>Ice surface must be free from debris and deep ruts.</p> <p>Before playing ringette on an outdoor ice surface (e.g., lake, pond), contact local authorities for information, to determine with absolute certainty, that the ice is thick enough to be safe for activity.</p>	<p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Parents/guardians must be aware of any off site activity and the mode of transportation.</p> <p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>No body contact, stick-on-body contact, or stick-on-stick contact.</p> <p>The stick is never above the waist.</p> <p>Penalties for stick infractions must be strictly enforced.</p> <p>Implement a crease for protection of the goalie.</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> ▪ Excel stick is not to be used. <p>Use a regulation rubber quiot.</p>			<p>No other player or player's stick is allowed in the crease.</p> <p>The goalie must remain in the crease area.</p> <p>Modify the games to suit the ability of students.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Adequate hydration must be accessible.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., frostbite and hypothermia).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Rugby: Non-contact Only

Contact rugby is not an appropriate activity for Nova Scotia students.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Regulation rugby balls for contact rugby must be used.</p> <p>Rugby balls or footballs for non-contact must be used.</p> <p>Mouth guards must be used for contact rugby.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No cleats permitted.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Goalposts must be padded if in field of play. Padding must be 1.8 m (6 ft.) high.</p> <p>Playing area must be free from debris and obstructions, provide suitable footing, and be well-removed from traffic areas.</p> <p>Holes and severely uneven surfaces must be brought to the attention of the principal and students must be made aware of them.</p> <p>Perimeter of the field must be marked (e.g., use collapsible flags or soft pylons to mark corners).</p>	<p>Activities/rules must be modified to the age and ability level of the participants.</p> <p>Skills must be taught in proper progression.</p> <p>Games must be based on skills taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>The rules of non-contact rugby must be strictly enforced.</p> <p>When playing flag rugby, flags are not to be tucked under belt.</p>	<p>Constant visual supervision is required during initial practice of contact skills. Subsequently, on-site supervision is required.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Scoop Ball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Scoops and scoop balls must be in good playing condition (e.g., no cracks and/or chips).</p> <p>Goalies must wear a protective mask in a game situation.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing area must be free of obstructions (e.g., tables and chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills taught.</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>If a goalie is used in a game situation, a crease must be implemented.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision is required.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Scooter Boards

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>It is recommended that scooters have protective handles to protect fingers from injury.</p> <p>Scooter boards must be in good repair (e.g., no cracks, broken-off edges, or loose wheels).</p>	<p>Tie back long hair if student is lying down on scooter.</p> <p>Appropriate clothing and footwear must be worn.</p> <p>No loose hanging clothing.</p> <p>No hanging jewellery.</p> <p>No bare feet.</p> <p>No sock feet.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>Establish boundaries or use protective mats in order to eliminate protrusions (e.g., handles on stage/storage doors).</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Do not allow standing on scooter boards.</p> <p>Do not allow running and diving.</p> <p>Stress with 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 areas.</p> <p>Scooter-to-scooter intentional collisions must be avoided.</p>	<p>Direct supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			In scooter-soccer and scooter-hockey, intentional scooter-to-scooter contact and high swings with legs and sticks must be discouraged.	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Scuba Diving

Scuba diving is not an appropriate activity for students in grades primary–8.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Certified equipment must be safety-checked before every class (e.g., mask is watertight, airway is unobstructed).</p> <p>Adhere to the standards as established by the Lifesaving Society, <i>Public Pool Safety Standards for Canadian Public Swimming Pools</i> (www.lifesaving.ca/wp-content/uploads/2014/04/98CdnPublicPoolSafetyStandards_SELFPRINT_REVISED-Jan.-31-2014.pdf) and the Professional Association of Diving Instructors (PADI) Learn to Dive program.</p> <p>Note: There may be specific pool conditions and regulations that are site-</p>	<p>No jewellery.</p> <p>Suitable swim wear must be worn.</p>	<p>Determine that all facilities are safe for use.</p> <p>School or community pool may be used.</p> <p>Backyard pools must not be used.</p> <p>Pool deck must be clear of obstacles and cleared of excess water.</p> <p>No open water dives (e.g., lakes, rivers, oceans).</p>	<p>Skills must be taught in proper progression.</p> <p>Activities must be based on skills taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect their participation (see Introduction).</p> <p>Parent/guardian permission forms are required for aquatic activities that occur off school property.</p> <p>Inform in-charge person on deck of any student with a medical history or any medical problems (e.g., diabetes, asthma, heart conditions, convulsions, epilepsy, frequent ear infections) that may affect the student's safety in water.</p> <p>Emergency procedures must be outlined to students prior to entering the water.</p>	<p>Constant visual supervision by at least one instructor is required in the deep end.</p> <p>On-site supervision is required for the shallow end.</p> <p>Teacher or other school supervisor must accompany students to the pool, and be on deck.</p> <p>SUPERVISION RATIO FOR INSTRUCTIONAL SWIM</p> <p>Instructional swim may include organized games, relays, etc., but cannot include an unorganized free swim.</p> <p>There must be a minimum of two certified aquatics instructors on deck or in the pool.</p> <p>Supervision ratio is 2:40, with both people certified as outlined below:</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
specific. Contact SIP for further direction and consultation on pool regulations governing introduction to scuba diving in a controlled pool environment.			<p>Students must adhere to the following rules:</p> <ul style="list-style-type: none"> ▪ No running or pushing on deck. ▪ No gum chewing. ▪ No food in pool area. ▪ Stay clear of diving area. ▪ No diving off the deck into water less than 2.8 m (9 ft.) in depth ▪ No street shoes on deck. <p>Prior to scuba diving, students must successfully complete the following swim test in its entirety. The test must be administered by a qualified instructor/guard. The test is based on the Swim to Survive standard:</p> <ul style="list-style-type: none"> ▪ Roll into water. ▪ Swim 50 m (165 ft.). ▪ Tread water one minute. <p>The results of the swim test must be given to the teacher.</p> <p>Students who do not pass the above swim test must not participate in scuba diving.</p> <p>All students must remain in the shallow end with a partner unless accompanied by an instructor.</p>	<p>SWIM INSTRUCTION QUALIFICATIONS</p> <p>Both instructors must hold one of the following current certifications:</p> <ul style="list-style-type: none"> ▪ Canadian Red Cross Water Safety Instructor Award ▪ Lifesaving Society Instructor certificate plus an Assistant Lifeguard certificate ▪ Lifesaving Society Swim Instructor certificate plus an Assistant Lifeguard certificate ▪ YMCA Instructor certificate ▪ National Lifeguard Services Lifeguard certificate (NLS) <p>One instructor must also hold current</p> <ul style="list-style-type: none"> ▪ National Lifeguard Services Lifeguard certificate (NLS) <p>OR</p> <ul style="list-style-type: none"> ▪ Standard First Aid certificate (e.g., Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol) <p>Note: Verified copies of certification must be available in the pool area.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>A classroom session must be taught so that students are familiar with equipment and safety procedures. Showers must be taken before entering the water.</p> <p>Students with infected cuts or open sores must not go in the water.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	<p>In addition, a certified scuba instructor must be present in the ratio of 1:20 students.</p> <p>The scuba instructor must hold an instructor certificate issued by one of the following:</p> <ul style="list-style-type: none"> ▪ American and Canadian Underwater Certifications (ACUC) ▪ National Association of Underwater Instructors (NAUI) ▪ Professional Association of Diving Instructors (PADI). <p>Where the scuba instructor is not NLS qualified, there must be an NLS-certified lifeguard present.</p> <p>During recreational swims, students may not use scuba equipment.</p> <p>If students are given a recreational/free swim, they must adhere to the Lifesaving Society standards for pool regulations.</p> <p>The minimum ratio of lifeguards (NLS certified) to</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
				<p>bathers on deck and in the pool is</p> <ul style="list-style-type: none"> 1–125 bathers: 2 lifeguards. If the teacher is NLS-certified, the teacher may act as one of the two lifeguards, and therefore, a third person is not necessary. 126–250 bathers: 3 lifeguards. If the teacher is NLS-certified, the teacher may act as one of the three lifeguards, and therefore, a fourth person is not necessary. <p>Note: A swimmer/bather is considered to be anyone within 1.8 m (6 ft.) from the water's edge.</p> <p>Close and frequent monitoring of change rooms must take place, but not by lifeguards.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Self-Defense

Martial arts, with the exception of Tai Chi, are not appropriate activities for students in grades primary–8. However, self-defense techniques can be taught by qualified instructors, as long as throws and falls are not included in the lessons.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>ACTIVITY SURFACE Mats (5 cm [2 in.]), wrestling mats, or mats of equivalent compaction rating are required. (See Gymnastics, general utility mats for specifications).</p> <p>Mat surface must be clean and checked frequently for irregularities (e.g., no gaps, overlaps, or difference in height when joined).</p>	<p>Appropriate clothing and footwear must be worn. Loose, comfortable clothing is required. Bare feet are acceptable.</p> <p>No jewellery</p>	<p>Determine that all facilities are safe for use.</p> <p>Clear, smooth, level, and dry floor surface.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>Surrounding walls must be padded if mat surface is less than 2 m (6.5 ft.) from wall.</p>	<p>Skills must be taught in proper progression.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Stress importance of anticipation, and avoidance of risky situations, self-defense tactics, and appropriate aggression.</p> <p>Students must be matched with students of similar weight, height, and skill level.</p> <p>During individual or group practice time, no horseplay is allowed.</p> <p>Where activity takes students off campus, parents/guardians must be made aware of the means of transportation used.</p>	<p>On-site supervision by a teacher and a qualified self-defense instructor is required.</p> <p>Qualified instructors in self-defense must deliver the program.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Sepak Takraw

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Poles must be safely stored when not in use.</p> <p>Nets must have no frayed wires.</p> <p>Ball must be appropriate for the age and abilities of the students (e.g., foam, elephant skin, haki-sac, a suitable rattan or synthetic Takraw ball).</p> <p>Net height must be appropriate for the age and ability of students.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>When poles are removed, floor plugs must be replaced.</p> <p>Outdoor courts must provide safe footing.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide sufficient traction.</p> <p>Designate activity boundary area a safe distance from walls.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Heading drills are not appropriate for primary grades.</p> <p>Limit time spent on heading drills (junior and intermediate).</p> <p>If junior/intermediate students are permitted to head the ball in a game, proper heading techniques must be taught.</p> <p>Drills must be organized so as to minimize the risk of being hit with an errant ball.</p> <p>Activities/rules must be modified to the age and ability level of the participants.</p>	<p>On-site supervision is required during initial instruction of skills. In-the-area supervision after skills have been taught.</p> <p>On-site supervision during equipment set-up and take-down.</p> <p>When using volleyball poles, constant visual supervision during equipment set-up and take down.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must be instructed in the safe and correct method of setting up, adjusting, and taking down of net.</p> <p>When the facility does not allow for safe play (e.g., poles on sidelines adjacent to walls) modify rules appropriately.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Adequate hydration must be accessible.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Skateboarding

The Skate Pass Program and curriculum documents must be used.

Students are not permitted to skateboard outdoors before completing the Skate Pass Program in the gymnasium.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Parents/students must be informed that skateboards brought to school must be in good repair.</p> <p>The Skate Pass equipment must only be used indoors.</p> <p>When renting/borrowing equipment, skateboard size must be suitable for the user and in good repair.</p> <p>When skateboarding at a skateboard park or other commercial site, follow required equipment rules.</p>	<p>Appropriate clothing and footwear must be worn. Suitable footwear must be worn, such as closed, slip-resistant shoes (e.g., running shoes, skateboarding shoes). No sandals.</p> <p>No hanging jewellery.</p> <p>Parents/students must be made aware of the importance of wearing</p> <ul style="list-style-type: none"> a correctly fitting helmet designed for skateboarding elbow pads knee pads wrist guards 	<p>Determine that all facilities are safe for use.</p> <p>Skate Pass Program is designed for the gymnasium, but can be completed outdoors with outdoor equipment.</p> <p>Public or commercial site must be in good repair.</p> <p>Select a skateboarding area that is free from traffic and significant inclines.</p> <p>Skateboarding surface must be dry and free of any obstacles and debris.</p>	<p>Participants must follow rules posted at public/commercial skateboard sites.</p> <p>Safety rules must be clearly outlined to students. Emphasize the importance of being in control of the skateboard at all times.</p> <p>Skills must be taught in proper progression.</p> <p>Activities must be based on skills taught.</p> <p>All students must participate in a formal lesson, which must include instruction in the proper wearing and use of equipment.</p> <p>All skateboarders, regardless of ability, must be given basic instruction in</p> <ul style="list-style-type: none"> turning braking coasting balancing 	<p>On-site supervision is required.</p> <p>Train the trainer Skate Pass workshop is required for a teacher/supervisor who is providing instruction.</p> <p>OUTSIDE INSTRUCTOR An outside instructor must have certification or experience in instruction of skateboarding.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> ▪ using slopes <p>Beginner skateboarders must be allocated their own space.</p> <p>No audio devices (e.g., MP3 players) may be used.</p> <p>Parents/guardians must be informed by letter of any off-school property activity and the means of transportation used.</p> <p>Parents must be informed of the importance of sun protection.</p> <p>No inversions.</p> <p>In order to skateboard in more challenging areas of the facilities/site, specific instruction must be given (e.g., instruction on half-pipe/terrain park, jumps, or ramps) in order to skateboard on same.</p> <p>No hot-dogging.</p> <p>When other classes are outside at the same time during the skateboard lesson, provide for a non-encroachment (buffer) zone between both classes.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Instruct participants to keep a safe distance from each other (e.g., 2–3 m) to prevent interference/tripping one another.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Adequate hydration must be accessible.	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Skating: Ice

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Students must wear a CSA-approved hockey helmet.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>Teachers must communicate to students and parent/guardians the importance of</p> <ul style="list-style-type: none"> wearing a CSA-approved hockey helmet wearing properly fitted skates wearing gloves or mittens transporting skates safely <p>Dress for weather conditions if skating outside.</p>	<p>Determine that all facilities are safe for use.</p> <p>Before skating on outdoor ponds, ice safety must be determined with absolute certainty. Contact local authorities for information.</p> <p>Ice skating surface must be free of obstacles and hazardous cracks.</p>	<p>Parents must be informed, by letter, of their child's involvement in skating and that it may take them off school property.</p> <p>A portion of the ice time must be used for instruction.</p> <p>Implement a process for identification of skating skill levels.</p> <p>Provide ice space for beginner skaters (separate from accomplished skaters) for a period of time.</p> <p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Activities must be appropriate to the skill level of the students.</p> <p>Stress skating technique, not speed, in all games, challenges, and drills.</p> <p>Students must be made aware of the need for extra caution and control on the</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>ice, including common procedures, such as skating in the same direction during a free skate.</p> <p>Tag-type games, racing, and “crack the whip” must be avoided.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., frostbite and hypothermia).</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Instruct participants to keep a safe distance from each other (e.g., 2–3 m) to prevent interference/tripping one another.</p> <p>Adequate hydration must be accessible.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Skating: In-line / Quad Roller

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Skates must be checked to ensure</p> <ul style="list-style-type: none"> the brake is not loose or worn out wheels are free of dirt, grime, and oil wheels are not loose or wobbly 	<p>Appropriate clothing, footwear and protective gear listed below must be worn (e.g., long-sleeved shirts to prevent scrapes and cuts). Teachers are responsible for communicating this to parents/guardians and students. A consent form signed by parents is strongly recommended.</p> <ul style="list-style-type: none"> Correctly fitting sport-specific helmet approved by CSA, Snell, ANSI, ASTM, British or Australian standards Properly fitting skates Knee pads Elbow pads Wrist guards 	<p>Determine that all facilities are safe for use.</p> <p>Skating surface must be dry and free of any obstacles and debris.</p> <p>ON-SCHOOL SITE Designate a skating area free from traffic and significant inclines.</p> <p>Gymnasiums where suitable.</p> <p>OFF-SCHOOL SITE (Intermediate and senior levels only) Select routes carefully in terms of length, gravel, pavement, and frequency of traffic.</p> <p>Follow all municipal by-law regulations pertaining to in-line skating.</p> <p>All commercial in-line facilities must meet safety guidelines.</p>	<p>Parents must be aware of any off-site activity and the means of transportation.</p> <p>Parents and students must be informed of the importance of sun protection.</p> <p>Safety rules must be clearly outlined to students.</p> <p>Emphasize “skate safe and always be in control.”</p> <p>Provide beginning skaters with their own designated area within the total area provided for this class. This enables beginner skaters to skate without interference from faster moving peers.</p> <p>Provide all skaters, regardless of ability, basic instruction in</p> <ul style="list-style-type: none"> motion stopping turning <p>Skills must be taught in proper progression.</p> <p>Activities must be taught in proper progression.</p>	<p>ON-SCHOOL SITE On-site supervision is required.</p> <p>OFF-SCHOOL SITE (Grades 5–12 only) In-the-area supervision is required.</p> <p>RATIO</p> <ul style="list-style-type: none"> 1:15 teacher/students <p>There must be a minimum of two supervisors—one supervisor leading the group and one supervisor following at the end of the group.</p> <p>A teacher who is providing instruction on in-line skating / quad roller skating and is unfamiliar with the applied skills (e.g., no recent experience) must seek assistance from appropriate support staff and/or refrain from taking part in in-line / quad roller skating until help is received.</p> <p>OUTSIDE INSTRUCTOR An outside instructor must have certification of, or experience in, instruction of in-line skating.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Designate skating direction for everyone (e.g., clockwise or counterclockwise).</p> <p>No audio devices (e.g., MP3 players, cell phones, iPods).</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.” Or using a bell/whistle. <p>OFF-SITE SKATING (Grades 5–12 only) Students must have mastered basic skills.</p> <p>Yield to pedestrians.</p> <p>Skate with a “buddy.”</p> <p>Be aware of emergency procedures in case of injury.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect</p>	<p>One supervisor must have current Wilderness and Remote First-Aid certification; minimum Red Cross Wilderness and Remote First-Aid certification or equivalent if going off-site and in a remote or wilderness type setting. If the location is considered urban, the supervisor must have a current Standard First-Aid certification and supporting supervisors must have a minimum of Emergency First Aid.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>participation (see Introduction).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Instruct participants to keep a safe distance from each other (e.g., 2–3 m) to prevent interference/ tripping one another.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Skiping

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g. cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Ropes appropriate for skipping must be used.</p> <p>Ropes must be of appropriate length for size and ability of students.</p>	<p>Appropriate clothing and footwear must be worn. No bare feet.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students must be taught safe use of equipment (e.g., no nooses, no swinging over head, no lasso).</p> <p>Students must skip in a space that allows for uninterrupted turning of the rope (e.g., no contact with others or objects).</p>	<p>In-the-area supervision is required.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Slacklining

(Using Natural or Outdoor Fixture)

For all slacklining programs that take place in an indoor school gym setting.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Equipment
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g. cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Applicable to all installations:</p> <p>Determine that all equipment is safe for use.</p> <p>Tubular nylon webbing, oval binders and slings (minimal of approximately 17 kN/ 1700 kg/ 3822 lb./2 tons tensile strength) must be used.</p> <p>Gibbon slacklines are ideal for simple and easy setups.</p> <p>All equipment must be commercially and specifically manufactured</p>	<p>Applicable to all installations:</p> <p>Clothing appropriate for seasonal and weather conditions. Shorts or rolled up pant legs so that feet are visible and not obstructed.</p> <p>Footwear can be bare feet, socks, or gym sneakers.</p>	<p>Applicable to all installations:</p> <p>Anchor points must be strong enough to support 17 kN/1700 kg/ 3822 lb./ 2 tons of tension. (See Equipment column.)</p> <p>Area for slacklining must be 8 ft. away, on both sides of the slackline, from any structure or wall. The landing area must be completely flat and level.</p> <p>Anchor points should be inspected by an instructor qualified for slacklining.</p> <p>A suitable means of transporting an injured student must be accessible.</p>	<p>Applicable to all installations:</p> <p>The activity provider must meet the minimum requirements listed on this page.</p> <p>Slacklines cannot be above 50 cm from the landing surface. Lines for grades primary–8 students should be 30 cm from the landing surface.</p> <p>Only one student on the slackline at a time.</p> <p>If assisting students with additional body support, contact between individuals is to only be open hand-on-shoulder contact with no clasping of material.</p> <p>Only the supervisor and student are to be on the landing area.</p>	<p>Applicable to all installations:</p> <p>Teachers must demonstrate successful completion of a slacklining workshop.</p> <p>If multiple slacklines are being set up, there must be one supervising teacher at each line.</p> <p>Instructors must be trained in, understand, demonstrate, and adhere to a directly relevant skill set for their respective activity.</p> <p>A relevant skill set is a described set of skills developed by recognized slacklining professionals.</p> <p>All instructors must be at least 18 years of age or older to teach the introductory lesson and/or be an instructor.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Equipment
<p>for the intended slacklining related activity and adhere to one or more of UIAA, CE, NFPA, ULC, CSA, ASTM, or TUV standards.</p> <p>Slacklines must be compatible with the chosen anchor devices.</p> <p>A fully stocked first-aid kit must be readily accessible.</p> <p>Anchor points must be able to withstand 17 kN/ 1700 kg/3822 lb./2 tons of tension. For natural environments, use living trees with a minimum 10 inches diameter. Trees must be protected from anchor lines by wrapping them with $\frac{1}{4}$ in. material.</p> <p>All anchors (natural or humanmade) must be SRENE (Solid, Redundant, Equalized and Non-Extending).</p> <p>All equipment must be inspected by qualified personnel prior to activity.</p>			<p>Risks involved with the activities must be communicated to parents/guardians with a signed response form from the parents/guardians, giving permission for student to participate.</p> <p>Completed medical forms for each participating student must be accessible.</p> <p>Prior to the first lesson, teachers must inform slacklining instructors of students who have special needs.</p> <p>Risks involved with each activity and how to lower the risk of an injury from occurring must be communicated to students.</p> <p>Teachers, instructors, and students must be aware of safety procedures.</p> <p>Skills must be taught in proper progression.</p> <p>Activity and course elements that are introduced must be based on skills that are taught and appropriate for</p>	<p>Students who have been trained and can demonstrate the required instructor skills and who are 16 years of age or older can assist with instruction but must be directly supervised by a qualified teacher instructor.</p> <p>At least one instructor must have current first-aid qualifications equivalent to or exceeding St. John Ambulance Emergency First-Aid certification.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Equipment
For emergency communication a cell phone or if reception is an issue, a two-way radio must be with the group.			<p>the developmental stage and experience of the students.</p> <p>An introductory lesson must be an integral part of the program for all students.</p> <p>The lesson must</p> <ul style="list-style-type: none"> ▪ be identified as specific to the slacklines being used ▪ be identified as specific to the anchors being used ▪ include instruction and repeat practice of <ul style="list-style-type: none"> – correct use of the slackline – correct use of anchor points – the concept of balancing on the slackline – the concept of how to walk on the slackline – general slacklining principles – stepping on and off the slackline procedures – how to assist a partner <p>Students must be allowed to select a challenge at their comfort level.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Equipment
			<p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds; tornadoes).</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect participation.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Snorkelling

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use prior to each class (e.g., mask is watertight, snorkel is unobstructed).</p> <p>Adhere to the standards as established by the Lifesaving Society, <i>Public Pool Safety Standards for Canadian Public Swimming Pools</i> (www.lifesaving.ca/wp-content/uploads/2014/04/98CdnPublicPoolSafetyStandards_SELFPRINT_REVISED-Jan.-31-2014.pdf) and the Professional Association of Diving Instructors (PADI) Learn to Dive program.</p> <p>FOR RECREATIONAL CAMPS Accessibility to standard safety equipment, as follows:</p> <ul style="list-style-type: none"> one or more buoyant rescue aids attached to a shoulder loop with a 6 mm (0.25 in.) line at 	<p>No jewellery.</p> <p>Suitable swimwear.</p> <p>Fins or suitable footwear to protect against protruding objects in lakes, rivers, or ponds.</p> <p>Fins, if worn, must fit properly.</p>	<p>Backyard pools must not be used.</p> <p>Pool deck must be clear of obstacles.</p> <p>Acceptable snorkelling locations include</p> <ul style="list-style-type: none"> school/community swimming pools recreational camps (lakes, ponds, rivers) within designated areas open water snorkelling must occur within clearly defined boundaries <p>Determine that all facilities are safe for use.</p> <p>No cave snorkelling.</p>	<p>Parent/guardian permission forms are required for aquatic activities that occur off school property.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Inform in-charge person on deck of any student with a medical history or any medical problems (e.g., diabetes, asthma, heart condition, convulsions, epilepsy, frequent ear infections) that may affect the student's safety in water.</p> <p>Emergency procedures must be outlined to students prior to entering the water.</p> <p>Students must adhere to the following rules:</p> <ul style="list-style-type: none"> No running or pushing on deck. No gum chewing. No food in the pool area. Stay clear of the diving area. 	<p>On-site supervision is required.</p> <p>A teacher or other school supervisor must accompany pupils to the pool and be on deck or in the pool.</p> <p>SUPERVISION RATIO FOR INSTRUCTIONAL SWIM Instructional swim may include organized games, relays, etc., but cannot include an unorganized free swim.</p> <p>There must be a minimum of two certified aquatics instructors on deck or in the pool.</p> <p>In pools, the supervision ratio is 2:40 and in lakes, ponds, and rivers, etc., the supervision ratio is 2:25 with both people certified as outlined below.</p> <p>SWIM INSTRUCTION QUALIFICATIONS Both instructors must hold one of the following current certifications:</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>least 1.6 m (5 ft.) in length</p> <ul style="list-style-type: none"> one or more reaching poles of 3.7 m (12 ft.) or greater in length one or more buoyant throwing aids attached to a 6 mm (0.25 in.) line at least 8 m (26 ft.) in length spinal board paddleboard or boat, when any part of the swimming area is more than 50 m (165 ft.) from the shore 			<ul style="list-style-type: none"> No diving off the deck into water less than 2.8 m (9 ft.) in depth. No street shoes on deck. <p>Swimming ability must be demonstrated to a qualified instructor/guard in shallow end prior to snorkelling.</p> <p>Students must be able to pass Swim to Survive:</p> <ul style="list-style-type: none"> Roll into water. Tread water for one minute. Swim 50 m (165 ft.). <p>Students who do not pass the above swim test must not snorkel.</p> <p>Initial instruction on snorkelling must occur in shallow water.</p> <p>Skills must be taught in proper progression.</p> <p>Students with infected cuts or open sores must not go in the water.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p>	<ul style="list-style-type: none"> Canadian Red Cross Water Safety Instructor Award Lifesaving Society Instructor certificate plus an Assistant Lifeguard certificate Lifesaving Society Swim Instructor certificate plus an Assistant Lifeguard certificate YMCA Instructor certificate National Lifeguard Services Lifeguard certificate (NLS) <p>One instructor must also hold a current</p> <ul style="list-style-type: none"> National Lifeguard Services Lifeguard Certificate (NLS) <p>OR</p> <ul style="list-style-type: none"> Standard First Aid certificate (e.g., Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol) <p>Note: Verified copies of certification must be available in the pool area.</p> <p>A teacher who is providing instruction and is unfamiliar with snorkelling techniques must seek assistance from an</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
				<p>appropriate source (e.g., experienced staff member or a qualified snorkelling instructor).</p> <p>Snorkelling Instructor Qualifications A non-teacher instructor must hold an instructor certificate issued by one of the following:</p> <ul style="list-style-type: none"> ▪ American and Canadian Underwater Certifications (ACUC) ▪ National Association of Underwater Instructors (NAUI) ▪ Professional Association of Diving Instructors (PADI) <p>Note: Where the non-teacher snorkelling instructor is not NLS-certified, there must be an NLS-certified lifeguard present.</p> <p>LIFEGUARD QUALIFICATIONS Lifeguards must hold a current National Lifeguard Service certificate.</p> <p>If students are issued snorkelling equipment and are given a recreational free swim in a pool, the supervision ratio must remain at 2:40. In lakes, ponds, and</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
				<p>rivers, the supervision ratio is 2:25.</p> <p>If students are given a recreational/free swim, they must adhere to the Lifesaving Society standards for pool regulations.</p> <p>Instructor certification must meet the Lifesaving Society safety supervision requirements.</p> <p>The minimum ratio of lifeguards (NLS certified) to bathers on deck and in the pool is</p> <ul style="list-style-type: none"> ▪ 1–125 bathers: 2 lifeguards (If the teacher is NLS certified, the teacher may act as one of the two lifeguards, and therefore, a third person is not necessary.) ▪ 126–250 bathers: 3 lifeguards (If the teacher is NLS certified, the teacher may act as one of the three lifeguards, and therefore, a fourth person is not necessary.) <p>Note: A swimmer/bather is considered to be anyone within 1.8 m (6 ft.) from the water's edge.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
				Close and frequent monitoring of change rooms must take place, but not by lifeguards.

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Soccer (Indoor/Outdoor)

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Outdoor soccer balls must not be used indoors for games or shooting on goalie, but may be used for indoor drills.</p> <p>Sponge or indoor soccer balls are to be used for indoor soccer games.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No cleats permitted.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor playing area must be free from debris and obstructions, provide suitable footing, and be well removed from traffic areas.</p> <p>Holes and severely uneven surfaces must be brought to the attention of the principal, and students must be made aware of them.</p> <p>Indoors, keep gym free of hazards (e.g., tables, chairs).</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills taught.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Limit time spent on heading drills.</p> <p>No slide tackling or tackling from behind.</p> <p>For indoor soccer, a goal crease needs to be established, and no other player except the goalie is allowed in the crease.</p> <p>Both portable and permanent goal posts need to be anchored to the playing area in a secure and approved fashion to prevent posts from falling forward.</p> <p>Students are to be instructed not to hang or swing on the posts.</p> <p>After use, portable goals must be taken apart, removed, or secured to a permanent structure.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Soccer / Crab-Soccer / Soccer-Baseball (Indoor/Outdoor)

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Size and weight of soccer ball must be appropriate to the age and skill level of the participants. For example, size of ball:</p> <ul style="list-style-type: none"> Up to 10 years: size 3 or 4 10–13 years: size 4 or 5 13 years and older: size 5 <p>Outdoor soccer balls must not be used indoors for games or shooting on goalie, but may be used for indoor drills.</p> <p>Sponge soccer balls or indoor soccer balls are to be used for indoor soccer games.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No cleats permitted.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing area must be free from debris and obstructions, provide suitable footing, and be well-removed from traffic areas.</p> <p>Holes and severely uneven surfaces must be reported to the principal, and students must be made aware of them.</p> <p>Indoors, keep the gym free of hazards, (e.g., tables, chairs).</p>	<p>Skills must be taught in proper progression.</p> <p>Game activities must be based on skills that are taught.</p> <p>No slide tackling or tackling from behind.</p> <p>Heading drills are not appropriate for primary grades.</p> <p>Limit time spent on heading drills (junior and intermediate).</p> <p>If junior/intermediate students are permitted to head the ball in a game, proper heading techniques must be taught.</p> <p>For indoor soccer, a goal crease needs to be established, where no other player except the goalie is allowed.</p> <p>Both portable and permanent goal posts need to be anchored to the playing area in a secure and approved</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>fashion to prevent posts from falling forward.</p> <p>Students are to be instructed not to hang or swing on the posts.</p> <p>Adequate hydration must be accessible.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>After use, portable goal posts must be taken apart, removed, or secured to a permanent structure.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Softball: Fast Pitch

Fast pitch softball is not an appropriate activity for Nova Scotia students.

Softball: Lob-Ball / Slo-Pitch / Three Pitch

Back Catcher—The role of a back catcher is to retrieve a ball and return it to the pitcher. The back catcher is not intended to catch a missed pitch. This person can stand behind home plate or stand a safe distance behind or beside the batter or stand behind the screen. The safety equipment required by the back catcher is determined by the back catcher's placement relative to the batter. See specific sport safety guidelines for instructions.

Catcher—The catcher is a player who crouches behind home plate when the ball is pitched. The role of the catcher is to catch a pitch that goes past a batter (e.g., strike, ball, or swung on and missed).

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Wooden bats must not be cracked. All bats must have proper grip.</p> <p>Bats must comply with the current Slo-Pitch National Association rules (e.g., Amateur Softball Association bat policy ASA2004).</p> <p>If a back catcher stands (in front of the screen) behind home plate, the player must</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No metal or compound cleats. Molded cleats only.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor playing area must</p> <ul style="list-style-type: none"> be inspected regularly for debris and obstructions provide suitable footing be well removed from traffic areas allow for sufficient traction <p>The field of play must never be located near an open roadway, which an active player might run onto.</p> <p>If more than one activity is going on, determine that there is a safe distance between the activities.</p> <p>Holes and severely uneven surfaces must be reported to</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills taught.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Players must be taught to lay down or drop the bat after hitting, not release it during the follow-through of the swing.</p> <p>Only a back catcher (not a catcher) must be used for in-class softball.</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>wear a mask with a throat protector. OR If a back catcher stands a safe distance from the batter (e.g., behind the back screen) no protective equipment is necessary.</p> <p>Use a softball that is appropriate to the skill level of the students.</p> <p>If using a regulation softball, batters, on deck batters, baserunners, and student coaches must wear properly fitting batting helmets with flaps covering both ears.</p> <p>The on-deck batter, bat boy/girl, base runners, and student base coaches must wear a properly fitting batting helmet with flaps covering both ears.</p> <p>A safety bag must be used at first base.</p> <p>Bases must be properly secured.</p> <p>All equipment not in use must be kept out of the practice/playing area.</p>		<p>the principal and students must be made aware of them.</p> <p>Prior to use, backstops, fences, and fields must be checked for hazards. Any hazards found must be reported to students and appropriate officials. Modify the activity to avoid hazards (e.g., mark hazards with cones, cover holes in fence with mat).</p>	<p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Non-fielding players must be on the bench or in the designated area of the bench.</p> <p>Fast-pitch softball must not be played in class.</p> <p>Student umpires must not be positioned behind the home plate; they must stand behind the pitcher or the screen or outside the baselines.</p> <p>To avoid dangers of a slipped bat, non-fielding players must stand well back of the batter's box or behind a screen or fence. (Keep fingers away from screen.)</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
All equipment must be checked regularly to determine that it is in good working order.			<p>Appropriate sliding techniques must be taught to minimize the risk of injury.</p> <p>Use a commitment line on the third-base line.</p> <p>All plays at home plate must be force plays.</p> <p>No tagging at home plate.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Softball Lead-up Games: Soccer-Baseball / Volley-Baseball / T-Ball

Back Catcher—The role of a back catcher is to retrieve a ball and return it to the pitcher. The back catcher is not intended to catch a missed pitch. This person can stand behind home plate or stand a safe distance behind or beside the batter or stand behind the screen. The safety equipment required by the back catcher is determined by the back catcher’s placement relative to the batter. See specific sport safety guidelines for instructions.

Catcher—The catcher is a player who crouches behind home plate when the ball is pitched. The role of the catcher is to catch a pitch that goes past a batter (e.g., strike, ball, or swung on and missed).

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Wooden bats must be un-cracked with a proper grip.</p> <p>Aluminum bats must have a proper grip.</p> <p>For soccer-baseball or volley-baseball, do not use a bat.</p> <p>For lead-up games involving the use of a baseball ball (e.g. T-ball):</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No cleats.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor playing area must</p> <ul style="list-style-type: none"> be inspected regularly for debris and obstructions provide suitable footing be well removed from traffic areas <p>The field of play must never be located near an open roadway, which an active player might run onto.</p> <p>If more than one activity is going on, determine that there is a safe distance between the activities.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Adequate hydration must be accessible.</p> <p>Fast pitch softball must not be played in class.</p> <p>If an umpire is used, the umpire must not be positioned behind home plate. The umpire must stand behind the pitcher, behind the screen, or outside the baselines.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> If a back catcher stands behind home plate or a safe distance in front of the screen alongside the batter, the player must wear a mask with a throat protector. <p>OR</p> <ul style="list-style-type: none"> If a back catcher stands a safe distance from the batter (e.g. behind the back screen), no protective equipment is necessary. <p>Catcher's mask is required.</p> <p>Use a ball that is appropriate to the skill level of the students.</p> <p>A safety bag must be used at first base.</p> <p>Bases must be properly secured.</p>		<p>Holes and severely uneven surfaces must be reported to the principal, and students must be made aware of them.</p>	<ul style="list-style-type: none"> previous training the length of time students will be vigorously active the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Only a back catcher (not a catcher) must be used for in-class softball.</p> <p>Players must be instructed to set down or drop the bat after hitting, not release it during the follow-through of the swing.</p> <p>To avoid dangers of a slipped bat, non-fielding players must stand well back of the batter's box or behind the screen or fence. (Keep fingers away from the screen.)</p> <p>No sliding.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Use a “force play” rule at all bases, including home plate.</p> <p>Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Squash

Squash is not an appropriate activity for students in grades primary–4.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Racquets must be inspected regularly for damage and wear.</p> <p>Protective eye gear meeting ASTM F803 standards or equivalent must be worn by all students at all times.</p> <p>Students wearing eyeglasses must also wear appropriate eye protection (e.g., shatterproof lenses).</p> <p>Balls must be appropriate for the age and ability of students.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines must be clearly defined.</p> <p>A safety procedure must be established for side-by-side courts.</p> <p>Playing surface and surrounding areas must be free of all obstacles (e.g., tables, chairs) and must provide sufficient traction.</p>	<p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Skills must be taught in proper progression.</p> <p>Games must be based on skills taught.</p> <p>When teaching skills and playing, there must be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students must be taught the code of etiquette for court play.</p> <p>Only singles must be played unless a proper doubles court is available.</p> <p>No more than four players to a playing area.</p>	<p>On-site supervision is required during instruction of skills. In-the-area supervision after skills have been taught.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Swimming: Synchronized Swimming

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Adhere to the standards as established by the Lifesaving Society, <i>Public Pool Safety Standards for Canadian Public Swimming Pools</i> (www.lifesaving.ca/wp-content/uploads/2014/04/98CdnPublicPoolSafetyStandards_SELFPRINT_REVISED-Jan.-31-2014.pdf) and the Professional Association of Diving Instructors (PADI) Learn to Dive program.</p> <p>Electrical equipment (e.g., MP3 players) must be properly grounded.</p>	<p>No jewellery to be worn (other than medical alert jewellery).</p> <p>Suitable swimwear.</p> <p>Device to keep hair from obstructing vision (e.g., elastic) must be used.</p>	<p>Determine that all facilities are safe for use.</p> <p>Use school or community swimming pools.</p> <p>Backyard pools must not be used.</p> <p>For pond/lake swimming, see: Outdoor Education: Swimming—Oceans, Lakes, Ponds, Rivers.</p> <p>Pool deck must be kept clear of obstacles and excess water.</p>	<p>Skills must be taught in proper progression.</p> <p>Activity/games must be based on skills taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect their participation (see Introduction).</p> <p>Parent/guardian permission forms are required for aquatic activities that occur off school property.</p> <p>Inform in-charge person on deck of any student with a medical history or any medical problems that may affect the student's safety in water (e.g., diabetes, asthma, heart condition, convulsions, epilepsy, frequent ear infections).</p> <p>Emergency procedures must be outlined to students prior to entering the water.</p> <p>Students must adhere to the following rules:</p>	<p>On-site supervision is required.</p> <p>A teacher or other school supervisor must accompany pupils to the pool, and be on deck or in the pool.</p> <p>Close and frequent monitoring of change rooms must take place, but not by the lifeguard.</p> <p>Students must notify teacher/in-charge person if leaving the pool area.</p> <p>SUPERVISION RATIO FOR INSTRUCTIONAL SWIM</p> <ul style="list-style-type: none"> Instructional swim may include organized games, relays, etc., but cannot include an unorganized free swim. There must be a minimum of two certified aquatics instructors on deck or in the pool. Supervision ratio is 2:50, instructors to students, with both instructors certified as outlined below. In situations where there are 51–75 students, an

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> ▪ No running or pushing on deck. ▪ No gum chewing. ▪ No food in pool area. ▪ No diving off the deck into water less than 2.75 m (9 ft.) in depth. ▪ No street shoes on deck. <p>An initial screening/testing of swimming ability must be done in the shallow end.</p> <p>The common facility test to determine swimming ability is to swim two widths continuously without touching the bottom. This applies to both instructional and recreational swims.</p> <p>The results of the swim test must be logged and available to the instructor/lifeguard.</p> <p>Skill instruction can be followed by skill application (e.g., relay activities, tag games that incorporate skills). This is considered to be part of the instructional program—not a free swim.</p> <p>Showers must be taken before entering the pool.</p>	<p>additional certified instructor or lifeguard (NLS) is required. The instructor requires the same certification as listed below.</p> <p>SWIM INSTRUCTION QUALIFICATIONS</p> <p>Both instructors must hold one of the following current certifications:</p> <ul style="list-style-type: none"> ▪ Canadian Red Cross Water Safety Instructor Award ▪ Lifesaving Society Instructor certificate plus an Assistant ▪ Lifeguard certificate ▪ Lifesaving Society Swim Instructor certificate plus an Assistant Lifeguard certificate ▪ YMCA Instructor certificate ▪ National Lifeguard Services lifeguard certificate (NLS) <p>One instructor must also hold a current</p> <ul style="list-style-type: none"> ▪ National Lifeguard Services Lifeguard Certificate (NLS) <p>or</p> <ul style="list-style-type: none"> ▪ Standard First Aid certificate (e.g., Red

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students with infected cuts or sores must not be in the pool.</p> <p>During recreational swims, students may not snorkel or use scuba equipment.</p>	<p>Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol)</p> <p>Note: Verified copies of certification must be available in the pool area.</p> <p>SUPERVISION RATIO FOR RECREATIONAL SWIM (FREE SWIM – NO INSTRUCTION) Teachers must accompany students to the pool and be on deck or in the pool during the recreational/free swim.</p> <p>If students are given a recreational/free swim, they must adhere to the Lifesaving Society standards for pool regulations.</p> <p>Instructor certification must meet the Lifesaving Society safety supervision requirements.</p> <p>The minimum ratio of lifeguards (NLS certified) to bathers on deck and in the pool is</p> <ul style="list-style-type: none"> 2:125 (a swimmer/bather is considered to be anyone within 1.8 m [6 ft.] from the water's edge).

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
				<ul style="list-style-type: none"> ▪ 0–125 bathers: 2 lifeguards (If the teacher is NLS certified, the teacher may act as one of the two lifeguards, and therefore, a third person is not necessary.) ▪ 126–250 bathers: 3 lifeguards (If the teacher is NLS-certified, the teacher may act as one of the three lifeguards, and therefore, a fourth person is not necessary.) <p>LIFEGUARD QUALIFICATIONS A lifeguard must hold a current National Lifeguard Service (NLS) certificate.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Table Tennis

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Regulation-size paddles and table tennis balls are required.</p> <p>Tables and paddle must be appropriate for the age and ability of students.</p> <p>Tables and paddles must be in good condition.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>There must be room for mobility around tables.</p> <p>Floor surface must be smooth, level, and dry.</p>	<p>Skills must be taught in proper progression.</p> <p>Game activities must be based on skills that are taught.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students must be instructed on safe set-up and dismantling of tables.</p>	<p>Constant visual supervision is required during set-up and dismantling of tables.</p> <p>On-site supervision is required during initial instruction. In-the-area supervision after initial instruction.</p> <p>In-the-area supervision is required during play.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Team Handball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Ball size must be appropriate for the age and ability of students.</p> <p>Foam-type ball or regulation team handballs are acceptable.</p> <p>Regulation team handball nets must be safely stored when not in use.</p> <p>Ball hockey nets, pylons, or wall mats can be used for goals.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Game activities must be based on skills that are taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect their participation (see Introduction).</p> <p>Activities and rules must be modified based on the ability of students and facilities/equipment available.</p> <p>No body contact.</p> <p>Crease area must be clearly defined if using a goalie (e.g., full key area).</p> <p>Only the goaltender is allowed in the crease area.</p>	<p>On-site supervision is required.</p>

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Tennis

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Racquets must be inspected regularly for damage and wear.</p> <p>Use racquets that are appropriate to the skill level of the players (e.g., junior racquets).</p> <p>Where ball machines are being used, they must be inspected prior to use and be under the direct supervision of a teacher.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding areas must be free of obstacles (e.g., tables and chairs) and provide good traction.</p> <p>Court boundary lines must be clearly defined.</p> <p>A safety procedure must be established for side-by-side courts.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on the skills taught.</p> <p>When teaching skills, there must be adequate spacing for each student to make a free and uninterrupted swing.</p> <p>Activities and skills must be modified to the age and ability level of the students.</p> <p>When playing with more than two players on a court, positioning and movements must be taught.</p> <p>The code of etiquette for court plays must be taught (e.g., not entering a court being used).</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Adequate hydration must be accessible.</p>	<p>On-site supervision is required during equipment set-up and take-down.</p> <p>On-site supervision is required during initial instruction of skills. In-the-area supervision after skills have been taught.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Tetherball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Tetherball must be in good repair, with properly working connections at the ball and at the pole.</p> <p>Rope must be in good repair and without excessive fraying.</p> <p>Check pole periodically. A pole with a severe lean or loose at the base must not be used until repaired or replaced.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Tetherball pole must be situated away from traffic areas and areas where other games are played (e.g., volleyball, four-square, basketball).</p> <p>Tetherball area must be free of all obstacles and provide good traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Game must be based on the skills taught.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students require instruction in skills and rules before the game is played.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p>	<p>On-site supervision is required for set-up and instruction.</p> <p>After instruction, in-the-area supervision is required.</p> <p>Tetherball must be set up by an adult or a student under adult supervision.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Track and Field: Discus

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Discus (e.g., wood/metal and rubber) must be appropriate for the age and gender of the student.</p> <p>Discus must not be cracked, chipped, or otherwise damaged and must be checked regularly.</p> <p>Towel/rag to dry discus.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No hanging jewellery.</p> <p>No track spikes.</p>	<p>Determine that all facilities are safe for use.</p> <p>The throwing area must be free of obstacles and completely closed to traffic (e.g., throwing area initiated in front of baseball backstop, no other activity located in area where discus is taking place).</p> <p>The landing area must be well marked and void of people during the activity.</p> <p>The discus circle/area must provide safe footing.</p>	<p>Skills must be taught in proper progression.</p> <p>Instruction must be given in safety prior to teaching and practice.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature 	<p>Constant visual supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Students not throwing must be behind thrower in a marked off area, minimum 5 m (16 ft.) away.</p> <p>Instruct students in safe throwing and retrieving procedures.</p> <p>Throwers must never release the discus if there is someone in the field with their back to them.</p> <p>Retrievers must carry the disc back.</p> <p>There must be only one throwing area and only one thrower in that area at any one time.</p> <p>Only throwers are allowed to have a discus.</p> <p>No turning (spinning) more than 90° in the throwing action.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Use a towel to dry a wet discus.	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Track and Field: High Jump

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>LANDING MATS The landing surface (excluding the Velcro mat apron around the outside) must be a minimum of 1.5 m × 3.6 m × 0.5 m (5 ft. × 12 ft. × 20 in.). There must be one layer of Velcro mats around the three sides with no gaps.</p> <p>PRACTICES AND TRYOUTS (Whether done in class or outside instructional time.)</p> <p>Landing surface must be a minimum of 1.5 m × 3.6 m × 0.5 m (5 ft. × 12 ft. × 20 in.), and in addition, there must be a double layer of Velcro mats along three sides with no gaps.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No bare feet or socks without shoes.</p> <p>No jewellery.</p> <p>No spikes of any kind.</p>	<p>Determine that all facilities are safe for use.</p> <p>Indoor and outdoor approach area must be smooth, traffic-free, and provide good traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Bar monitors must stay in front and off to the side of standards prior to and during each jump.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Stress progressions and techniques rather than competition.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature 	<p>Constant visual supervision is required.</p> <p>When landing surfaces are set up but not being used, deterrents for use must be in place (e.g., mark perimeter with cones, provide supervision, put mats in storage area, place sign on mats: "Use of mats requires supervision.").</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>One landing mat, or landing mats in combination, may be used to meet or exceed the above minimum.</p> <p>When two mats are placed end to end, use a cover or place a Velcro mat over the gap between landing mats.</p> <p>Two jumping mats used end to end must be of the same thickness.</p> <p>Check landing mats regularly for damage.</p> <p>CROSS BARS Do not use metal cross bars.</p> <p>Bamboo poles must be tape wrapped before use.</p> <p>Fibreglass poles are a good alternative.</p> <p>Check bamboo and fibreglass poles for cracks before use.</p> <p>Weighted rope or elastic may be used, rather than a crossbar, for practice.</p>			<p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Stress short, controlled approach (e.g., between three and nine steps).</p> <p>If student is using “back layout,” encourage take-off closer to the nearest upright on approach.</p> <p>Determine that landing mats and Velcro mats are firmly secured and do not slide upon impact.</p> <p>It is advisable that any teacher who is unfamiliar with high-jump technique seek assistance from appropriate support staff and/or refrain from using the equipment until help is received.</p> <p>High-jump landing surface must not butt up against a wall and must be a minimum of 1 m (3 ft. 3 in.) from any wall and any other permanent structures.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect participation (see Introduction).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Track and Field: Hurdles

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Use “scissor” hurdles, light hurdles, or loose crossbars for classroom instruction.</p> <p>Check hurdle crossbars for splinters before use.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No spikes of any kind.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Choose an area that provides a clear, flat surface.</p> <p>Running area must be inspected prior to instruction.</p>	<p>Skills must be taught in proper progression.</p> <p>Instruct students how to set up hurdles properly, so that a hurdle knocked down by a student will fall cleanly to the ground.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Modify heights and distances to accommodate different ability levels.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature 	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Track and Field: Javelin

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone,, two-way radio) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>400 g polyurethane “Turbo Javelins” with soft tips or equivalents may be used at the grades primary–6 level. A regular standard javelin may not be used at this level.</p> <p>Select sizes according to NSSAF guidelines or to the developmental age of participants. (www.nssaf.ca)</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>The throwing area must be free of obstacles and completely closed to traffic (e.g., no other activity can be located in the area where javelin is taking place).</p> <p>The landing area must be well marked and void of people during the activity.</p> <p>The run up area must provide safe footing.</p>	<p>Skills must be taught in proper progression.</p> <p>Instruction must be given in safety prior to practice.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Javelins must be carried safely to and from the practice/competition area.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Establish safe throwing and retrieving procedures.</p> <p>Be aware of students whose medical conditions (e.g. asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Track and Field: Pole Vault

Pole vaulting is not an appropriate activity for Nova Scotia students.

Track and Field: Shot Put

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Only shots designed for indoor use can be used in the indoor program.</p> <p>Equipment must be of appropriate size and weight for the age and strength of students.</p> <p>Use a towel or rag to dry shot.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>Track spikes must not be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Landing area must be well marked and void of people during activity.</p> <p>Putting circle must provide safe footing.</p>	<p>Skills and techniques associated with shot put must be taught in proper progression.</p> <p>Teach only standing shot put technique (no spin).</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Proper warm-ups and cool-downs must be included.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions</p>	<p>Constant visual supervision is required.</p> <p>Following initial instruction, after all safety concerns have been emphasized, on-site supervision is required.</p> <p>It is advisable that any teacher who is unfamiliar with shot put techniques seek assistance from appropriate support staff and/or refrain from using the equipment until help is received.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>(e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Establish safe routines for putting and retrieving of shots.</p> <p>Establish a safe routine for transporting shots to and from the throwing area.</p> <p>Shots must never be thrown or rolled back to throwing area.</p> <p>Where a protective screen is not in place, students and spectators must be in a designated area at least 4 m (13 ft.) behind the toe line.</p> <p>It is advisable that any teacher who is unfamiliar with shot put techniques seek assistance from appropriate support staff and/or refrain from using the equipment until help is received.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Track and Field: Track Events

Sprints / 400 m / 800 m / 1500 m / 3000 m / Relays

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safety for use.</p> <p>Determine that all equipment is safe for use.</p> <p>Plastic or aluminum relay batons are to be used.</p> <p>Check batons for cracks or splinters.</p> <p>Check safety of starting blocks if they are used.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No hanging jewellery.</p> <p>No track spikes.</p> <p>No bare feet.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor areas designated for running must be clearly marked, away from other activities, checked for hazards, and provide safe footing.</p> <p>All tracks must be inspected annually and maintained as necessary.</p> <p>“Blacktop” strips and open fields may be used if areas are suitable, smooth, clean, level, and provide safe footing.</p> <p>Run-out areas must be in place for all running events.</p> <p>School halls and stairways can be used for these events.</p>	<p>The skills and techniques associated with running must be taught in a logical progression.</p> <p>Proper warm-ups and cool-downs must be included in all in-class sessions.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>INDOOR RUNNING <i>Use of hallways:</i> No running to take place where there are glass doors or showcases. Position a safety barrier in front of doors. Put pylons at stop points and designate a slow-down zone 10 m (33 ft.) or more. All classroom doors that open out have to be secured open, flush with hall wall.</p>	<p>On-site supervision is required for sprints, relays, hallway, and stair running.</p> <p>In-the-area supervision is required for 400 m, 800 m, 1500 m, and 3000 m.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Where school hallways or stairways are used for training purposes, appropriate safety measures must be in place as follows:</p> <ul style="list-style-type: none"> ▪ Doors must not be opened into running area. ▪ Hallway protrusions must be clearly marked. ▪ Inform school community of times and locations of indoor practices. ▪ Hall double doors have to be secured open. ▪ Monitors must be positioned at corners. ▪ Floor surface must be dry and provide good footing. <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p><i>Distance running:</i> The length of the run must be modified to be appropriate to the age and ability level of the student. Also take into account:</p> <ul style="list-style-type: none"> the temperature of the day previous training and length of preparation <p>When running above distances in practice, students may be temporarily out of sight and must run in pairs or groups.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Track and Field: Triple Jump / Long Jump

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>A rake and a shovel or spade must be on site and kept away from the pit and run-up area when not in use.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No spikes of any kind.</p> <p>No bare feet.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Pits must be situated away from high traffic areas and other activity sites (e.g., ball diamonds).</p> <p>Pit width minimum is 1.8 m (6 ft.) and long enough to accommodate the longest jumper in the long jump. There must be a minimum of 0.5 m (1 ft. 7 in.) between take-off board and front edge of pit.</p> <p>In the case of the triple jump, determine that the take-off areas are at an appropriate distance from the pit to allow for a safe landing on the second phase (step).</p> <p>Landing area must be soft and deep with no foreign objects.</p> <p>Pit must be filled with sand to a minimum depth of 30 cm (12 in.).</p> <p>Dig pit at least once a season and after heavy rainfall.</p>	<p>Skills must be taught in proper progression in a non-competitive environment that focuses on skill development (e.g., short five-step approach and build up to 15–17 step approach).</p> <p>Refrain from jumping if there are slippery conditions.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Establish a procedure to initiate jumping.</p> <p>If students are rakers, they must be trained. As part of training, include rules such as the following:</p> <ul style="list-style-type: none"> ▪ Remove rake before next competitor begins approach and hold rake prongs downward. ▪ Begin raking after competitor is out of pit. 	<p>Constant visual supervision is required during initial lessons. On-site supervision after skills have been taught.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
		Take-off area must be firm and flat and swept if blacktop.	<ul style="list-style-type: none"> ▪ Rake sand into the middle, as opposed to out to the sides. <p>Keep rakes, shovels and spades away from the pit and run-up area when they are not in use.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Triathlon: Swimming/Running/Cycling

Recommended only for grades 9–12.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Bikes must be inspected and checked on a regular basis before they are to be used.</p> <p>Bicycle size must be appropriate for the rider.</p> <p>Correctly fitting bicycle helmets that are approved by CSA, Snell, ANSI, ASTM, or British or Australian standards must be used.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>Appropriate swim wear for swimming and proper running shoes in good condition for distance training.</p> <p>Swim caps must be worn during swim portion of event.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Use a school or community pool.</p> <p>Backyard pools must not be used.</p> <p>Choose routes carefully in terms of the length, road surface, and frequency of traffic.</p> <p>A map of the training routes must be available in school and for students.</p> <p>Water temperature must be a minimum of 19°C (66°F). If below this temperature, follow Triathlon Canada Competition Rules. (www.triathloncanada.com)</p>	<p>Skills must be taught in proper progression.</p> <p>Training must be done with a partner in all three events.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Students must be aware of an emergency procedure in case of an accident.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> previous training the length of time students will be vigorously active the temperature <p>Students must receive instruction on safety procedures related to severe</p>	<p>In-the-area supervision is required for cycling and running.</p> <p>On-site supervision is required by qualified swim instructors/lifeguards during the swimming portion.</p> <p>RATIOS Supervision ratio is 2:25, instructors to students, with both people certified as outlined below.</p> <p>For situations where there are additional students, an additional certified instructor or lifeguard (NLS) is required for each additional 25 swimmers or less. The instructor requires the same certification as listed below.</p> <p>SWIM INSTRUCTION QUALIFICATIONS Both instructors must hold one of the following current certifications:</p> <ul style="list-style-type: none"> Canadian Red Cross Water Safety Instructor Award

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Swim ability must be demonstrated in shallow water to a qualified instructor/guard prior to swimming. Students must be able to tread water for one minute and swim 50 m (164 ft.) to be designated “a swimmer.”</p> <p>Non-swimmers must be identified and wear a properly fastened Personal Flotation Device (PFD) for recreational swims.</p> <p>A record of students running and cycling and the route they will be travelling must be left in the school with the appropriate staff.</p> <p>Modify length of routes and swims to accommodate training and differences in age, ability, physical development.</p> <p>Instructor must consider weather conditions (e.g., wind, cold, heat, rain) when training for the activities.</p>	<ul style="list-style-type: none"> ▪ Lifesaving Society Instructor certificate plus an Assistant Lifeguard certificate ▪ Lifesaving Society Swim Instructor certificate plus an Assistant Lifeguard certificate ▪ YMCA Instructor certificate ▪ National Lifeguard Services Lifeguard certificate (NLS) <p>One instructor must also hold a current National Lifeguard Services Lifeguard (NLS) certificate.</p> <p>An adult with a vehicle must be available to take an injured student to hospital.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must be made aware of the value of wearing wetsuits to prevent hypothermia and/or to promote buoyancy.</p> <p>Students must be made aware of the importance of eye protection in cycling.</p> <p>A clearly designated bicycle disembarkment area to be in place.</p> <p>Bicycles must be retrieved from a designated location and returned to the designated location.</p> <p>Helmets must be placed on the head with a strap in place prior to mounting the bicycle and taken off only after getting off the bike.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			A means to reach a swimmer in trouble must be accessible (e.g., paddle board, motorized boat).	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Tug-of-War

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Manila hemp tug-of-war rope or equivalent must be used:</p> <ul style="list-style-type: none"> minimum 32 mm (1.3 in.) in diameter minimum 33 m (109 ft.) in length <p>Ropes must be regularly checked for splinters and severe wear.</p> <p>A stopwatch and whistle are required.</p>	<p>Suitable footwear (e.g., flat-soled athletic shoes) and clothing. Long-sleeved shirts must be worn.</p> <p>No cleats. No spikes.</p> <p>No jewellery, including watches.</p> <p>No gloves allowed.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor grass area minimum 8.0 m × 40 m.</p> <p>The pulling area must be a flat, level surface free of debris and water.</p> <p>The playing area must be outlined with tug-of-war markings.</p> <p>No indoor facilities can be used for tug-of-war. The exception is a commercial tug-of-war indoor facility.</p>	<p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Parents/guardians must be made aware of any off-campus activity and the means of transportation used.</p> <p>Skills must be taught in proper progression.</p> <p>Tugging competitions must be based on skills that are taught.</p> <p>Maximum number of participants on each team is eight.</p> <p>When selecting teams, consideration must be given to students' age, weight, height, gender, fitness level, and experience.</p> <p>Students must participate in appropriate warm-up that includes aerobic warm-up and stretches.</p>	<p>Direct supervision for all tug of war activities.</p> <p>The teacher/supervisor acts as</p> <ul style="list-style-type: none"> referee timer overseer of activity to determine if participants are in distress and to act accordingly <p>RATIOS</p> <ul style="list-style-type: none"> 1 referee for each pull 1:16 teacher to students <p>One teacher/supervisor for each team.</p> <p>Any teacher who is unfamiliar with tug-of-war techniques must seek assistance from appropriate support personnel and/or refrain from teaching until help is received.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must be informed to never wrap the rope around their waist or wrist or pull it under or through clothing.</p> <p>No knots or loops are to be made in the rope, nor must it be locked across any part of the body of any team member.</p> <p>At the start of a pull, the rope must be taut with the centre rope marking over the centre line marking on the ground.</p> <p>Every pulling member must hold the rope with the palms of both bare hands facing up. The rope will pass between the body and the upper part of the arm.</p> <p>For the end puller/anchor, the rope passes alongside the body, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope passes under the armpit in a backward and outward direction and the slack runs free. The anchor then grips the standing part of the rope by the ordinary grip (e.g., the palms of both hands facing</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>up, with both arms extended forward).</p> <p>Inform students that there is the potential for rope burns. To reduce the risk of rope burns:</p> <ul style="list-style-type: none"> ▪ grip the rope only hard enough to stop it from slipping ▪ momentarily wiggle fingers without letting go of the rope ▪ if arms tire, momentarily squeeze rope under armpit <p>Participants must be instructed in proper foot positioning and foot work.</p> <p>Instruction must be given in the likelihood of a fall and in recovery techniques.</p> <p>Maximum time for each pull is one minute.</p> <p>Teachers must be aware of the weather forecast. Pulling must be cancelled in adverse conditions.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Allow teams sufficient time to physically recover after each pull (minimum of one to two minutes is required).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Ultimate Disc

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Disc must be appropriate for the level of ability of students and the wind conditions of the day (e.g., soft [cloth] disc, heavy discs).</p> <p>Discs must be inspected for cracks or spurs.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No cleats.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor playing area must</p> <ul style="list-style-type: none"> be inspected regularly for debris and obstructions provide suitable footing be well removed from traffic areas <p>Holes and severely uneven surfaces must be addressed and reported to the principal/appropriate official.</p> <p>Students must be made aware of these surface problems.</p> <p>Goal posts must be padded if in field of play. Padding must be 1.8 m (6 ft.) high.</p> <p>Indoors, keep gym free of hazards (e.g., tables, chairs, pianos).</p>	<p>Skills must be taught in proper progression.</p> <p>Game activities must be based on skills that are taught and wind conditions.</p> <p>No intentional body contact.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>The number of games played in one day must not present a safety concern.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> previous training the length of time students will be vigorously active the temperature <p>Students must receive instruction on safety procedures related to severe</p>	<p>On-site supervision is required for initial instruction followed by in-the-area supervision (intermediate).</p> <p>On-site supervision is required for grades primary–8.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p> <p>Any exposed orthopedic apparatus, which presents a safety concern to other players, must be soft or padded.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Volleyball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Poles must be safely stored when not in use.</p> <p>Nets must have no frayed wires.</p> <p>Ball must be appropriate for age and ability of students.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>When volleyball poles are removed, floor plugs must be replaced.</p> <p>Outdoor volleyball courts must provide safe footing.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Drills must be organized so as to minimize the risk of being hit with an errant ball.</p> <p>Activities/rules must be modified to the age and ability level of the participants.</p> <p>Students must be instructed in the safe and correct method of setting up, adjusting, and taking down of nets (e.g., standing on chair).</p> <p>If using antennae, the bottom must be flush with the net.</p> <p>When facility does not allow for safe play (e.g. poles on sidelines adjacent to walls), modify rules appropriately.</p>	<p>On-site supervision is required during initial instruction of skills. In-the-area supervision after skills have been taught.</p> <p>On-site supervision is required during equipment set-up and take-down.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>When poles are not padded, activities must be modified so that poles do not present a safety hazard.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Adequate hydration must be accessible.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Volleyball: Beach

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Poles must be safely stored when not in use.</p> <p>Nets must have no frayed wires.</p> <p>Ball must be appropriate for the age and ability of students.</p> <p>For portable systems with guide ropes, clearly identify ropes with markers (e.g., tape, pylons).</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No bare feet on sand courts unless playing area has been raked and inspected prior to use.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Beach or grass volleyball courts must provide safe footing.</p> <p>Beach volleyball courts must have sufficient depth of sand so that there are not bare or hard dirt surfaces.</p> <p>Playing surface and surrounding areas must be free of obstacles.</p> <p>No timber borders.</p>	<p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Skills must be taught in proper progression.</p> <p>Games must be based on skills that are taught.</p> <p>Drills must be organized so as to minimize the risk of being hit with an errant ball.</p> <p>Activities/rules must be modified to the age and ability level of the participants.</p> <p>Students must be instructed in the safe and correct method of setting up and taking down of nets (e.g., standing on a chair).</p> <p>If using antennae, the bottom must be flush with the net.</p> <p>When poles are not padded, activities must be modified so that poles do not present a safety hazard.</p>	<p>On-site supervision is required during equipment set-up and take-down.</p> <p>On-site supervision is required during initial instruction of skills. In-the-area supervision after skills have been taught.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students must be made aware of boundary ropes, if used.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> ▪ previous training ▪ the length of time students will be vigorously active ▪ the temperature <p>Students must be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Adequate hydration must be accessible.</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Volleyball / Newcombe Ball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Poles must be safely stored when not in use.</p> <p>Nets must have no frayed wires.</p> <p>Ball must be appropriate for the age and ability of students.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and must provide sufficient traction.</p> <p>When volleyball poles are removed, floor plugs must be replaced.</p>	<p>Skills must be taught in proper progression.</p> <p>Game activities must be based on skills that are taught.</p> <p>Drills must be organized so as to minimize the risk of being hit with an errant ball.</p> <p>Activities/rules must be modified to the age and ability level of the participants.</p> <p>Students must be instructed in the safe and correct method of setting up and taking down of nets (e.g., standing on chair).</p> <p>Do not allow students to climb up the pole to attach the net.</p> <p>If using antennae, the bottom must be flush with the net.</p> <p>When poles are not padded, activities must be modified so that poles do not present a safety hazard.</p>	<p>On-site supervision is required.</p> <p>Constant visual supervision is required if students are setting up or putting away nets and poles.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>When the facility does not allow for safe play (e.g., poles on sidelines adjacent to walls), modify rules appropriately.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Water Polo

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Standard safety equipment as stated in pool regulations, (e.g., ring buoys, reaching poles, spinal boards, etc).</p>	<p>No jewellery.</p> <p>Long hair must be tied back.</p> <p>Appropriate swimwear must be worn.</p>	<p>Determine that all facilities are safe for use.</p> <p>A school or community swimming pool is to be used.</p> <p>Backyard pools must not be used.</p>	<p>Skills must be taught in proper progression.</p> <p>Games must be based on skills taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Prior to participating, students must successfully complete the following swim test, administered by a qualified instructor/guard (test is based on Canadian Swim to Survive Standard):</p> <ul style="list-style-type: none"> ▪ Rolling entry (backward or forward) into deep water at 2.8 m (9 ft.) minimum depth. ▪ Swim 50 m continuously any stroke (no aids or stops). ▪ Tread water for one minute. <p>Students who do not pass the above swim test must not participate in water polo.</p>	<p>Maximum 25 students per qualified National Lifeguard Service (NLS) lifeguard/instructor.</p> <p>Teachers with current aquatic certification from the Canadian Red Cross or Lifesaving Society can provide swim instruction without an additional lifeguard only when the pool is being used solely for aquatic instruction.</p> <p>On-site supervision is required by the teacher.</p> <p>Each instructor can supervise only one class or group.</p> <p>A person with current first-aid certification must be accessible.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Guard/instructor must be aware of swim test results.</p> <p>Teacher/supervisor must inform in-charge person on deck of any student with a medical history (e.g., diabetes, asthma, frequent ear infections) or any medical conditions that may affect the student's safety in the water.</p> <p>Students must ask permission to leave the pool area.</p> <p>Fingernails must be closely trimmed.</p> <p>Modify rules to accommodate the age and ability of participants.</p> <p>Students must adhere to the following rules:</p> <ul style="list-style-type: none"> ▪ No running or pushing on deck. ▪ No gum chewing. ▪ No food in the pool area. ▪ Stay clear of the diving area. ▪ No diving into water less than 2.8 m (9 ft.) in depth. ▪ No shoes on deck. 	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Showers must be taken before entering the pool.</p> <p>Parents must be informed when students go off school property to a pool. Parents must also be informed of the means of transportation used.</p> <p>Emergency procedures must be outlined to students prior to entering the water.</p> <p>Students with infected cuts or open sores must not be allowed in the pool.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Weight Training

Weight training is not an appropriate activity for students in grades primary–8.

See Safety in Activity Rooms in Appendix C.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>All equipment must be checked before use and repaired as necessary.</p> <p>A process must be established where equipment needing repair is identified and removed from use.</p> <p>Place a utility mat directly below high apparatus (e.g., chinning board, peg board).</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Weight room must be locked when unsupervised.</p> <p>Floor surface must not allow weights to slide or slip.</p> <p>To provide free flow of motion, allow adequate space between weight- training activities.</p> <p>Playing surface and surrounding areas must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>Floor surface must provide sufficient traction as to not allow weights and/or participants to slide or slip.</p>	<p>Skills must be taught in a proper progression.</p> <p>Equipment use must be based on skills that are taught.</p> <p>Be aware of students whose medical conditions (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>All students must be instructed in the proper lifting techniques and safety procedures (e.g., spotting).</p> <p>Skills and procedures must be reviewed regularly.</p> <p>Adequate storage for free weight plates must be in place.</p> <p>Free-weight plates must be secured in place before using.</p> <p>All programs must be individualized.</p>	<p>On-site supervision is required for initial instruction and use of free weights and weight machines.</p> <p>In-the-area supervision is required, following instruction on safe use.</p> <p>Any teacher who is unfamiliar with the use of fitness equipment and disciplines must do one or all of the following:</p> <ul style="list-style-type: none"> Seek assistance from appropriate support personnel. Refrain from teaching until help is received. Acquire Canadian Fitness Standard certification or equivalent. <p>Note: Intramural/club situations require in-the-area supervision with a trained monitor on site.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>A buddy system must be used when lifting free-weights over body.</p> <p>Where weight training activities constitute the main part of the lesson, a proper warm-up and cool-down must be done.</p> <p>Stress correct body alignment for injury prevention.</p> <p>Adequate hydration must be accessible.</p> <p>Students must be instructed on rules and gym etiquette for weight training.</p> <p>A process must be developed to regularly disinfect equipment.</p> <p>There is a minimum of two students in the fitness room at any one time.</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Wrestling

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first-aid kit must be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) must be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Wrestling mats being used need to be mats manufactured and approved by the manufacturer for wrestling, and be in good repair.</p> <p>Determine that mats are not damaged to the point where the mat is compromised (e.g. large pieces of foam missing).</p> <p>Utility or add-a-mat systems may be used. Determine that mats and joining systems are in good condition.</p> <p>No gaps between mats.</p> <p>Wrestlers with orthodontic devices must wear appropriate mouth protection.</p>	<p>Appropriate clothing and footwear must be worn.</p> <p>No jewellery.</p> <p>Socks, bare feet, or wrestling shoes (no sharp edges, lace tips on shoes).</p> <p>Glasses not to be worn.</p>	<p>Determine that all facilities are safe for use.</p> <p>Mat surfaces must be checked regularly for irregularities and be clean.</p> <p>Allow suitable clearance from the edge of the wrestling area to the surrounding walls.</p> <p>Surrounding walls must be padded if clearance from mat surface is less than 2 m (6 ft. 6 in.).</p> <p>Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills must be taught in proper progression.</p> <p>Matches must be based on skills that are taught.</p> <p>Students must wrestle with partners of similar weight, strength, and ability.</p> <p>Warm-up activities must emphasize conditioning and flexibility.</p> <p>Rules and illegal moves must be outlined.</p> <p>Students must not act as referees.</p> <p>Maximum total time limit of three minutes per round.</p> <p>Match length/format may be shortened if desired.</p> <p>Ground or “par terre” and standing wrestling permitted.</p> <p>No throws.</p> <p>Make students aware of the importance of keeping fingernails and toenails closely trimmed.</p>	<p>On-site supervision is required.</p> <p>Constant visual supervision is required during initial instruction of techniques for holds and releases.</p> <p>A teacher/supervisor who is providing instruction and is unfamiliar with wrestling techniques (e.g., no recent experience) must seek assistance from appropriate support staff and/or refrain from activity until instructional support is received.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>All infections, burns, and open cuts must be covered.</p> <p>Students with communicable skin conditions must not participate in contact wrestling (e.g., impetigo).</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Note: See Generic Issues and Sport/Activity Page Components sections in the Introduction to view complete safety requirements.

Appendices

Appendix A: Sample Forms

Note: These forms have been provided as samples only. Teachers should ensure that school board and Student Insurance Program policies and guidelines are followed when creating forms for physical education activities.

Sample Medical Information

Grade _____ Teacher: _____

Student name _____ Sex: M F Birth date: _____

Address : _____ Telephone: _____

Health card #: _____ Emergency contact: _____ Relationship: _____

Emergency contact telephone: _____ Secondary telephone: _____

Family doctor: _____ Telephone: _____

Medical concerns (e.g., epilepsy, diabetes, orthopaedic problems, heart disorders, asthma, allergies, chronic conditions. Please be specific.)

Recent injuries or illnesses (e.g., arthritis or rheumatism; chronic nosebleeds; dizziness; fainting; headaches; dislocated shoulder, hernia; swollen, hyper-mobile or painful joints; trick or lock knee; chicken pox, bronchitis. Please be specific.)

What medication(s) should your child/ward have on hand during physical activity? _____

Medications	Dosage	Frequency

Who should administer the medication? _____

Has your child/ward been identified as anaphylactic? **Y**__ **N**__ If yes, does your child carry an epinephrine autoinjector (e.g., EpiPen)? **Y**__ **N**__

Does your child/ward wear a medical alert bracelet? **Y**__ **N**__ A neck chain? **Y**__ **N**__ Carry a medical alert card? **Y**__ **N**__

If yes, please specify what the medical alert information says: _____

Does your child/ward have any other relevant medical condition that will require modification to the program? _____

If a concussion has been diagnosed over the summer break, the Request to Resume Physical Education after Concussion-Related Injuries form must be completed by a physician before the student returns to physical education activities.

Elements of Risk Notice: The risk of injury exists in every athletic activity. However, due to the very nature of some activities, the risk of injury may increase. Injuries may range from minor sprains and strains to more serious injuries. These injuries result from the nature of the activity and can occur without fault on either the part of the student, the school board, or its employees/agents or the facility where the activity is taking place. Some class/intramural/club activities that are identified as having the potential for more serious consequences are alpine skiing/snowboarding, broomball (ice), cheerleading (acrobatic), field hockey, field lacrosse, gymnastics, ice hockey, ringette (ice), swimming, wrestling, and/or field events (high jump, shot put). The safety and well-being of students is a prime concern, and attempts are made to manage, as effectively as possible, the foreseeable risks inherent in physical activity. Please call the school to discuss safety concerns related to any physical activity in which your child/ward is participating.

I hereby declare that all the information provided is correct and accurate to the best of my knowledge. I give permission for my child/ward _____ to participate in physical education activities. I acknowledge the information related to the elements of risk.

Parent/Guardian Signature: _____ Date: _____

Note: Freedom of Information—The information provided on this form is collected pursuant to the Board's education responsibilities as set out in the *Education Act* and its regulations. This information is protected under the *Freedom of Information and Protection of Privacy Act* and will be used only for the purposes related to the Board's Policy on Risk Management. Any questions with respect to this information should be directed to the school principal.

Sample Request to Resume Physical Education after Concussion-Related Injuries

Note: If a student is/has been suspected of having a concussion, a physician must sign this form.

Student name: _____

The student must complete the following form with the physician and follow physician's instructions below:

INITIAL CONTACT WITH PHYSICIAN

- ☐ No concussion. Student may return to
- ☐ regular physical education class activities
 - ☐ intramural activities/clubs
 - ☐ interschool sport activities

Physician signature: _____ **Date:** _____

- ☐ Concussion. No activity until symptoms and signs have gone.

Physician signature: _____ **Date:** _____

Physician comments: _____

Note: The student/parent/guardian must show this form to the administrator who will inform all relevant personnel (health and physical education teacher, coach of the interschool team, intramural supervisor, etc.) and provide each of these personnel with a copy of this form.

When a concussion is diagnosed, the student and parents/guardians monitor the symptoms and signs of a concussion. It is very important that a student not do any physical activity if showing any signs or symptoms. The "return to play" process is gradual and must follow the steps as outlined below. **Each step must take a minimum of one day.** If symptoms or signs of the concussion return (e.g., headache, feeling nauseated) either with activity or later that day, the student needs to rest for 24 hours, and return to the previous step. A student should **never** return to play if symptoms persist. The student may not participate in any physical education activities until Step 1 and Step 2 have been completed. Prior to beginning Step 3, the parent/guardian signature is required.

Step 1: No activity, complete rest. Once the student is asymptomatic (concussion symptoms and signs have stopped) proceed to step 2.

Step 2: Light aerobic exercise, such as walking or stationary cycling, for 10–15 minutes. No resistance training.

In signing below, I give permission for my son/daughter to proceed to Step 3 and participate in physical education activities as described.

Parent/Guardian Signature: _____ **Date:** _____

Step 3: Sport-specific exercise (e.g., ball drills, shooting drills) for 20–30 minutes. No resistance/weight training.

Step 4: “In class” physical education activities / intramural activities / clubs in which there is *no opportunity for contact* (e.g., aerobics routine, dance, badminton, and basketball). May add light resistance training and progress to heavier weights.

The time needed to progress from in-class activities to regular physical education activity will vary with the severity of the concussion and the student.

After step 4 and before step 5 (return to physical education activities / intramural activities / clubs), the student must return to the physician for final approval to engage in regular physical education activity.

SECOND CONTACT WITH PHYSICIAN

☐ Concussion symptoms and signs have gone. Student may return to

☐ regular physical education class activities

☐ intramural activities/clubs

☐ interschool sport activities

Physician signature: _____ **Date:** _____

Physician Comments: _____

Step 5: Regular physical education / intramural activities / clubs (which involve minimal contact).

Note: This form must be returned to the health and physical education teacher, and if applicable, to the coach and intramural supervisor.

Sample SOAP Note (Subjective, Objective, Assessment, Plan)

Casualty: _____ Guardian: _____ @ () _____

Attendant: _____ Location: _____

Subjective: _____ Age: _____ Sex: _____

Mechanism of Injury: _____

Chief Complaint: _____

Description of pain:

- What provokes it? _____
- What is the quality? _____
- Does it radiate from the region? _____ Severity from 1–10? _____
- Time it began? _____

Objective

Vital Signs

Time								
Level of consciousness								
Respiratory rate								
Heart rate								
Skin (colour/sensitivity/texture)								
Pupils								
Temperature								
Blood pressure								

A.M.P.L.E:

Allergies _____

Medications _____

Previous injury _____

Last meal _____

Events leading to accident _____

Physical patient exam (describe pain and injuries):

Assessment

Problems and anticipated problems:

- 1.
- 2.
- 3.
- 4.

Plan

Plan to address problems—shelter, evacuation, etc.

- 1.
- 2.
- 3.
- 4.
5. Monitor


Sample Informed Consent

[Insert school name]

[Insert school board name]

I, _____, as parent/guardian, grant permission for _____ to participate in the outdoor pursuit described below.

Signature: _____ Date: _____

_____ 
The following is for your information. Please detach and save.

Outdoor Pursuit: _____ Location: _____

Departure: _____ Return: _____

For further information regarding this curricular outdoor pursuit, you may contact _____ at _____.
[Teacher] [Telephone]

The following are the group leaders for this outdoor pursuit:

1. _____
2. _____
3. _____

These individuals are experienced outdoor leaders and are appropriately certified and selected to lead students in the outlined outdoor pursuit. The safety and well-being of all participants is the top priority.

REQUIREMENTS

- Participants must have all items on the included list before trip departure date.
- Participants must bring personal medications with their first-aid kit.
- Participants must adhere to the safety contract or they will be removed from the outdoor pursuit.
- Participants and parent/guardian must have a detailed letter and trip itinerary.

Activity Description

Describe the activity including time frame, transportation arrangements, required skills and competencies, and equipment and clothing required.

Activity Risks

Teacher is to provide a list of risks that are highly probably but of low adversity and those of high adversity and low probability. Insert Activity and Risk Clause in bold.

I am aware of the usual risks and danger involved in participation in this activity, including any specified above and of the possibility of personal injury, fatal injury, property damage or loss that may result.

Supervision

Describe what levels of supervision will / will not be provided.

HEALTH AND MEDICAL TREATMENT

- ☐ My child does not have any illness, allergy, or disability that prevents participation in this event.
- ☐ My child has an illness, allergy, or disability that could affect participation in this event.

List illness, allergy, or disability: _____

Equipment and Clothing

I will supply appropriate equipment and clothing for my child's participation in this activity as identified.

I acknowledge that it is the responsibility of me and my child to ensure that all necessary equipment and clothing is brought by my child to the event and acknowledge that my child may be prevented from participation if all necessary equipment and clothing have not been brought.

Code of Conduct and Activity Site Rules and Regulations

My child and I understand that the School Code of Conduct applies during this activity. My child and I also understand that site rules and regulations are in place for this activity, and my child agrees to abide by these rules and regulations. I acknowledge that I have explained to my child that any prohibited actions may result in my child not being allowed to participate or continue in the activity.

Risk of Accident

Accidents can result from the nature of this activity and can occur with or without any fault on either the part of the student, school board or its employees or agents, or the facility where the activity is taking place. By allowing my son/daughter to participate in this activity, I accept the risk of an accident and agree that this activity, as described above, is suitable for my child.

Non-participation in This Event

I understand that if I am not comfortable with my child participating in this activity, arrangements will be made for my child to remain at the school during school hours and my child will not be penalized for non-participation.

Contact Information

Should the school need to contact me during this event:

- ☐ Contact number valid for the time of the activity: _____
- ☐ Alternative contact information: _____

Appendix B: Trip Planning

Pre-Trip Planning

Risk Management

- Use a Risk Management Assessment Model. (See Risk Management in the Introduction.)
- Prepare an emergency action plan. (See Emergency Action Plan in Appendix C.)
- Collect Medical Information forms from all participants and leaders.
- Collect Informed Consent forms from all participants.
- Prepare and distribute to parents/guardians a detailed letter identifying the trip itinerary and emergency contact information (trip specific).
- Complete the Duty Roster form.
- Complete the Trip-at-a-Glance form.
- Prepare a Route Card in determining the length of a route. A sound planning practice is to divide the trip into “travelling thirds.”

One-third of time travelling	One-third of time maintenance	One-third of time rest and relaxation
Engaged in a pursuit; hiking, canoeing, skiing or climbing.	Engaged in hydration, cooking, eating, preparing camp or equipment repairs.	Sleeping, socializing, journaling general downtime with optional activities.

- Check weather conditions and continue monitoring up until departure time.
- Make arrangements for additional supervisors/leaders.

Research

- Obtain land or property permits.
- Obtain any special travelling permits through specific areas.
- Speak with landowners, locals, or previous trippers for specific first-hand knowledge of the area.
- Check out conditions first-hand to ensure appropriateness of the location.
- Determine effectiveness and reliability of cellular phone use in the area.
- Identify interesting and or unique aspects of the area where the pursuit will be conducted (including the history of the region).

Transportation

- Determine method and arrangement of transportation.
- Determine drop-off location and time.
- Determine pick-up location and time.

Equipment

General: Group Equipment

- 2–3 season sleeping bags
- Backpacks
- Cell phone
- Duct tape
- First-aid kits
- GPS units
- Large water jugs
- Matches, flints, lighters, candles, starter fuel
- Plastic bags
- Pocket knives
- Pots and pans
- Repair kits
- Rope in a variety of lengths
- Sleeping pads
- Small bucksaw
- Stoves and fuel
- Tarps
- Tents
- Topographic maps/compasses
- War bags, toilet paper, trowel, hand sanitizer
- Water purifying equipment
- Whistles

Personal Equipment

- Bug repellent
- Eating utensils
- Flashlight (with spare batteries)
- Journal and pencil
- Personal first-aid kit (contains medications)
- Personal hygiene (toothbrush, toothpaste, hand sanitizer, feminine hygiene products, etc.)
- Personal water bottle
- Rain gear (top and bottom)
- Sunglasses
- Sunscreen / lip protection
- Watch

Optional Equipment

- Binoculars
- Camera (with spare batteries)
- Day pack
- Items of personal interest for free time (i.e., book or fishing rod)
- Other

Canoeing Equipment

- Bailers
- Canoe shoes (old sneakers, Crocs, sandals [will get wet])
- Canoes
- Extra rope
- Eyeglass strap
- Kneeling pads
- Paddles (one each and one spare per canoe)
- Painters
- PFDs
- Waterproof bags

Hiking Equipment

- Bear repellent
- Hiking boots
- Hiking pack

Cross-country Skiing / Snowshoeing Equipment

- 2 toques and 2 pair of mittens
- Backpack
- Proper outdoor winter clothing
- Ski boots
- Ski poles
- Skis
- Snow boots
- Snowshoes

Group Responsibilities

Students/participants can assume many of the trip-planning responsibilities, under supervision of the teacher as part of the teaching and learning process. Using the Duty Roster can make this delegation of responsibility much easier. Some of the roles students can play in planning include the following:

- Equipment
 - Help organize group equipment.
 - Assist with purchasing new equipment.
 - Check group members for personal equipment and ensure everyone is properly equipped.
- Food and Menu Planning
 - Identify group allergies.
 - Identify group likes and dislikes.
 - Assist with menu planning.
 - Assist with purchasing and collecting food.
- Maps
 - Learn to read a map and complete a Route Card.
 - Determine the distance of group travel per day.
 - Pinpoint potential rest stops and campsites.
 - Suggest points of interest to stop and explore.
 - Identify viable water sources.
 - Identify emergency access points.
 - Prepare detailed trip itinerary.

Post-Trip Planning

Connecting the Experience

- Plan and build in processing time during and after the outdoor pursuit.
- Include guided debriefing.
- Ask probing questions.
- Provide materials to help evaluate the pursuit.
- Assess to measure the effectiveness of the pursuit.

Gear Clean-up

- Method—Teach what the expectations are, then students do it; should not be only the teacher.
- Location—Identify an area to do a clean-up. This phase of the trip should be determined and prepared in pre-trip planning.
- Complete gear return checklist.

Notifying Proper Authorities of Safe Return

- Ensure emergency contacts are notified.
- Ensure all students are picked up.
- Report any vital information (i.e., injury, behavioral issues) to principal.

Emergency Procedures Plan

[Insert school name]

[Insert school board name]

Trip Details

Trip destination:		Group size:	
Trained first-aid instructors:			
Group leader:		Planned duration:	
Departure time:		Arrival time:	

Safety Points

1. An emergency signal is three whistle blasts. Whistle blasts are to be used only for this purpose.
2. All students will have their whistle on them at all times.
3. The group will stay on the selected route and/or site unless an emergency results in an evacuation.
4. The buddy system will be in place for the entire trip.
5. All participants are responsible to take their ready-to-eat first meal.
6. All participants are responsible for a personal water supply for hydration.
7. Group members will not deliberately engage in high-risk behaviours.
8. At least one cell phone will be taken on the trip.

Injury and Evacuation

1. All injuries, symptoms, and illnesses will be reported through the buddy system regardless of the perceived seriousness.
2. First person on scene will proceed to initiate first aid if an accident occurs.
3. If an accident occurs, the casualty will be assessed on site, and then it will be determined if an evacuation is required.
4. If the injured person cannot be extracted from the site, a group of no less than three persons will travel to trail head [location and co-ordinates] to notify authorities.
5. The evacuation site will be [location and co-ordinates].
6. The trip leader has the right to cancel or end the trip due to current or pending weather conditions.
7. Emergency bearing will be _____.

Duty Roster

[Insert school name]

[Insert school board name]

Outdoor Pursuit: _____

Student Responsible	Assigned Task	Deadline	Comments	Completed
	Collect medical forms			
	Collect permission forms			
	Menu checks			
	Group gear checks			
	Individual gear check			
	Group first-aid check			

Route Card

[Insert school name]

[Insert school board name]

Outdoor Pursuit: _____

DATE		TOUR LEADER		ADDITIONAL LEADERS				TOTAL # IN PARTY
Leg #	Start (GPS Coordinates/ map reference)	Finish (GPS Coordinates/ map reference)	Bearing	Distance (km)	Leg time (min)	ETD	ETA	Leg Description (i.e., elevation, terrain, landmarks, dangers)

Trip-at-a-Glance

[Insert school name]

[Insert school board name]

Outdoor Pursuit: _____

Logistics	Group	Preparation
Outdoor pursuit	Group Leaders	Pre-trip meeting dates 1. 2. 3. 4.
Departure information Date: Time:	Participant names and phone numbers 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17.	Equipment check Date:
Emergency procedures		Menu check Date:
		First-aid kit check Date: Kit carriers:
General comments	Participant names and phone numbers (cont'd) 18. 19. 20. 21.	Map numbers / GPS points:

Logistics	Group	Preparation
	22. 23. 24. 25. 26. 27. 28.	
	First-aiders:	Final weather check Date: Weather outlook: Day 1: Day 2:
	Participants with related skills:	Medical forms checked Date: Medical points of interest:
		Route Card checked Emergency contact and phone number:

Appendix C: Risk Management

Educator Responsibilities

TRANSPORTATION

- Drop-off location and time
- Pick-up location and time
- Trip transportation—snowshoes, canoes, etc.

ADJUSTMENTS

- Detours
- Environmental impediments
- Injury
- Weather

TEACHABLE MOMENTS

- Human impact on nature
- Planning lessons and instruction
- Promote a situation that prompts students to ask questions
- Wildlife sighting

EMERGENCY PROCEDURES

- Emergency access and extraction points
- Location of pursuit on map (ongoing)
- Student buddy system

Group Responsibilities

- | | | |
|---------------------------|---------------------------------------|-----------------------|
| ▪ Communication devices | ▪ Group Health | ▪ Repair kits |
| ▪ Dispersing of equipment | – Fatigue | ▪ Student Information |
| ▪ First-aid kit | – Hygiene | |
| | – Meals | |
| | – Nutrition | |
| | – Water purification and water breaks | |

Student Responsibilities

Students are to conduct themselves in ways that show respect for the safety and well-being of themselves, others, and the environment.

From the Nova Scotia Education Act:

STUDENTS

Duties and Rights

- 24 (1)** It is the duty of a student to
- (a) participate fully in learning opportunities;
 - (b) attend school regularly and punctually;
 - (c) contribute to an orderly and safe learning environment;
 - (d) respect the rights of others; and
 - (e) comply with the discipline policies of the board and the school board.
- (2)** Students are accountable to their teachers for their conduct while under their teachers' supervision.

Foolhardy behaviour, the use of alcohol, and the non-medical use of drugs, including performance enhancing drugs, must be viewed as safety hazards and must be strictly forbidden at all times.

This prohibition extends to all curricular activities, whether they take place inside school or off school property (e.g., cross-country skiing field trip, in-the-gym basketball activity).

Students must understand how to follow safety procedures and why they should do so.

Students must be informed of the importance of contributing to their own safety.

Responsibility for safety in physical education activities in grades 7 and 8 should begin to shift from the teacher to the student in keeping with the age and maturity level of the student. The standards of safety are affected by the student's skill and understanding.

Sample First-Aid Kits

Sample First-Aid Kit Contents Urban Setting (On-School Site)	Sample First-Aid Kit Contents Urban Settings (Off-School Site)	Outdoor Education Sample Kit Contents (Wilderness and Remote Settings)
<p>For in-school first-aid kit contents, see school mandated kit as per the <i>Occupational Health and Safety Act</i>, Workplace First-Aid Kits Requirements.</p> <p>The following are first-aid kit contents that are to be included in a first-aid station accessible to the gymnasium:</p>	<p>Recommended for off-site physical education excursions: Adventure First Aid 2.0 Kit. Contact a local outfitter store or wilderness and remote first-aid trainer for more details.</p> <p>Quantity is determined by destination and length of trip.</p>	<p>Recommended for wilderness and remote outdoor education excursions: Adventure Medical Backcountry First-Aid Kit. Contact a local outfitter store or wilderness and remote first-aid trainer for more details.</p> <p>Quantity is determined by destination and length of trip</p>
<p>24 antiseptic cleansing towelettes, individually packaged</p> <p>100 sterile adhesive dressings, individually packaged</p> <p>50 5 cm × 10 cm sterile gauze pads, individually packaged</p> <p>6 10 cm × 10 cm sterile compress dressings, with ties, individually packaged</p> <p>6 15 cm × 15 cm sterile compress dressings, with ties, individually packaged</p> <p>4 20 cm × 25 cm sterile abdominal dressings, individually packaged</p> <p>6 conform gauze bandages, 75 mm wide</p> <p>12 cotton triangular bandages</p> <p>12 safety pins, assorted sizes</p> <p>1 pair of scissors</p>	<p>16 bandages, adhesive, fabric, 2.5 cm × 7.6 cm</p> <p>1 bandage, adhesive, fabric, 5 cm × 11.4 cm</p> <p>4 bandages, adhesive, fabric, knuckle</p> <p>12 bandages, adhesive, plastic, 1 cm × 4 cm</p> <p>4 bandages, butterfly closure</p> <p>4 dressings, gauze, sterile, 10 cm × 10 cm, pkg. of 2</p> <p>4 dressings, gauze, sterile, 5 cm × 5 cm, pkg. of 2</p> <p>4 dressings, gauze, sterile, 7.6 cm × 7.6 cm, pkg. of 2</p> <p>2 dressings, non-adherent, sterile, 5 cm × 7.6 cm</p> <p>1 gloves, nitrile (pair), hand wipe</p> <p>1 trauma pad, 13 cm × 23 cm</p> <p>1 moleskin, pre-cut and shaped (11 pieces)</p>	<p>IDEAL USES</p> <ul style="list-style-type: none"> 72-hour home emergency kit Backcountry guide (small group) Backpacking/hiking Camping Group leaders <p>FEATURES</p> <ul style="list-style-type: none"> Clearview urethane windows with –20°F/–28°C cold crack rating Wound irrigation system to clean and close wounds SAM Laerdal Trauma supplies Water-resistant zipper <p>CONTENTS</p> <p>8 bandages, adhesive, fabric, 2.5 cm × 7.6 cm</p> <p>5 bandages, adhesive, fabric, knuckle</p> <p>2 bandages, conforming gauze, 7.6 cm</p>

Sample First-Aid Kit Contents Urban Setting (On-School Site)		Sample First-Aid Kit Contents Urban Settings (Off-School Site)		Outdoor Education Sample Kit Contents (Wilderness and Remote Settings)	
1	pair of tweezers	1	bandage, elastic with clips, 2 in.	1	bandage, stockinette tubular, 2.5 cm × 10 cm
2	25 mm × 4.5 m rolls of adhesive tape	1	cold pack	2	dressings, gauze, sterile, 5 cm × 5 cm, pkg. of 2
4	crepe tension bandages, 75 mm wide	2	safety pins	3	dressings, gauze, sterile, 10 cm × 10 cm pkg. of 2
1	resuscitation barrier device with a one-way valve	1	scissors, bandage with blunt tip	3	dressings, non-adherent, sterile, 5 cm × 10 cm
12	pairs of disposable surgical gloves	1	splinter picker / tick remover forceps	2	gloves, nitrile (pair), hand wipe
2	sterile, dry-eye dressings, individually packaged	2	thermometer, disposable	1	trauma pad, 13 cm × 23 cm
1	tubular finger bandage with applicator	1	Patient Assessment Form (SOAP Note)	1	trauma pad, 20 cm × 25 cm
1	first-aid instruction manual (condensed)	3	acetaminophen (500 mg), pkg. of 2	1	aloe vera gel with lidocaine, 1 oz.
1	inventory of kit contents	3	antihistamines (diphenhydramine 25 mg)	2	glacier gels (small rectangular)
2	waterproof waste bags	3	ibuprofen (200 mg), pkg. of 2	11	moleskin ² , pre-cut and shaped
		1	Aspirin (325 mg), pkg. of 2	1	CPR face shield, Laerdal
		1	After Bite Insect Relief	1	duct tape, 5 cm × 4.6 cm
		12	antiseptic wipes	1	bandage, elastic with Velcro, 7.6 cm.
		2	cotton tip applicator, pkg. of 2	8–12	bandages, triangular
		1	tape, 1.2 cm × 9 m	1	SAM splint, 10 cm × 91.4 cm
		4	triple antibiotic ointment, single use	1	EMT shears, 10 cm
				1	pencil

Sample First-Aid Kit Contents Urban Setting (On-School Site)	Sample First-Aid Kit Contents Urban Settings (Off-School Site)	Outdoor Education Sample Kit Contents (Wilderness and Remote Settings)
		3 safety pins 1 splinter picker / tick remover forceps 1 thermometer, digital 1 needle-nose tweezers 1 razor 1 <i>Canadian Red Cross Wilderness and Remote First-Aid Field Guide</i> 1 Patient Assessment Form (SOAP Notes) 4 acetaminophen (500 mg), pkg. of 2 4 antihistamines (diphenhydramine 25 mg) 1 Aspirin (325 mg), pkg. of 2 4 ibuprofen (200 mg), pkg. of 2 2 plastic vials, flip-top, large 6 after cuts and scrapes anesthetic/antiseptic wipes 2 cotton tip applicators, pkg. of 2 1 povidone iodine, 0.75 oz. 1 syringe, irrigation, 20 cc, 18-gauge tip 1 tape, 2 cm × 9 m 2 tincture of benzoin topical adhesives

Sample First-Aid Kit Contents Urban Setting (On-School Site)	Sample First-Aid Kit Contents Urban Settings (Off-School Site)	Outdoor Education Sample Kit Contents (Wilderness and Remote Settings)
		3 triple antibiotic ointments, single use
		1 wound closure strips, 0.5 cm × 10 cm, pkg. of 10

When going on an outdoor education trip with students, a properly stocked first-aid kit is essential. The type of trip affects the size and extent of the first-aid kit. Will a vehicle be taken and pulled up next to the tent site with electric availability, or will the group be trekking in a remote area, such as Kejimikujik National Park, with backpacks and tents for several days? First-aid kits should be tailored to the type and length of trip being taken, as well as to the number of people who are going. Clearly, when camping close to a vehicle, first-aid can remain very basic, as there is transportation to get to a clinic or hospital within a reasonable amount of time. However, if the group is going to be kilometres away in the forest or other rustic-type atmosphere, more pre-planning is required. Organization of the kit is important. The kit itself should be waterproof. Very large zipper-type storage bags are inexpensive and function well for this purpose. They can also be used to carry water. Always remember to replenish over-the-counter medications and sterile bandages that may have been torn open every year. Some additional items that could be included in an outdoor education first-aid kit include the following:

- Matches in a waterproof container
- A back-up magnesium fire starter
- A knife
- A reflective mirror for signaling
- Some parachute cord, which has a tensile strength of about 230 kg and can be used for a variety of emergencies. Cotton balls that are saturated in petroleum jelly can also be used as a fire starter.

Emergency Action Plan

Given that there is an element of risk in all physical activity, an encounter with an injury or medical condition is highly possible. Recognizing this fact, it is necessary to establish a plan of action. The key to the Emergency Action Plan (EAP) is getting professional care to the injured/ill student as quickly as possible. For that to happen efficiently and effectively, teachers must be prepared with an EAP. For emergencies that are beyond the Standard First Aid care in an urban setting (average response time being 8–10 minutes) evaluate the 30-minute mark and beyond the 60 minutes of receiving advanced medical care as part of the EAP. Please adhere to the procedures as outlined in Wilderness and Remote First-Aid Basic for the 30-minute mark, and beyond should be Wilderness and Remote First Aid Advanced (both Canadian Red Cross).

Sample Emergency Action Plan: Urban Procedures

A. PREPARATION

The following information is important to know:

- Location and access to the first-aid kit.
- Location and access to a telephone.
- Emergency telephone number of ambulance and hospital (9-1-1).
- Directions and best access routes to the nearest hospital.
- The whereabouts of a suitable and available means of transportation.
- Identity of students with medical conditions (e.g., asthma, life-threatening allergies, diabetes).
- Location of medication (e.g., epinephrine autoinjector, asthma reliever, insulin)
- Emergency communication procedures (e.g., cellular phone) for off-site activities.

B. WHEN AN INJURY/MEDICAL CONDITION OCCURS

Initially, when coming in contact with the injured/ill student, take control and assess the situation. Exercise universal precautions related to blood / bodily fluids (see Universal Precautions in the Introduction).

Keep in mind the cardinal rules of injury care:

- **Do not move an injured student.**
- **If a student cannot start a movement alone, do not assist in moving the body part.**
- Stay calm. Keep an even tone in your voice.
- Instruct any bystanders to leave the injured/ill student alone.
- Do not remove the student's equipment if there is a risk of further injury.
- Evaluate the injury/condition. Once the severity has been assessed, decide whether or not further assistance is required or if medication is needed.
- Administer medication as per board policy.
- If an ambulance is not needed, decide what action is to be taken next to remove the injured/ill student from the playing surface.

- If an ambulance is required,
 - request assistance from the other person (e.g., teacher/administrator/parent)
 - have this other person call an ambulance with the following information:
 - > The nature of the emergency.
 - > The location and closest cross-streets.
 - > The telephone number from where the call is being placed.
 - Have this other person report back to the in-charge person to confirm that the call was made and to give the estimated time of ambulance arrival.
 - Go to the access entrance and wait for the ambulance.
- Once the call has been placed, observe the student carefully for any change in condition and try to reassure the student until professional help arrives.
- Do not be forced into moving the student unnecessarily.
- In the case of dehydration, move the student to a cooler environment and provide small amounts of water (100 mL) every five minutes until symptoms resolve. However, do not provide an injured student with food or drink if
 - the student is showing signs of decreased level of consciousness
 - the student has sustained a significant head injury
 - it is anticipated that an operation will be necessary (e.g., broken leg)
- When ambulance attendants arrive, inform them of what happened, how it happened, and what has been done. If aware, inform them about any medical-related problems or past injuries of the participant.
- The in-charge person or a designated adult should accompany the injured student to the hospital to help reassure the student and give the relevant medical history and injury circumstances to the physician.
- The parents/guardians of the injured/ill student must be contacted as soon as possible.
- Complete an accident report and file it with the appropriate school board official and school administrator.

Sample Emergency Action Plan: Consult the standards established within the Canadian Red Cross Wilderness and Remote Basic (30 minutes from advanced medical help) and Advanced (beyond 30 minutes from advanced medical help) for wilderness and remote procedures.

Physical Activity and Sport-Related Concussion

Common Symptoms and Signs of Concussion

It is important to know that a student does not need to be “knocked out” (lose consciousness) to have had a concussion. After the concussion, the student may experience many different kinds of symptoms, and it is important to remember that some symptoms may appear immediately and others later. Students may be reluctant to report symptoms of concussion because of a fear that they will be removed from the activity or jeopardize their status on a team or in a game. But it is important to consider the permanent effects of a concussion. Without proper management, a concussion can result in permanent problems and even death. Concussion should be suspected in the presence of any one or more of the following symptoms and signs:

Thinking Problems	Student’s Complaints	Other Problems
<ul style="list-style-type: none">▪ Does not know time, date, place, class, type of activity in which participation is taking place▪ General confusion▪ Cannot remember things that happened before and after the injury▪ Knocked out	<ul style="list-style-type: none">▪ Headache▪ Dizziness▪ Feels dazed▪ Feels “dinged” or stunned; “having my bell rung”▪ Sees stars, flashing lights▪ Ringing in the ears▪ Sleepiness▪ Loss of vision▪ Sees double or blurry▪ Stomach ache/pain/nausea	<ul style="list-style-type: none">▪ Poor coordination or balance▪ Blank stare / glassy-eyed▪ Vomiting▪ Slurred speech▪ Slow to answer questions or follow directions▪ Easily distracted▪ Poor concentration▪ Strange or inappropriate emotions (e.g., laughing, crying, getting mad easily)▪ Not playing as well

Note: All students need to consult a physician after a suspected concussion.

Concussion: Initial Response

If there is a loss of consciousness, initiate an Emergency Action Plan and call 9-1-1. Assume there is a possible neck injury and, *only if trained*, immobilize the student before ambulance transportation to hospital. Do not remove athletic equipment (e.g., helmet).

If there is not a loss of consciousness, but a concussion is suspected due to a direct blow to the head or a major physical trauma to other parts of the body (causing a whiplash effect on the head and neck),

- remove the student from the current activity or game
- do not leave the student alone
- monitor signs and symptoms
- do not administer medication

The student needs to be evaluated by a medical doctor.

The student must not return to play in the game or practice that day.

Inform the parent/guardian about the injury and of the importance of an evaluation by a medical doctor.

Common Questions

HOW LONG DOES IT TAKE FOR THE STUDENT TO GET BETTER?

The signs and symptoms of a concussion often last for 7–10 days, but may last much longer. The exact length of this period is unclear, but the brain temporarily does not function normally, and, during this time, is more vulnerable to a **second head injury**. In some cases, students may take many weeks or months to heal. Significant cognitive symptoms may result from concussion, including poor attention and concentration, reduced speed of information-processing and impaired memory and learning. There may also be a significant negative effect on educational and social attainment as these functions are critical for learning new skills and attending to schoolwork.

WHEN CAN A STUDENT WITH A CONCUSSION RETURN TO PHYSICAL ACTIVITY?

Physician Visit #1

If No Concussion Is Determined by a Doctor

Using the Request to Resume Physical Education after Concussion-Related Injuries form:

- The doctor checks the box **No Concussion. Student may return to** plus any other appropriate activity boxes and signs and dates the form.
- The student/parent/guardian must present this form to the administrator, who will inform all relevant personnel (health and physical education teacher, coach of interschool team, intramural supervisor, etc.) and provide each of these personnel with a copy of this form.

If Concussion Is Determined by a Doctor

Using the Request to Resume Physical Education after Concussion-Related Injuries form:

- Doctor checks the box **Concussion. No activity until symptoms and signs have gone** and signs and dates the form.
- The student/parent/guardian must present this form to the administrator who will inform all relevant personnel (health and physical education teacher, coach of the interschool team, intramural supervisor, etc.) and provide each of these personnel with a copy of this form.
- The form is returned to the student as this form is to be used for the parent permission and second doctor assessment.

The student and parents/guardians monitor symptoms and signs of a concussion. It is very important that students not do vigorous physical activity if they have any signs or symptoms. The “return to play” process is gradual and must follow the steps as outlined below. **Each step must take a minimum of one day.** If symptoms or signs of the concussion return (e.g., headache, feeling nauseated) either with activity or later that day, the student needs to rest for 24 hours, and return to the previous step. A student should **never** return to play if symptoms persist.

Step 1: No activity, complete rest. Once the student is asymptomatic (concussion symptoms and signs have stopped) proceed to step 2.

Step 2: Light aerobic exercise, such as walking or stationary cycling, for 10–15 minutes, no resistance training.

Using the Request to Resume Physical Education after Concussion-Related Injuries form the parent/guardian signs and dates the form to give permission for the student to proceed to Step 3.

Step 3: Sport-specific exercise (e.g., ball drills, shooting drills) for 20–30 minutes. No resistance/weight training.

Step 4: “In class” physical education activities / intramural activities / clubs in which there is *no opportunity for contact* (e.g., fitness activities, dance, badminton, volleyball). May add light resistance training and progress to heavier weights.

Note: The time needed to progress from in-class activities / intramural activities / clubs to regular physical education activity will vary with the severity of the concussion and the student. After step 4 and before step 5 (return to regular physical education class activities / intramural activities / clubs), the student must return to the physician for final approval to engage in regular physical education activity.

Physician Visit #2

Doctor assesses that all symptoms and signs of a concussion are gone after Step 4.

Using the Request to Resume Physical Education after Concussion-Related Injuries form:

- Doctor checks the box **Concussion symptoms and signs have gone** and checks any other appropriate activity boxes and signs and dates the form.
- This form must be returned to the Health and Physical Education teacher and if applicable to the coach and intramural supervisor. The teacher/intramural supervisor/coach allows the student to progress to **Step 5**.

Step 5: Regular physical education activity / intramural activities / clubs.

Each step must take a minimum of one day. If symptoms or signs of the concussion return (e.g., headache, feeling nauseated) either with the activity or later that day, the student needs to rest for 24 hours, be re-evaluated by a physician, and return to the previous step. A student should **never** return to play if symptoms persist.

Second-Impact Syndrome

Recent research indicates that second-impact syndrome may occur when students are injured and have a second concussion while they still have symptoms from a previous concussion. The second injury may immediately initially appear to be very minor, but can progress to have serious consequences and can be fatal.

Concussion Management

A student's safe return to physical activity after a concussion is enabled when the student and the parents/guardians are familiar with the symptoms and treatment. Summaries (appropriate hand-outs) are available on the ThinkFirst website (www.thinkfirst.ca) for parents and athletes and for general information.

CONCUSSIONS: MINIMIZING THE RISK (FROM THINKFIRST)

Any time a student is involved in a contact sport, there is a chance of sustaining a concussion. Many concussions are not reported until after the practice or game. Therefore, it is important to take a preventative approach when dealing with concussions.

- Students need to be educated in the proper skill progressions.
- The rules of the sport need to be enforced.
- The principles of head-injury prevention (e.g., keeping the head up and avoiding collision) need to be emphasized.
- Appropriate protective equipment needs to be worn and properly fitted.
- All protective equipment needs to be certified and well maintained.
- Students need to respect the rules of the game and practise fair play.

Lightning Protocol

Sample Lightning Procedures

The following safety protocol is a sample of what can be developed for individuals and groups participating in outdoor activities.

CHAIN OF COMMAND

The persons filling the roles listed below are responsible for making the decision to remove a group or individuals from the playing field, stopping the activity, and determining when/if it is safe to resume the activity.

- Curricular activities: Teacher
- Intramurals: Teacher, intramural supervisors
- Interschool: *Practices*: Teacher/coach; *Games*: Teacher/coach in consultation with official
- Outdoor education trips: Teacher in consultation with trip leader
- Off-site activity providers: Teacher in consultation with facility monitor
- Camps: Teacher in consultation with camp director

PLAN EVACUATION AND SAFETY MEASURES IN ADVANCE

A lightning response plan must be planned in advance of the outdoor activity. The following must be taken into consideration:

Weather Conditions

Monitor weather conditions prior to outdoor activity or event. Be aware of potential thunderstorms that may form during scheduled outdoor physical education activities (e.g., local weather forecasts [from The Weather Channel, local radio/ TV stations], Nova Scotia Weather Office [www.weatheroffice.gc.ca]).

Shelter

Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.

A safe structure or location is defined as any building normally occupied or frequently used by people (e.g., a building with plumbing and/or electrical wiring that acts to electrically ground the structure). In the absence of a safe structure, **any vehicle with a hard metal roof** (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. (It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof that dissipates the lightning strike around the vehicle.) **Do not touch the sides of the vehicle.**

Alternate location: If there is no safe structure or location,

- find the low ground; seek cover in clumps of bushes or a dry ditch
- remove all metal objects
- minimize the body's surface area in contact with the ground; do not lie flat on the ground (Lightning current often enters a victim through the ground rather than by a direct overhead strike).
- place feet together, lower head, crouch down with only the balls of the feet touching the ground, and wrap arms around the knees

Unsafe shelter includes

- all outdoor metal objects (e.g., football standards)
- near flag poles
- fences and gates
- near light poles
- metal bleachers
- golf carts
- machinery
- canoes
- kayaks

Avoid trees, water (ponds, creeks), open fields, and high ground.

DETECTION AND RESPONSE

When lightning is first seen or thunder heard, activate the emergency procedures plan and seek shelter immediately (go to a building or a vehicle). Lightning often precedes rain, so do not wait for the rain to begin before suspending activities.

Apply the following lightning safety slogan, "If you see it, flee it; if you hear it, clear it."

RESUMPTION OF THE ACTIVITY

Wait a **minimum** of 30 minutes from the last visual observation of lightning or sound of thunder before resuming activities.

Injured persons do not carry an electrical charge and can be handled safely. Call 9-1-1 or send for help immediately. Apply first-aid procedures if qualified to do so.

Safety in Activity Rooms

Areas other than gymnasiums that are used for physical activities (e.g., concourse, church hall, empty classroom, school basement, cafeteria, stage)

The following is recommended to optimize safety when using an activity room for physical education instruction:

- An activity room is best suited for activities that have a controlled amount of activity (e.g., aerobics, mat work, fitness stations, skipping, wrestling, dance, beanbag activities, and chair activities). Avoid ball-throwing for distance, dodge ball-type games and games that are “action-packed” and go end-to-end (e.g., tag, soccer, floor hockey).
- In game activities, implement a “no body contact” rule.
- If the activity room is an open area, student traffic should go around, not through, the class.
- Structure drills to provide as much organization as possible.
- Caution students not to throw objects (e.g., beanbags) against the ceiling, thereby knocking down tiles, dust, lights, etc.
- Keep activity away from drinking fountains, stage steps, trophy cases, etc. Centre all activities to allow for a “safety zone” of at least one metre around the perimeter. Create visual boundaries, if possible, with cones/pylons.
- Precautions are needed to guard against doors opening into the activity area.
- Do not allow students to be involved in an activity that requires constant visual or on-site supervision while the teacher goes to the gym or to a storage area in another part of the school to get equipment.
- Check to determine if the floor surface provides safe traction and is conducive to the activity (e.g., not slippery from water or dirt).
- Check to determine that the equipment/furniture does not present a hazard.

Newly Purchased or Donated Fitness Equipment

Refer to school board policies and procedures related to the purchase of new or the acceptance of donated equipment, as well as the installation and repair of both.

- All newly purchased (new or used) or donated fitness equipment must comply with Canadian Standards Association (CSA) and/or Underwriters Laboratories Ltd. (UL) or Underwriters’ Laboratories of Canada (ULC) standards.
- Equipment installation must be done by qualified personnel (e.g., manufacturer/vendor) in accordance with the CSA and/or UL or ULC standards. Volunteer installations must not be permitted unless supervised by qualified personnel.
- All used equipment must be inspected by qualified personnel prior to use.
- Retain inspector’s checklist for future reference.
- An audit of all existing fitness equipment needs to be conducted to determine the general age, condition and compliance level with the CSA and/or UL or ULC standards. A plan needs to be in place to systematically replace the oldest equipment (or that which is in disrepair) with equipment that complies with the CSA and/or UL or ULC standards. Unsafe equipment must be removed from service immediately.

Sample Safety Checklist, Gymnasium Facilities

Each school is to develop a procedure for regular inspection with appropriate follow-up.

Site name: _____

Inspection date: _____ Time: _____ Inspected by: _____

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
ADJUSTABLE STAGE			
▪ rollers run smoothly			
▪ locking mechanism secure			
ARCHERY ARROW CURTAIN ASSEMBLY			
▪ cable and bracket are in good condition			
BASKETBALL BACKSTOP			
▪ backboards in good condition			
▪ cable and attachment from backboard to wall secure			
▪ rims attached and straight			
▪ Velcro strips on walls behind backboards in good condition to hold mats where run-off space is inadequate			
▪ winch condition not located directly below a wall-mounted backboard			
▪ wall padding securely attached to wall or stage where run-off space is inadequate			
▪ pulleys and cables in good condition			
BENCHES			
▪ top and supports free from cracks and splinters			
▪ benches stable, not loose			
BLEACHERS			
▪ secured to wall			
▪ seats and risers free from cracks and splinters			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
CEILING			
▪ tiles and panels in place			
▪ lights, diffusers, fans, speakers and their guards attached			
CHANGE ROOMS			
▪ free of objects that create a hazard (e.g., tables, chairs, pianos)			
▪ floor provides safe traction			
▪ benches free from cracks and splinters			
CHINNING BARS AND PEGBOARDS			
▪ attachment is secure to wall			
▪ adjustable parts in good condition			
▪ peg holes and pegs in good condition			
CLIMBING WALLS: PERMANENT			
▪ securely locked/enclosed when not in use			
▪ guide wires secure			
▪ wall anchors secure			
▪ platforms properly secured			
ENTRANCES/EXITS			
▪ free of obstructions			
▪ no doorknobs/protruding handles on gym side of door			
▪ doors open away from gym area			
▪ exit signs in working order			
FLOORS			
▪ clean and dry			
▪ provide good traction			
▪ clear of objects that may cause tripping/slipping			
▪ sockets covered and flush with floor			
▪ plates flush with floor and in good condition			
FOLDING DOORS, SUSPENDED CURTAIN			
▪ switches or controls working as designed			
▪ run smoothly			
▪ fabric in good condition (check for rips and tears)			
▪ storage pocket clear of equipment			
FITNESS CENTRE / WEIGHT ROOM			
▪ chin-up/dip bars secure			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
▪ pulleys not frayed on weight machines			
▪ weights secure on machines			
▪ padding on benches not torn			
▪ tops/seats on benches secure			
▪ floor padding in good repair			
▪ free-weights welds secure			
▪ cycles, step machines, treadmills in proper working order			
GYMNASIUM SPACE (AND ADJACENT STAGE IF IN USE)			
▪ free of “stored” furniture, boxes, equipment along perimeter walls and corners			
ROPES			
▪ not frayed			
STAIRS			
▪ clear of obstacles			
▪ treads in good condition			
▪ railings secure			
▪ free of protruding nails, cracks, and splinters			
STORAGE ROOM			
▪ floor clean and walking area clear of equipment			
▪ equipment stored on designated shelves			
▪ volleyball/badminton poles secured to prevent injuries from tripping and from falling poles			
WALLS			
▪ all outlets/switches/registers, etc., which pose a hazard, must be padded or flush with wall surface			
▪ free of protruding hooks, nails, etc.			
▪ protective wall mat covers free of tears/wearing			
▪ mat strips secured to wall, Velcro in good condition			
▪ covers on fire alarm stations			

Sample Safety Checklist, Gymnasium Equipment

Each school is to develop a procedure for regular inspection with appropriate follow-up.

Site name: _____

Inspection date: _____ Time: _____ Inspected by: _____

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
BADMINTON			
▪ rackets useable (no splinters or broken strings)			
BADMINTON NET			
▪ free of exposed wires along top and frayed wires along poles			
▪ free of tears and holes			
▪ no sharp edges			
BADMINTON POSTS			
▪ hooks, pulleys, and ratchet in good condition			
BALL HOCKEY / FLOOR HOCKEY			
▪ goals have welds and frames in good condition			
▪ plastic ball hockey sticks free of cracks and broken edges/ends			
▪ stick blades secure to shaft			
EMERGENCY EQUIPMENT			
▪ first-aid kit fully stocked and accessible			
▪ emergency phone numbers posted			
▪ access to phone/office via PA System			
GYMNASTICS EQUIPMENT			
<i>Balance Beam</i>			
▪ no tears in covering (rips may be glued down)			
▪ height-adjustment mechanism functional and in good condition			
▪ balance beam is stable, level			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
<i>Floor Exercise Tumbling Mats</i>			
▪ no holes (rips may be taped)			
▪ uniform thickness and compaction throughout			
▪ Velcro in good condition			
<i>Pommel Horse</i>			
▪ horse is stable and level			
▪ no tears in covering (rips may be taped or glued down)			
▪ height-adjustment mechanism in good condition			
▪ pommels smooth, no chalk build-up			
<i>Rings</i>			
▪ ring stand (if used) secure and vertical (see Uneven Bars)			
▪ no kinks or knots in steel cables			
▪ no exposed frayed wire			
▪ leather/webbing straps checked for wear			
▪ no splinters, cracks, or chalk build-up			
<i>Take-off Board (not a springboard)</i>			
▪ free of splinters and broken tops/legs			
▪ floor-protection pads in good condition			
▪ carpeted non-slip take-off surface in good condition			
▪ all bolts tightened and rubber non-slip pads in good condition			
<i>Uneven Parallel Bars / High Bar / Parallel Bars</i>			
▪ floor hooks in good condition			
▪ no “S” hooks			
▪ if quick-links are used, must be fully threaded			
▪ turnbuckle hooks functional and fully threaded			
▪ no kinks or knots in steel cables			
▪ no exposed frayed cables			
▪ loops on cables checked for wear			
▪ height-adjustment mechanism in good condition			
▪ wood/fibreglass rails have no cracks, splinters, or caked-on chalk			
▪ steel rail is straight			
<i>Vault and Box Horse</i>			
▪ pad and cover free from tears and wearing			
▪ sufficient padding to absorb impact			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
▪ inner posts solid (box horse)			
▪ height-adjustment mechanism in good condition			
▪ free of cracks and splinters			
▪ nuts, bolts, and screws tight			
MATS (E.G., GYMNASTICS, WRESTLING)			
▪ covers free of tears and wearing			
▪ foam in good condition			
▪ Velcro fasteners functional			
HIGH JUMP			
▪ standards, base, attachments, and uprights in good condition			
▪ portable pit cover free of tears			
▪ portable pit foam in good condition			
▪ fibreglass crossbars free of cracks and splinters			
HOOPS			
▪ free of cracks and bends			
PERMANENT CLIMBING WALLS			
▪ inspect all climbing elements (e.g., ropes, zip lines, harnesses, carabiners, helmets, and ladders)			
POOL EQUIPMENT			
▪ reaching assists in working order			
▪ lane ropes in working order			
▪ life jackets in good condition			
▪ spinal board in good condition			
▪ ring buoy in good condition			
▪ starting blocks are secure when in place			
▪ bench tops and supports free from cracks and splinters			
▪ bolts and screws secure			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
SCOOTER BOARDS			
▪ wheels secure			
▪ boards free of cracks and broken edges			
Softball			
▪ wooden and metal bats not cracked			
▪ good grip end to prevent slippage			
Volleyball Net			
▪ free of exposed wires along top and frayed wires along poles			
▪ free of tears and holes			
Volleyball Posts			
▪ hooks, pulleys, and ratchet in good condition			

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