

# Physical Education Safety Guidelines Grades Primary–12

---





# **Physical Education Safety Guidelines**

Grades Primary–12

### **Website References**

Website references contained within this document are provided solely as a convenience and do not constitute an endorsement by the Department of Education and Early Childhood Development of the content, policies, or products of the referenced website. The Department does not control the referenced websites and subsequent links, and is not responsible for the accuracy, legality, or content of those websites. Referenced website content may change without notice.

Regional Centres for Education and educators are required under the Department's *Public School Network Access and Use Policy* to evaluate digital learning resources prior to recommending them for student use. If an outdated or inappropriate site is found, please report it to [links@EDnet.ns.ca](mailto:links@EDnet.ns.ca).

### **Physical Education Safety Guidelines, Grades Primary–12**

© Crown Copyright, Province of Nova Scotia 2026

Prepared by the Department of Education and Early Childhood Development

The contents of this publication may be reproduced in part provided the intended use is for non-commercial purposes and full acknowledgment is given to the Nova Scotia Department of Education and Early Childhood Development. Where this document indicates a specific copyright holder, permission to reproduce the material must be obtained directly from that copyright holder. Please note that all attempts have been made to identify and acknowledge information from external sources. If a source was overlooked, please contact the Nova Scotia Department of Education and Early Childhood Development.

# Acknowledgments

This document is an adaptation of the guidelines provided by the Ontario Physical and Health Education Association (OPHEA), a not-for-profit incorporated organization, in partnership with the Ontario School Board's Insurance Exchange (OSBIE), the Ontario Association for the Supervision of Physical and Health Education (OASPHE), the Canadian Intramural Recreation Association—Ontario (CIRA), and the Ontario Federation of School Athletic Associations (OFSAA).

The *Physical Education Safety Guidelines* were developed with the input from Nova Scotia Active Healthy Living consultants, the Nova Scotia School Insurance Program (SIP), the Nova Scotia Teachers Association of Physical and Health Education (TAPHE), St. Francis Xavier University, and numerous physical education specialists.



# Contents

<b>Introduction</b> .....	<b>1</b>
Intent of the <i>Nova Scotia Physical Education Safety Guidelines, Grades Primary–12</i> .....	1
Impact and Scope.....	2
Risk Management .....	3
Sport/Activity Page Components.....	6
Outdoor Education General Procedures.....	12
Supervision.....	13
<b>Activities</b> .....	<b>14</b>
Archery.....	15
Badminton.....	17
Ball Hockey/Floor Hockey .....	18
Baseball/Hardball.....	19
Basketball/Bordenball/Endball/Benchball.....	20
Bowling/Lawn Bowling/Bocce Ball.....	22
Broomball.....	23
Climbing: Ascending Lines.....	25
Climbing: Bouldering/Traversing Walls.....	26
Climbing: Vertical Wall and Related Activities .....	29
Climbing: Adventure-Challenge Courses .....	30
Climbing: Zipline/Tyrolean Traverse/Equivalent .....	33
Co-operative Games .....	34
Cricket and Cricket Variations (Kanga Cricket/Cricket Wicket/Continuous Cricket) .....	36
Curling .....	38
Cycling .....	40
Dance and Rhythmic Activities.....	43

Diving: Springboard or Tower .....	44
Tag Games.....	47
Fencing .....	49
Field Hockey .....	50
Fitness Activities.....	52
Floorball .....	55
Football: Flag/Touch .....	57
Football: Tackle .....	59
Golf.....	60
Gymnastics: General Procedures .....	62
Gymnastics: Above-Ground Trampoline.....	64
Gymnastics: Vaulting.....	65
Gymnastics: Bench Activities .....	66
Gymnastics: Box Horse/Utility Box .....	68
Gymnastics: Climber .....	70
Gymnastics: Climbing Ropes .....	72
Gymnastics: In-Ground Trampoline.....	74
Gymnastics: Mat Work.....	75
Gymnastics: Mini-Tramp.....	77
Gymnastics: Parallel Bars/High Bar/Still Rings/Pommel Horse/Ropes/Balance Beam/Uneven Parallel Bars/Floor/Table or Flatback Vaulting .....	78
Gymnastics: Pyramid Building.....	81
Gymnastics: Trampoline .....	83
Handball: Wall.....	84
Hockey: Ice/Lead-Up Games (e.g., Shinny).....	85
Kin-Ball .....	87
Lacrosse: Box/Field .....	88
Lacrosse: Inter (Soft) .....	91

Martial Arts: Judo/Aikido/Karate/Tae Kwon Do .....	93
Outdoor Education: Alpine Skiing/Snowboarding/Snowblading .....	95
Outdoor Education: Backpacking and Day Hiking .....	99
Outdoor Education: Board Sailing .....	104
Outdoor Education: Camping (No Canoeing) .....	107
Outdoor Education: Canoe Tripping .....	110
Outdoor Education: Canoeing (Pools, Lake-Water Canoeing, Base Camp Canoeing) .....	115
Outdoor Education: Canoeing in Moving Water (Class I and Class II River Classifications Only) .....	118
Outdoor Education: Cross-Country Running/Orienteering (Off-site) .....	121
Outdoor Education: Cross-Country Skiing/Snowshoeing/Skate Skiing .....	124
Outdoor Education: Dragon Boating .....	126
Outdoor Education: Flat-Water Kayaking (Pools, Base Camp Kayaking) .....	133
Outdoor Education: Horseback Riding (English/Western/Therapeutic) .....	136
Outdoor Education: Mountain Biking .....	139
Outdoor Education: Moving-Water Activities .....	144
Outdoor Education: Outdoor Rock Climbing .....	145
Outdoor Education: Paddle Rafting .....	150
Outdoor Education: Ropes Courses/Rappel Towers .....	150
Outdoor Education: Rowing .....	151
Outdoor Education: Sailing .....	155
Outdoor Education: Snow Tubing .....	159
Outdoor Education: Stand-up Paddleboarding .....	160
Outdoor Education: Swimming (Ocean, Lakes, Ponds, Rivers) .....	163
Outdoor Education: Tobogganing/Sledding .....	168
Outdoor Education: Winter Camping .....	170
Paddle Tennis .....	173
Paddleball .....	174

Parachute Games .....	175
Pickleball .....	176
Racquetball .....	177
Ringette: Gym .....	178
Ringette: Ice .....	180
Rugby: Flag/Touch (Non-contact Only).....	182
Scoop Ball.....	183
Scooter Board .....	184
Scuba Diving.....	185
Self-Defence .....	186
Sepak Takraw .....	187
Skateboard .....	189
Skating: Ice .....	192
Skating: In-line/Quad Roller.....	194
Skipping.....	196
Slacklining (Using Natural or Outdoor Fixture).....	197
Snorkelling.....	200
Soccer/Crab-Soccer/Soccer-Baseball (Indoor/Outdoor).....	204
Softball: Fast Pitch.....	206
Softball: Lob-Ball/Slo-Pitch/Three Pitch.....	207
Softball Lead-Up Games: Soccer-Baseball/Volley-Baseball/T-Ball.....	210
Speed Skating.....	212
Squash .....	214
Swimming in Pools .....	215
Swimming: Synchronized Swimming .....	218
Table Tennis .....	221
Tchoukball.....	222

Team Handball .....	223
Tennis .....	224
Tetherball .....	226
Track and Field: Discus .....	227
Track and Field: High Jump .....	229
Track and Field: Hurdles.....	231
Track and Field: Javelin .....	232
Track and Field: Pole Vault.....	233
Track and Field: Shot Put .....	234
Track and Field: Track Events (Sprints/400 m/800 m/1500 m/3000 m/Relays).....	236
Track and Field: Triple Jump/Long Jump.....	239
Triathlon: Swimming/Running/Cycling .....	241
Tug-of-War .....	245
Ultimate Disc.....	248
Volleyball.....	249
Volleyball: Beach.....	251
Volleyball: Newcombe Ball .....	253
Water Polo .....	255
Weight Training.....	258
Wind Surfing (Grades 9–12).....	260
Wrestling.....	263
Yoga.....	266
<b>Appendices.....</b>	<b>268</b>
Appendix A: Activity Consent Form .....	270
Appendix B: Trip Planning.....	271
Appendix C: Risk Management .....	281
<b>References.....</b>	<b>301</b>



# Introduction

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

The *Nova Scotia Physical Education Safety Guidelines, Grades Primary–12* govern the safety of students within physical education instruction and settings. Instruction in physical education may take place in the gymnasium, in a classroom setting, another indoor space, on school grounds, or off school grounds in a community or outdoor setting.

The *Nova Scotia Physical Education Safety Guidelines, Grades Primary–12* extends to the intramural program.

If you are looking for information regarding regulations and safety guidelines for school sport, [School Sport Nova Scotia](#) is the governing body. The *Nova Scotia Physical Education Safety Guidelines* do not include safety guidelines to govern school sport.

These guidelines, adapted from guidelines set by the Ontario Physical and Health Education Association (OPHEA), include procedures that help minimize, to the greatest extent possible, the risk of injury in physical education recognizing that there is an element of risk inherent in any physical activity. The safety guidelines recognize that the primary responsibility for the care and safety of students rests with the Regional Centres for Education (RCEs), Conseil scolaire acadien provincial (CSAP), and their employees.

The *Physical Education Safety Guidelines* are intended to be a practical tool to focus the teacher's attention on safe instructional practices for each class activity to minimize the element of risk while maximizing safe educational opportunities. This includes instructional practices such as the use of logical teaching progressions, and the inclusion of age and developmentally appropriate activities. This document will assist educators in planning for and the delivery of instruction which incorporates a range of physically active experiences both in and outside of the gymnasium so that students, regardless of physical, mental, emotional abilities/challenges, or cultural background are provided with safe learning opportunities to become physically literate individuals.

The intent of the safety guidelines is to provide a framework for physical education teachers in developing a practice that promotes and models an established safety culture in Nova Scotia. At no time, do these safety guidelines intend to instruct or provide teaching strategies; rather, they provide a framework that adheres to best and leading practices and standards to foster safe and positive learning environments.

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 and current certifications can lead activities that are specialized, particularly in outdoor education. If an outside service provider is instructing on an activity listed in these guidelines, appropriate certifications must be met and the physical education teacher accompanying must adhere to appropriate minimum first aid certifications as noted for that activity. All physical education teachers will refer to the appropriate curriculum guides for the grade level that they are teaching to guide instruction.

## Impact and Scope

The expectations of the *Physical Education Safety Guidelines* are minimum standards for physical education instruction and intramural programming. It is the responsibility of physical education specialists to read and apply the guidelines across settings within physical education instruction and intramural programs. This includes ensuring that safety guidelines are provided in the absence of physical education teachers (including supervisors, in the case of intramurals).

This document delineates minimum guidelines that will be met by physical education teachers (including supervisors, in the case of intramurals) in addressing the safety component of the physical education curriculum and instruction. RCEs and CSAP may exceed the guidelines when creating their own policies on the recommendation of their insurance providers. *Modifications to the guidelines will raise the level of safety, not lower it.*

If students are involved in an activity or sport (e.g., a low-organization game) that is not described in these guidelines, refer to the guidelines of the activity that it most resembles. Individuals wishing to make additions and/or modifications to these safety guidelines will contact the Director of Curriculum Development at the Nova Scotia Department of Education and Early Childhood Development (EECD) to initiate the process.

Approval from the school administrator will 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 will demonstrate that all appropriate precautions will be taken in the interest of student safety.

These safety guidelines will be reviewed annually and updated as required.

**Intramurals** are defined as school-sponsored physical and recreational activities which are

- outside the student's instructional time.
- not a selected school team or group.
- not a competition against another outside team or group.

Intramurals encourage school-wide involvement with an emphasis on participation as opposed to competition. Intramurals complement quality physical education programming, ensuring that all children are provided the opportunity, regardless of fitness level or skill development, to participate in physical activity that contributes to their enjoyment of sport and physically active experiences as they grow.

Intramurals can be categorized into four types: **modified sport experiences**, **low-organization activities**, **special events**, and **clubs**. Use the guideline activity that most resembles the intramural activity to determine safe practices. When an intramural activity is played per official rules and equipment (e.g., a common modified sport experience or low-organization game), refer to the safety guideline within this document.

Though the school community may find the *Nova Scotia Physical Education Safety Guidelines* of interest when planning for and delivering off-site learning experiences across subject areas and disciplines, it is not the intention that these guidelines be extended outside of physical education instruction. RCEs may use the guidelines to assist them in the development of policies and procedures where physically active experiences occur, in settings that mirror those encouraged within the physical education program.

# Risk Management

The following elements of risk will be taken into consideration by the teacher:

- The activity is age-appropriate for the students' physical and mental abilities and behavioural patterns.
- The teacher has the knowledge and ability in accordance with the safety guidelines pages to teach or 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*, the educational value versus the entertainment value of the activity will be determined (e.g., Is going to a wave pool educational or entertainment?). Once the activity has been approved according to the RCE's policy as having educational value, the inherent risks will be identified and minimized.

## Generic Issues

There are common guidelines for safety that apply to all learning opportunities within physical education. Some commonalities are as follows:

### MEDICAL CONDITIONS

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. The SIP Consent Form (Appendix A) also asks the legal guardian to indicate "an illness, allergy, or disability" that could affect participation in a specific activity.

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 the RCE's policy when 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, 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 should seek medical attention before returning to play.

## **FIRST AID AND CPR**

Physical education teachers are encouraged to maintain certification in first aid and CPR, recognizing that other staff members in the school may also be certified depending on their RCE's requirements. The minimum recommended requirement is Intermediate First Aid with CPR-C. Teachers should know where to locate the AED in their school.

There are specific first aid certifications required for some outdoor education activities and settings, should a physical education teacher wish to include them in their programming and instruction. Please refer to the Outdoor Education General Procedures section for further information and refer to the specific activity.

## **ENVIRONMENTAL FACTORS**

It is recommended that parents/guardians be made aware of safety precautions related to environmental factors such as effects of sun, hypothermia, air quality, frostbite, dehydration, and insects—including ticks, which are a common occurrence in Nova Scotia; for more information see [Communicable Disease Prevention and Control](#) on the provincial government website.

## **FIRST AID KIT**

A fully-stocked first aid kit will be readily accessible to the physical education classroom (gymnasium or other indoor school space) and in the field during outdoor learning experiences. First aid kits are presently sourced through the RCEs and CSAP.

## **CLASS SIZE**

*The size of physical education classes are consistent with those of other subject areas for safe and effective instruction. When the number of students outweighs the ability for a teacher to be heard in the gymnasium and to manage an effective and safe active learning environment, the physical education teacher needs to bring their concern to administration.*

## **OFF-SITE ACTIVITIES**

When activities are offered off-site, it is strongly recommended that a portable first aid kit and a working communications device be readily accessible. It may be that cell phone service is unavailable at certain remote or wilderness locations—what is essential is that a charged device be available so that a person could move towards a place to call Emergency Health Services (EHS) as soon as viable.

When taking students off-site for an activity organized by an outside provider (e.g., camp activities), the appropriate safety guidelines will be shared with the activity provider prior to trip confirmation. It is strongly recommended that outside providers agree to abide by or exceed the standards described in these guidelines.

When going to a facility off-campus, parents/guardians will be made aware of the means of transportation used per the RCE's or CSAP's field trip policy.

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

## **EMERGENCY ACTION PLANS**

It is recommended that an emergency action plan to deal with injuries that occur in physical education be developed, specifically when learning experiences take place off-site. For details on creating an emergency action plan, see Appendix C: Risk Management.

## **CONCUSSION INFORMATION**

Concussion awareness education, information, and procedures related to prevention, identification, and management continue to evolve with new research. Return to learn and return to play guidelines are important discussions for schools to have. At the time of this update to the *Nova Scotia Physical Education Safety Guidelines*, the Department of Education and Early Childhood Development is using Concussion Nova Scotia as the source for the most up-to-date research and direction for children and youth.

As such, physical education teachers, as well as all school-based educators, are asked to refer to Concussion Nova Scotia's website for information about concussion, including prevention, identification, and management. See <https://concussionns.com/> for current guidelines.

## **UNIVERSAL PRECAUTIONS**

Universal precautions (e.g., using impermeable gloves) will be followed when dealing with situations involving blood and other bodily fluids. Physical education teachers will refer to their RCE's or CSAP's protocols and policies 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 students if you have an open skin condition.

## **FIRE**

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

## **OTHER EMERGENCY PROCEDURES**

Students will be made aware of other emergency procedures (e.g., school lock down, hold and secure) per the RCE's or CSAP's policy and procedures.

## **LIGHTNING**

Lightning is a significant weather hazard that may affect outdoor activities. When the RCE or CSAP has a policy related to lightning this will be the minimum standard. For lightning procedures to consider, see Lightning Protocol in Appendix C: Risk Management.

## **RULES FOR SAFE PLAY**

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

## **CHANGE ROOM CONDUCT**

At the beginning of the school year, physical education teachers will 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. Please refer to the *Guidelines Supporting Transgender and Gender Non-Conforming Students* for more information on changing room behaviour and physical education:

[www.studentservices.ednet.ns.ca/sites/default/files/Guidelines%20for%20Supporting%20Transgender%20Students\\_0.pdf](http://www.studentservices.ednet.ns.ca/sites/default/files/Guidelines%20for%20Supporting%20Transgender%20Students_0.pdf).

# Sport/Activity Page Components

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

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

\*includes jewellery

Appropriate age divisions are included on activity pages when guidelines are not inclusive of grades primary–12. Where ages are determined on activity pages (e.g., Canoeing [grades 5–12 only]), the standard has been determined by experts in the field.

## **Equipment**

To provide a safe environment for class activities, physical education teachers will perform pre-activity checks of the equipment to be used. This could be done visually or recorded on a check list (see the Sample Safety Checklist, Gymnasium Equipment in Appendix C: Risk Management). Hazards will be identified and immediately removed or isolated.

When using equipment that is not described in this document, care will 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 will be routinely checked for proper inflation.

Equipment cannot be made at home. Equipment can be made at school by teachers or other RCE or CSAP employees, adult volunteers, and by students who are under direct supervision of the teacher.

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

**Helmets:** Canadian Standards Association (CSA) is the regulatory body in Canada that provides the safety standards and regulations for helmets. Select a helmet that meets the protection standards (certification) for the specific activity as determined by a recognized safety standards association. Refer to the [Injury Topics](#) section of the Parachute website ([www.parachutecanada.org](http://www.parachutecanada.org)) for current helmet safety information and information on selecting suitable CSA-approved helmets for different activities (See “Which Helmet For Which Activity?” at <https://parachute.ca/wp-content/uploads/2019/06/Which-Helmet-For-Which-Activity.pdf>). Please monitor helmets for expiry dates.

The Equipment column under each specific activity specifies if the activity mandates the wearing of a helmet. If 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 will 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 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,
  - Canadian Standard Association (CSA)
  - US Consumer Product Safety Commission (CPSC)
  - American Society for Testing Materials (ASTM)
  - National Operating Committee for Standards in Athletic Equipment (NOCSAE)
  - Snell Memorial Foundation (Snell Standard)
  - British Standards Institute (BS)
  - Standards Association of Australia (AS)
  - Common European Norm (CEN)
  - Safety Equipment Institute (SEI)

When a CSA-standard becomes available for an activity helmet, *that CSA-approved helmet is to be the choice for use.*

**Goggles:** Goggles are recommended for some racquet sports and not others. For badminton, students will wear protective badminton goggles or glasses that meet the ASTM F803-standard or equivalent. Eye protection with either straps or “arms” is suitable, but it must fit properly and stay on to protect the eyes. Black Night (supported by OFSAA) has many styles of glasses that include the strap but can also be worn without it. One suggestion might be that students for whom the glasses fall off must wear the strap. Students with glasses will wear protective goggles which either have prescription lenses in the goggles or a pair of goggles that fit over their glasses. The OPHEA website (<https://safety.ophea.net>) is a good resource for teachers when a question arises about when and where goggles are to be used instead of glasses.

Students will be instructed to report equipment problems to the physical education teacher.

When equipment is purchased second-hand or donated to the school, follow the guidelines for new and donated equipment in Appendix C: Risk Management.

## **Clothing, Footwear, and Jewellery**

It is recommended that appropriate athletic footwear be worn for physical education. 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. Sock feet are not appropriate.

It is recommended that students wear appropriate clothing for activity in physical education classes. Shorts, sweatpants, or leggings, and T-shirts or sweatshirts are some examples of such clothing. Deviations from this are listed on activity-specific pages. Clothing for physical education class should be supportive of movement. Restrictive clothing can create potential for injury or discomfort. Comfort, safety, and hygiene should be discussed and encouraged when being physically active. Some ill-fitting clothing, jewellery, hard-soled shoes, and socks without shoes can inhibit movement and possibly cause injury during activity. Where religious requirements present a safety concern, refer to the school's, RCE's, or CSAP's policies and procedures for appropriate modifications.

*Teachers will not prevent a student from participating in physical education unless clothing is unsafe.*

Exposed and/or hanging jewellery being worn during physical activity can pose a hazard to the wearer and/or other participants and be the cause of injury. Jewellery can be caught up in equipment, on another person or their clothing, or be hit by a projectile.

Sample types of jewellery:

- hanging jewellery on neck, wrists, ears, torso
- studs on ears, face, tongue, torso
- loops/hoops/bars on ears, face, torso
- rings on fingers, toes
- watches/bracelets (hard materials) on wrists or ankles
- spacers on ears
- hair pins, clips, barrettes

Jewellery that cannot be removed and that presents a safety concern (e.g., medical alert identification, religious pieces) will be secured to ensure safety. Deviations from this minimum are listed on activity pages.

It is recommended that parents/guardians be made aware of safety precautions with eyeglasses for some activities, including using an eyeglass strap, shatterproof lenses, or removal of glasses if vision is adequate.

It is recommended that long hair be tied away from the student's face to prevent blocked vision and injury to other participating students.

## **Facilities**

To provide a safe environment for class activities, the teacher will perform 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: Risk Management). Hazards will be identified and immediately removed as a factor in the activity. Potentially dangerous and immovable objects (e.g., goalposts, protruding stage) will be brought to the attention of students and administration and will be protected by properly installed mats and protective gear.

All equipment will be checked regularly to determine it is in good working order. Students will report equipment or facility problems to the teacher. For more information on the role of the students in safety, see Student Responsibilities in Appendix C: Risk Management. For safety precautions when using non-gymnasium areas (e.g., concourses, hallways, classrooms, stages) for physical education classes, see Appendix C: Risk Management.

Equipment or furniture that is hazardous to the activity *will 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.

Any use of a facility will be supervised per the section below and as described in each activity guideline.

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

Playing fields will be free from hazards (e.g., holes, glass, excessive water, rocks). Severely uneven surfaces will be brought to the attention of the principal, students will be made aware of them, and modifications made when necessary. Fields and/or outdoor playing areas will 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 doors or curtains:

- Teachers and staff members only oversee opening and closing.
- Check that the path is clear (no obstructions and/or students in the way).
- Remove the key if the door closes.
- Inspect the divider door or curtain on a regular basis for anything that would hinder effective operation and report to administration if maintenance is required.

Noise can be a problem in gymnasiums where curtains divide teaching areas. Determine that students can 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 will seek assistance from appropriate support staff and refrain from opening and closing divider doors or curtains until instructional support is received.

## **Special Rules/Instructions**

Class activity will be modified per the age and ability levels of students and the facilities available.

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

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

Skills will be taught in a proper progression. Refer to skill progression resources (e.g., EECD curriculum documents, authorized resources). Games and activities will be based on skills that have, or are currently being taught.

Physical education teachers establish routines, rules of acceptable behaviour, and appropriate duties of students at the beginning of the year and reinforce rules and expectations throughout the year. Refer to Student Responsibilities in Appendix C: Risk Management for more information on student behaviour.

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

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

- the length of time and intensity of physical activity
- environmental conditions (e.g., temperature, weather, air quality, humidity, UV index, insects, frostbite)
- students' previous training and fitness level

Students will be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent). For more information on ticks and the potential for Lyme disease [Communicable Disease Prevention and Control](#) on the provincial government website.

Students will receive instruction on the importance of reporting symptoms related to a suspected concussion, see Generic Issues, Concussions (in the Risk Management section of the Introduction).

Students will receive instruction on safety procedures related to severe weather conditions should there be any possibility that this is a likely occurrence in the area (e.g., lightning, severe winds, extreme temperatures; see Lightning Protocol in Appendix C: Risk Management).

Adequate hydration should be accessible for students.

Activities that involve students with special needs will be modified 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*; *Fundamental Movement Skills*, *Active Start*; and *Fundamentals Stages for Children with Physical and/or Behavioural Disabilities*, Special Olympics Canada).

Many activities address the issue of body contact, stick-on-body, and stick-on-stick contact. To promote common understanding, 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 within the various settings that physical education takes place, and responsible for the overall safety and well-being of persons under their care, sometimes there are other personnel who will 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 will make final decisions regarding the safety of the participants.

While moving, students will not be required to close their eyes or be blindfolded. *The activity of goalball is one exception to this statement.*

Controlled movement will be emphasized when requiring students to walk or run backwards. Avoid backward-running races.

Any student with a cast will provide a doctor’s note or parent/guardian signed permission indicating when it is safe for the student to participate. Casts and orthopedic devices will not present a safety concern to students or other participants. Appropriate modifications will be made to ensure the safety of all participants.

## Supervision

Supervision is the vigilant overseeing of an activity for regulation or direction. All facilities, equipment, and activities have inherent risks; 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 RCE or CSAP. A volunteer (not necessarily a teacher) could assist in the supervision of physical education activities. Examples of volunteers may include instructional assistants, retired teachers, Co-op students, parents/guardians, and student teachers during their practicum.

Students will 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 will be in place:

- locked doors
- signs on doors indicating that students are not to use the gymnasium unless supervisory staff are scheduled and present in the gymnasium

All activities will be supervised. There are 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 maturity, as well as the number of students in the classroom, as it relates to the lesson being taught.

- **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 gymnasium is considered part of on-site supervision.
- **In-the-area** supervision means the teacher will 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 practicing relay passing on the track, while a third group is distance running around the school.

- **Constant visual supervision:** High jump—The teacher is at the high jump area and is observing activity.
- **On-site supervision:** Relay passing—Students are practicing 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 of the teacher.

The physical education teacher will 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 will 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 will be directed toward an appropriately modified skill.

Pre-service teachers or other secondary students will not be the sole supervisor of any activity.

Substitute teachers will have students participate in activities that are commensurate with the substitute teacher's experience or qualifications.

Lesson plans left for the substitute shall include:

- the *Nova Scotia Physical Education Safety Guidelines* information for that sport/activity
- the location of a contact teacher or administrator in case of an emergency
- specific restrictions or modifications for students with health or behavioural needs

# Outdoor Education General Procedures

All outdoor education pursuits will be approved by the principal or their designate. An RCE or CSAP official will sign a detailed application form for all overnight outdoor pursuits. Approval will include consideration of itinerary, suitability of excursion activities to the curriculum, travel time, safety factors, supervision arrangements, and age appropriateness.

Volunteers will 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 will have comparable experiences or certification to match the activity. Volunteers and teachers that have obtained certification with Outdoor Council of Canada (OCC) field leaders designation (or similar certification) will be considered for a supervisor role for the following activities: Day Hiking, Backpacking, and Winter Camping.

Refer to the RCE's or CSAP's policy related to the maximum number of days allowed for outdoor education pursuits. A teacher will 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. These contract experts need to have the appropriate certification to lead the outdoor pursuit where indicated in the safety guidelines.

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

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

In an emergency (e.g., lightning, severe weather, medical emergency) the supervisor in charge of the pursuit will follow the RCE's or CSAP's protocol and this will be outlined in a safety plan that is shared with volunteers. If the pursuit takes place at an outdoor education facility and the emergency protocol is more stringent than the RCE's or CSAP's protocol, then the outdoor education facility protocol will be followed.

For all pursuits requiring transportation, a list of students in each vehicle as well as a list of the drivers and licence 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 will comply with RCE or CSAP requirements for insurance. On all pursuits, a vehicle for emergency purposes will be accessible.

For overnight pursuits, students will provide medical information to the teachers/supervisors, and may be asked for their health card number.

An **urban setting** is defined as an on-school site, park setting adjacent to the school site, or site in the school community that is accessible to emergency medical services within 30 minutes. A **rural setting** is defined as an off-school site and is up to 60 minutes from accessing emergency medical services. This may include front country camps, community parks, trails, provincial parks, or recreational areas. Together, these settings are considered **urban-rural** for the purpose of these guidelines.

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

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

Setting	First Aid Certification*	First Aid Kit
Urban-rural	Intermediate First Aid with CPR-C	e.g., Adventure First Aid 2.0 Kit
Wilderness	Basic Wilderness and Remote First Aid or Advanced Wilderness and Remote First Aid	e.g., Adventure Medical Backcountry First Aid Kit

\* Canadian Red Cross, St. John Ambulance, or equivalent to any of the above.

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

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

Students on vital medication will bring an extra supply. This medication will be in a clearly marked container and will be in the teacher's/supervisor's possession.

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

Teachers/supervisors will strongly consider the use of a personal satellite communication device (e.g., SPOT, inReach) when taking students into wilderness settings or areas where cellular service is not reliable.

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

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

When combining two outdoor pursuits, teachers/supervisors will refer to the activity page for each sport/activity.

## Supervision

For activities that require chaperones, multiple chaperones accompanying students will include a mix of male, female, or non-binary individuals.

The teacher/supervisor in charge of the pursuit will designate a responsible adult (e.g., teacher, volunteer) to transport or accompany an injured student to the hospital. This will 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 (e.g., possesses a Certificate in Outdoor Education from a certified institution, experience working at a recreational outdoor pursuit camp, personal life experiences in outdoor pursuits). This person may also have certification in the appropriate field leader designation from the Outdoor Council of Canada (OCC).

For all water-based activities, current certifications are required to support the water-based pursuit as listed in each specific outdoor pursuit, under the Activities section.

# Activities

# Archery

Only teachers who are trained to deliver the National Archery in the Schools Program (NASP) can provide instruction in Archery. NASP safety standards are to be followed.

Archery is not an appropriate activity in grades primary–3. (At grade 4, strength requirement to control a Genesis bow will be set at its minimum weight of eleven pounds).

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Prior to all classes, the instructor will inspect all equipment to determine that it is safe for use. Equipment requiring repairs will not be used until repairs are undertaken.</p> <p>Arm guards may be made available to students.</p> <p>Genesis Compound bows will not exceed 20 lb in draw weight.</p> <p>Only aluminum 1820 arrows are to be used.</p> <p>Standard butts will be a minimum thickness of 12 inches and must be able to stop an arrow from passing</p>	<p>No exposed jewelry.</p> <p>Appropriate clothing will be worn. No loose-fitting clothing on the upper body.</p> <p>Suitable footwear will be worn (e.g., running shoes, hiking boots). No sandals or open-toed shoes.</p> <p>Long hair will be tied back.</p>	<p>Determine that all facilities are safe for use.</p> <p>Areas will be free of obstructions and hazards.</p> <p>NASP safety standards will be used for range set-up and safety.</p> <p>For indoor or outdoor shooting, a properly installed arrow curtain will be used.</p> <p>Access/exit to the facility will be controlled and warning signs posted.</p> <p>For outdoor activity, the shooting area will be well marked.</p> <p>Archery equipment will be stored in a lockable storage room.</p> <p>Shooting distance will be as required to follow NASP protocol.</p>	<p>Skills will be taught in proper progression (e.g., 11 steps to archery success using string bow).</p> <p>These guidelines will be shared with the activity provider.</p> <p>Only NASP whistle commands are to be used on the archery range:</p> <ul style="list-style-type: none"> <li>▪ <b>one</b> whistle blast = shoot</li> <li>▪ <b>two</b> whistle blasts = get bow</li> <li>▪ <b>three</b> whistle blasts = go get arrows</li> <li>▪ <b>five</b> or more whistle blasts = stop all shooting, let bow down, remove arrow and place in floor quiver, place bow on bow rack and go behind waiting line</li> </ul> <p>Students will receive instruction on</p> <ul style="list-style-type: none"> <li>▪ safety and emergency procedures</li> <li>▪ whistle system</li> <li>▪ shooting techniques</li> </ul>	<p>Constant visual supervision is required during instruction and while running the range.</p> <p><b>Ratio</b></p> <ul style="list-style-type: none"> <li>▪ 10 students on the shooting line to 1 teacher/supervisor</li> </ul> <p>A teacher/supervisor who is providing instruction is required to have their initial BAI (Basic Archery Instructor) training certification from NASP, as a minimum, and to have consistently been delivering the NASP program.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>through 1.2 m x 1.2 m wide (3 ft. x 3 ft.) target face.</p> <p>Possible materials that can be used in a target butt may include Styrofoam, carpet, fibreboard, plastic bags, etc.</p> <p>Arrows and bows should always be stored in separate locations.</p>			<ul style="list-style-type: none"> <li>▪ care and use of equipment</li> <li>▪ how to remove an arrow from a target butt safely</li> <li>▪ dry fire rule</li> </ul> <p>A “shooting” line will be established, appropriate for the skill level of students. Sufficient spacing will 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 will be positioned well behind the waiting line and away from the archers on the shooting line.</p> <p>Students will be instructed that a loaded bow will never be pointed at anyone.</p> <p>Bows will only be loaded on the shooting line, after the signal to shoot has been given.</p>	

# Badminton

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, and intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Racquets will be inspected regularly for breakage and to determine proper grip.</p> <p>Protective eye gear meeting ASTM F803 standards or equivalent will be worn by all students. Students with glasses must wear protective goggles which either have prescription lenses in the goggles or a pair of goggles that fit over their glasses. Eye protection with either straps or “arms” is suitable, but it must fit properly and stay on to protect the eyes. Black Night (supported by OFSAA) has many styles of glasses that include the strap but can also be worn without it. If the protective glasses fall off the student, the teacher may recommend that the student always use the strap.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed jewelry.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>Court boundary lines will be clearly defined.</p> <p>A safety procedure will be established for side-by-side courts.</p> <p>Where a facility does not allow for safe play (boundary lines too close to walls), modify rules appropriately.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>The code of etiquette for court play will be taught and enforced (e.g., not entering a court being used).</p> <p>When teaching/practicing skills, adequate spacing will be allowed for each athlete to be able to make an uninterrupted swing.</p> <p>Players will 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>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</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>

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

## Ball Hockey/Floor Hockey

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Stick blades will be checked regularly to determine the blade is securely and safely attached to the stick. Stick blade will be checked for cracks and will be appropriate to the height of the student.</p> <p>Use only regulation plastic ball hockey/hockey sticks.</p> <p>Goalies will wear protective mask, pads, and chest protector (e.g., hockey helmet with cage, softball mask). Goalies will wear gloves appropriate to the activity (e.g., ball glove).</p> <p>Use “soft” ball (e.g., P30, P40, foam ball, yarn ball, plastic or soft rubber puck).</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface will be free of all obstacles (e.g., tables, chairs, pianos) and provide sufficient traction.</p> <p>Playing surface will provide good traction.</p> <p>Floor plugs will be in place.</p>	<p>Skills will be taught in proper progression.</p> <p>Games and activities will be based on skills that are taught.</p> <p>Only active players on the floor can have a stick.</p> <p>The following rules will be in place and enforced by penalties:</p> <ul style="list-style-type: none"> <li>▪ No body contact.</li> <li>▪ No stick-on-body contact or stick-on-stick contact.</li> <li>▪ No slapshots.</li> </ul> <p>Implement a crease for protection of the goalie, and no other player or player’s stick is allowed in the crease.</p> <p>Sticks will remain below the waist.</p> <p>Penalties for stick infractions will be strictly enforced.</p> <p>Goalies will remain in crease area during play.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision is required.</p>

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

## Baseball/Hardball

Baseball/hardball is **not recommended** for Nova Scotia students in physical education. Adapted versions of the game can be introduced through softball (refer to Softball guidelines).

## Basketball/Bordenball/Endball/Benchball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>In situations where a student's follow-through could result in contact with a wall and/or stage, protective gym mats or padding will be placed beyond the playing area.</p> <p>Protective wall mats will 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.).</p> <p>Where a stage is close to the baseline, gym mats will be placed over the edge of the stage and extend close to the floor.</p> <p>Portable basketball systems will be internally weighted to prevent tipping or movement.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles.</p> <p>It is recommended that protective padding be used on rectangular backboard lower edges and corners.</p> <p>Playing surface, whether indoor or outdoor, will provide good traction.</p> <p>Winch for moving backboard up and down will not be located directly under the supporting wall-mounted structure.</p> <p>When raising, or lowering baskets, the person operating the hand or motorized winch will be able to see that the area under the basket is clear.</p> <p>Floor sockets will have cover plates.</p>	<p>Skills will be taught in proper progression.</p> <p>Games and activities will be based on skills that are taught.</p> <p>If the 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).</p> <p>Activity/rules will be modified to the skills of the participants.</p> <p>No hanging from rims on portable basketball systems.</p> <p>The base for portable basketball systems will not be on the court.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision is required.</p> <p>Teachers are to use motorized hand winches to raise or lower baskets.</p> <p>Trained students under constant supervision may use hand winches.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Set-up and movement of portable basketball systems will be done by a trained adult.</p> <p>The height of an adjustable basket will not present a safety concern.</p> <p>Benches will be free of splinters, be stable, and have secure tops.</p> <p>Benches will not be near walls or any equipment.</p>				

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

## Bowling/Lawn Bowling/Bocce Ball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Proper shoes will be worn always, as provided or approved by the facility.</p>	<p>Determine that all facilities are safe for use.</p> <p>Public bowling alleys, lawn bowling facilities, and fields where school facilities are used, will provide a surface with suitable traction.</p>	<p>Skills will be taught in proper progression. Follow rules and etiquette as outlined by the facility.</p> <p>Non-active participants will be behind bowler(s) and not in the field of play.</p> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>If outdoors, students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision is required.</p>

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

# Broomball

Non-ice is appropriate for all grades levels. Ice surface is recommended for grades 5-12 only.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Broomball sticks (regulation or otherwise) will be appropriate for the size and age of the student. Check for cracks/splinters.</p> <p>Broomball nets, hockey nets, or pylons will be used to mark the goal area.</p> <p>A foam ball, utility ball, or regulation broomball ball will be used.</p> <p>Goalie and players' equipment are required when playing on ice:</p> <ul style="list-style-type: none"> <li>▪ CSA-approved hockey helmet with full cage</li> <li>▪ gloves (e.g., broomball, hockey)</li> <li>▪ shin pads (e.g., broomball, hockey)</li> </ul>	<p>Appropriate clothing and footwear will 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 will provide good traction (e.g., broomball shoes).</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p><b>Non-ice Broomball</b></p> <p>“Blacktop” area will not be obstructed (e.g., tetherball poles, tennis standards, or basketball standards).</p> <p>Field will be free from ice patches.</p> <p><b>Ice Broomball</b></p> <p>Ice surface will 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 will be taught in proper progression.</p> <p>Games and activities will be based on skills that are taught.</p> <p>Players will keep sticks below the waist.</p> <p>Crease will 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>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., frostbite and hypothermia).</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> <li>▪ pelvic protector</li> <li>▪ elbow pads</li> </ul>			Be aware of athletes whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).	

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

## Climbing: Ascending Lines

(Portable or permanent installation on school site)

Students climb or ascend single lines suspended from ceiling anchors.

Climbing ascending lines is **not recommended** for Nova Scotia students in physical education. Provincial safety regulations are not set for this activity.

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

# Climbing: Bouldering/Traversing Walls

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

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

Appropriate for students, grades primary–12, participating in a series of activities, either while working with others on initiative tasks or responding to personal challenges close to the ground or high in the air within the recommended limits.

*Applicable to all installations indoors and outdoors.*

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A mat surface must be in place in the landing zone under the bouldering area. A guideline is 1’ of matting for every 1’ of wall height (the mats only need to be in place during the climbing activity).</p> <p>Bouldering matting consists of a thin layer of high-density foam over top of a larger layer of open cell foam. Blue tri-fold gymnastic mats are suitable for some installations and can be layered, but custom matting is recommended when possible. Wrestling mats are not an acceptable form of matting due to their high density.</p> <p>All non-fixed equipment must be inspected by the supervising teacher prior to the activity (mats and shoes).</p>	<p>No tops with drawstrings. Nothing around the neck (e.g. neck ties, scarves).</p> <p>Clothing and footwear appropriate to the activities and environmental conditions must be worn (e.g., no flip flops).</p> <p>It is advisable that climbing-specific shoes be used; sneakers are <b>not recommended</b> for bouldering.</p> <p>No loose-fitting clothing that may pose a risk of catching on equipment (e.g., hoodies, scarves).</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>The appropriate teaching supervisor 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 (e.g., a variety of taped routes, coloured hold challenges, games that allow for a progression of skills)</p> <p><b>Height Requirements</b></p> <p>Regardless of the height of the actual bouldering wall. The following guidelines should be followed when climbing on the wall:</p> <ul style="list-style-type: none"> <li>▪ <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 mat surface.</li> <li>▪ <i>Grades 7–8*:</i> The hands of the students must not be</li> </ul>	<p>Supervisors must be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Generic Issues section in the Introduction).</p> <p>Completed medical forms for each participating student must be accessible.</p> <p>A student, who has an open wound that could potentially transfer bodily fluids onto the climbing surface, is not to participate in climbing.</p> <p>Risks involved with the activities must be communicated to parents/guardians via a signed consent form that gives permission for the student to participate (this can be completed as part of the general consent that is</p>	<p>The supervising teacher must be present for all aspects of the program.</p> <p>A suitable means of transporting an injured student must be accessible.</p> <p>When multiple students are climbing simultaneously, the guideline is one climber per 2.44 m (8 ft.) horizontal section of climbing wall to ensure climbers are not impeding one another.</p> <p>The supervising teacher must ensure that they are able to actively observe the climbing students on the wall at all times during the activity. They are also responsible for ensuring a safe and clear landing area.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>All climbing holds (grips) must be secured to the wall using 3/8" socket cap screws or using manufacturer recommended alternatives. These adjustments must be made by an experienced professional or by the appropriate teaching supervisor if they have prior, recognized experience or training as approved by the Regional Centre for Education.</p>	<p>Long hair must be covered or tied back.</p>	<p>more than 3.5 m (10 ft. 6 in.) above the mat surface.</p> <ul style="list-style-type: none"> <li>▪ <i>Grades 9–12*</i>: The hands of the students must not be more than 3.7 m (12 ft.) above the mat surface.</li> </ul> <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><b>On-site Installations Only</b></p> <p>All fixed climbing equipment (wall, screw-on features, and holds) must be installed under the supervision of a professional with appropriate background and experience. All related construction of a climbing wall must be approved by facilities management at the regional level.</p> <p>All fixed climbing equipment (holds, screw-on features) should only be added or removed by a professional with appropriate background and experience.</p> <p>The construction of the climbing wall must be</p>	<p>completed at the beginning of the school year).</p> <p>Prior to the first lesson, supervising teachers must inform approved climbing instructors (if not a teacher) of students who have special needs.</p> <p>Risks involved with each activity and how to lower the risk of an injury occurring must be communicated to students.</p> <p>Teachers, off-site supervisors, and students must be aware of safety procedures.</p> <p>Students must be allowed to select a challenge at their comfort level (within the established height guidelines).</p> <p>Indoor signage outlining the rules should be posted and visible in the wall area.</p> <p>It is recommended that Bouldering and traversing walls be securely covered and/or locked or inaccessible when supervision is not in place.</p> <p>The appropriate teaching supervisor, where possible should possess prior,</p>	<p><b>First Aid Qualifications</b></p> <p>If the location is considered urban, the instructors, including the supervising teacher, must have current Intermediate First Aid certification.</p> <p>Instructors must have current Wilderness and Remote First Aid certification or equivalent; a minimum of Canadian Red Cross Wilderness and Remote First Aid—Basic certification in remote locations or a Canadian Red Cross Wilderness and Remote First Aid—Advanced certification if in a wilderness-type setting.</p> <p><b>Off-site Installations</b></p> <p>All approved instructors must be at least 18 years old, with the necessary experience to be considered the supervisor in charge of climbing activities.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
		<p>inspected upon completion and once a year thereafter by a professional with appropriate expertise and experience. This should be done in conjunction with regional facilities management.</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>If the inspection deems a wall unsafe for use, it must not be used until a new inspection deems it safe for use.</p> <p><b>Off-Site Facilities</b></p> <p>Any off-site facilities must be able to demonstrate that they meet all of the above guidelines regarding inspections and providing appropriate equipment and supervision.</p>	<p>recognized experience or training as approved by the Regional Centre for Education.</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. See Climbing Escalade Canada's Long Term Athlete Development Program for additional information (<a href="http://climbingcanada.ca/en/long-term-athlete-development/">http://climbingcanada.ca/en/long-term-athlete-development/</a>).</p>	

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

## Climbing: Vertical Wall and Related Activities

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

Vertical wall climbing is **not recommended** for Nova Scotia students in physical education. Inspection protocols remain unresolved.

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

# Climbing: Adventure-Challenge Courses

(Permanent installations: School-educational sites, and commercial sites)

Appropriate for students, grades 9–12, participating in a series of activities, either while working with others on initiative tasks or responding to personal challenges close to the ground or high in the air.

Rope climbing and challenge courses are **not recommended** for Nova Scotia students in physical education. Inspection protocols remain unresolved.

Please see Climbing: Bouldering/Traversing Walls for more information regarding low-climbing 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, radio) must be accessible.</p> <p>Determine that all equipment is safe for use and must be commercially and specifically manufactured for the intended climbing related activity and adhere to one or more of the following: Union of International Alpine Association (UIAA), European Union (Conformité Européenne [CE]), Canadian Standards Association (CSA), American Society for Testing and Materials standards (ASTM).</p>	<p>Clothing and footwear appropriate for the chosen activities must be worn: no loose-fitting tops or bottoms, no tops with drawstrings, shoes must be closed-toe and have a sturdy sole.</p> <p>No sandals with toe covers; participants must wear fully closed-toe shoes.</p> <p>Nothing around the neck (e.g., ties, scarves, jewelry).</p> <p>All other jewelry which presents a safety concern must be removed or taped.</p> <p>Long hair must be covered or tied back.</p> <p>No hats or toques are to be worn under helmets.</p>	<p>The site must have a written policies and procedures manual for the management and operation of all challenge course activities.</p> <p>Challenge course activities that are selected must be appropriate for ability level, age, and size of students.</p> <p>All challenge course elements must have been installed, or have passed an annual professional safety inspection, by a qualified challenge course professional as defined in the most current edition of the <i>Association for Challenge Course Technology (ACCT) Challenge Course Standards</i>.</p> <p>This inspection must be documented in a written report in accordance with the</p>	<p>Challenge course staff must be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic device) may affect participation (see Generic Issues section). Completed medical forms for each participating student must be accessible.</p> <p>The program must be designed by the Challenge Course Director to meet the learning needs identified by the teacher.</p> <p>Risks involved with the activities must be communicated to parents/guardians. A permission form granting permission for the student to participate must be signed by a parent/guardian and kept at the school.</p>	<p><b>General Supervision</b></p> <p>A designated teacher(s) in charge, and Challenge Course Director(s) must be present (on site) for all aspects of the program.</p> <p>A suitable means of transporting an injured student must be accessible.</p> <p><b>Qualifications Applicable to Permanent Installations at School/Educational and Commercial Sites</b></p> <p>All ACCT challenge course directors must hold a current certificate (within the last three years) demonstrating successful completion of training from an accredited, recognized, challenge course professional training company.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Approved climbing ropes (see above agencies) must be compatible with the chosen belay device and the climbing activity.</p> <p>Approved helmets (see above agencies) that are commercially and specifically manufactured for climbing must be worn by all students who are leaving the ground or are under any activity in use.</p> <p>Approved climbing harnesses (sit, sit/chest, or full body [see above agencies]) appropriate to the age group and/or body size of the climber must be used.</p> <p>Belay devices must be connected with one locking D carabiner rated at 22.2 kN/ 2200 kg/4850 lbs or greater, where commercial friction or camming devices are used.</p> <p>Mats of <i>any type</i> are not appropriate.</p>		<p><i>ACCT Challenge Course Inspection Standards.</i></p> <p>Necessary maintenance/ changes to the elements noted in the report must be addressed.</p> <p>All challenge course elements must be inspected by the designated challenge course director prior to every program (Challenge Course Instructor: Level 1 or 2, or Course Director (ACCT).</p> <p>The challenge course must be managed and operated in accordance with the most current ACCT standards, including having a designated Challenge Course Director who is responsible for overseeing the staffing and operations of the challenge course.</p>	<p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction). The Policies and Procedures manual must include an Emergency Action Plan consistent with the most current ACCT Challenge Course Standards.</p> <p>Teachers, instructors, and students must be aware of safety procedures. Skills must be taught in proper progression.</p> <p>A Challenge-by-Choice practice should be employed to allow students to select activities.</p> <p>When students are belaying, an introductory lesson must be provided in accordance with the ACCT Challenge Course Standards.</p> <p>The climber-to-belay ratio is 1:1 unless additional activities require an additional belayer to support the activity in use.</p> <p>One instructor on-site must be qualified to rescue a tired/stuck climber.</p>	<p><i>In absence of a current certificate, a relevant skill set developed by recognized challenge course professionals is acceptable.</i></p> <p><b>Qualifications Applicable to All Installations</b></p> <p>Challenge course instructors must be at least 18 years old to teach the introductory lesson.</p> <p>Individuals who have been trained and can demonstrate the required instructor skills and who are 17 years old or younger can assist with the delivery of the program, but must be directly supervised by a qualified Challenge Course Director.</p> <p><b>First Aid Qualifications</b></p> <p>One challenge course instructor must have current Wilderness and Remote First Aid certification; a minimum of Red Cross Wilderness and Remote First Aid certification, or equivalent, if in a remote or wilderness-type setting.</p> <p>If the location is considered urban, the challenge course instructors, including the teacher in charge, must have current Intermediate First Aid</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>All equipment must be inspected by the designated <i>Challenge Course</i> Director prior to every program (Challenge Course Instructor: Level 1 or 2, or Course Manager [The Association for Challenge Course Technology (ACCT)]).</p>			<p>Before involving students in outdoor activity, teachers must take into consideration:</p> <ul style="list-style-type: none"> <li>▪ weather conditions (e.g., temperature, high winds)</li> <li>▪ students' previous training</li> <li>▪ length of time students will be vigorously active</li> <li>▪ adequate hydration and availability of liquid replacement and nutrition</li> </ul> <p>Students must be made aware of ways to protect themselves from:</p> <ul style="list-style-type: none"> <li>▪ UV rays (e.g., use of hat, sunglasses, sunscreen*)</li> <li>▪ insects (e.g., repellent*; DEET products are prohibited on a challenge course)</li> </ul> <p>*If using sunscreen or insect repellent, students must wash their hands before handling the climbing equipment.</p>	<p>certification, and supporting supervisors must have a minimum of Basic First Aid.</p> <p><b>Ratios</b></p> <p>Applicable to all challenge courses: Challenge course directors and instructors must be at least 18 years old to supervise a program.</p> <p>Students on belay ratio: one instructor to every four active climbers.</p> <p><b>After Initial Instruction</b></p> <p>When a high element challenge course is operating, the overall instructor to student ratio must not exceed 1:16, with a minimum of two instructors.</p>

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

## Climbing: Zipline/Tyrolean Traverse/Equivalent

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

Ziplining, Tyrolean traversing, and their equivalents are **not recommended** activities for Nova Scotia students in physical education settings.

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

## Co-operative Games

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use (e.g., hoops are not broken or bent).</p> <p>Equipment will be size, weight, and age appropriate for the skill and ability level of students.</p> <p>All balls will be properly inflated.</p>	<p>Appropriate clothing will be worn.</p> <p>Appropriate running shoes will be securely fastened.</p> <p>No exposed jewellery.</p> <p>Tie back long hair.</p>	<p>Determine that all facilities are safe for use.</p> <p>Activity area will be free of hazards (e.g., equipment in corners and on sidelines).</p> <p>Floor surface will provide safe footing and traction.</p> <p>Non-gymnasium indoor facilities (e.g., foyer, classroom, hall, concourse) will enable students to move freely (see Safety in Activity Rooms in Appendix C).</p>	<p>Students will be taught skills in proper progression (e.g., stepping into a hoop on the floor before being asked to run in and out of hoops).</p> <p>Games will be based on skills that are taught.</p> <p>Students will be instructed in how to move safely in personal and general space.</p> <p>Establish rules for the distribution and return of equipment.</p> <p>Include appropriate warm-ups and cool-downs.</p> <p>Running and relays:</p> <ul style="list-style-type: none"> <li>▪ students will not be blindfolded</li> <li>▪ no running backwards</li> <li>▪ participants in a relay will have their own lane</li> <li>▪ be aware of increased risk with tying limbs together</li> </ul> <p>Emphasize with students what co-operation looks like and sounds like.</p> <p>For games that include tagging:</p> <ul style="list-style-type: none"> <li>▪ clearly define areas of the body that can be tagged (e.g., arms, back, legs)</li> </ul>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> <li>▪ instruct students that a tag is a touch, not a push, punch or grab</li> <li>▪ where blockers are permitted, they are not to intentionally make contact with the tagger with their bodies, arms, or legs, but rather, move in front of the tagger</li> </ul> <p>Walls and stages cannot be used as turning points and end zones. A marker (e.g., line, pylon) will be designated away from the wall and properly identified.</p> <p>Establish rules and procedures in the gym before going outdoors (e.g., stop/start signals).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic devices) may affect participation (see Introduction).</p>	

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

## Cricket and Cricket Variations (Kanga Cricket/Cricket Wicket/Continuous Cricket)

The official game of cricket is **not recommended** for Nova Scotia students in grades primary–4.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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"> <li>▪ plastic balls or soft balls</li> <li>▪ paddle bats</li> <li>▪ pylons for wicket</li> </ul> <p><b>For Grades 7–12 Only</b></p> <p>Regulation or non-regulation cricket bats, wickets, and balls can be used.</p> <p><b>Outdoors Only</b></p> <ul style="list-style-type: none"> <li>▪ Regulation or non-regulation cricket bats and wickets can be used.</li> <li>▪ Only non-regulation cricket balls can be used. Regulation leather cricket balls must not be used.</li> </ul> <p>Non-regulation cricket equipment (for indoors or outdoors) includes:</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Studded cricket shoes will not be worn.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor fields will be free from debris and obstructions and provide good footing.</p> <p>Holes and severely uneven surfaces will be brought to the attention of the principal, and students will be made aware of them. The teacher will determine that the area is safe for play.</p> <p><b>Indoors</b></p> <p>The playing surface and surrounding area must be free of all obstacles (e.g., table, chairs, piano) and provide safe footing and traction. Hazards that cannot be removed must be suitably marked and must be brought to the attention of the participating students. Teachers must notify the principal/designate of unsafe gymnasium conditions.</p> <p>Check that the size of the gymnasium can accommodate the activities.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills taught.</p> <p>Bouncers and bean balls will not be bowled.</p> <p>A designated area will be established for non-active players at a safe distance behind the batter.</p> <p>The bowler standing behind a designated line will 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 will stand a safe distance behind a striker.</p> <p>A student’s fitness level will be commensurate with the level of competition.</p> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat,</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> <li>▪ bats (e.g., made from moulded plastic)</li> <li>▪ wickets (e.g., spring back wicket stumps, made from moulded plastic)</li> <li>▪ balls that must be suitable for the types of bats chosen and have a softer core (e.g., foam core, Incrediball, soft rubber cricket ball, cricket tennis ball, PVC soft cricket training ball)</li> </ul> <p>When regulation cricket equipment is used (indoors or outdoors):</p> <ul style="list-style-type: none"> <li>▪ the batter must wear properly fitted (per manufacturer guidelines) and properly worn cricket helmet (certified by a recognized safety standard association), cricket pads, gloves, and pelvic protector</li> <li>▪ the wicket keeper must wear all the equipment specified under the cricket governing body rules (e.g., gloves, keeper pads and protective face mask and pelvic protector)</li> </ul>			<p>sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>If outdoors, students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

# Curling

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Rocks made under the supervision of school staff will not present a safety concern.</p> <p>Equipment rules mandated by the curling club will be followed.</p> <p>CSA-approved hockey helmets will be worn.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Clothing and footwear will 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) will be used.</p> <p>No exposed 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 safely use.</p> <p>The curling surface will be free of obstacles and hazardous cracks.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>Teach etiquette and safety rules before going to the curling rink.</p> <p>All curlers will observe the rules of etiquette.</p> <p>Off-ice instruction, including safety rules, will precede on-ice instruction.</p> <p>Students will be instructed not to step over the curling rocks, but to walk around them.</p> <p>Students will be instructed that unless in the action of shooting, curling rocks will never be picked up off the ice.</p> <p>Establish a safe routine to clear rocks from the house.</p> <p>Students will receive instruction on safety procedures related to severe weather conditions as appropriate. (e.g., frostbite, hypothermia).</p> <p>Be aware of students whose medical condition(s)</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			(e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).	

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

# Cycling

Cycling takes place on paved surfaces (e.g., bike paths, roads). If cycling also includes off-road trails and routes, see the Outdoor Education: Mountain Biking activity page as well.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>The teacher will inspect all bikes prior to use to ensure all bikes are in good working order (e.g., have working brakes, properly inflated tires, tightened bolts, tightened wheels, working gears).</p> <p>Together, teacher and student will complete an inspection of any student's own, borrowed, or rented bike before use. Check for working brakes, properly inflated tires, tightened bolts and wheels, working gears, etc.</p> <p>Bicycle size will be appropriate for the rider.</p> <p>Correctly fitting bicycle helmets approved by CSA,</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Clothing will not encumber proper use of the bicycle chain. Use pant-clips if needed.</p> <p>Clothing will be adequate for outdoor activity.</p> <p>No open-toed shoes or sandals.</p> <p>No hanging jewelry.</p>	<p>Determine that all facilities/paths/roads are safe for use.</p> <p>Choose routes carefully considering the length, road surface, steepness of slopes, frequency of traffic, complexity of intersections, railway crossings, sun and wind.</p> <p>Prior to initial use of route, teacher/supervisor will do a safety ride-through to verify safety and suitability.</p> <p>Provide students with a map and/or clear directions.</p>	<p>Skills will be taught in proper progression.</p> <p>It is recommended that the Making Tracks Cycling Program is followed: <a href="http://www.saferoutesns.ca/programs/making-tracks">www.saferoutesns.ca/programs/making-tracks</a>.</p> <p>Instruction will be given on the proper fitting of a bicycle helmet.</p> <p>Excursions will be planned for daylight hours.</p> <p>Students will demonstrate to the teacher/supervisor competency in riding in a straight line, stopping, changing gears, turning, signaling, checking blind spot (looking back), and passing before leaving school property.</p> <p>Emphasis will be placed on controlled riding.</p> <p>Instruct participants to keep a safe distance from each other (e.g., 2–3 m) to prevent</p>	<p>In-the-area supervision is required.</p> <p>Teacher/supervisor stays at the back of the pack and a supervisor or monitor is at the front.</p> <p>A responsible student could act as a monitor at the front of the pack or use an additional supervisor.</p> <p>The ratio of supervisor to students is</p> <ul style="list-style-type: none"> <li>▪ 1:6 teacher/student (grades primary–3)</li> <li>▪ 1:10 teacher/student (grades 4–6)</li> <li>▪ 1:15 teacher/student (grades 7–8)</li> <li>▪ 1:25 teacher/student (grades 9–10)</li> <li>▪ 1:30 teacher/student (grades 11–12)</li> </ul> <p>One supervisor will have Basic First Aid certification.</p> <p>One supervisor will take responsibility for administering first aid to an injured student and will be</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>CSPC, Snell, ANSI, ASTM, BSI, or AS will be worn by all riders.</p> <p>One supervisor from the entire group to carry:</p> <ul style="list-style-type: none"> <li>▪ first aid kit</li> <li>▪ bicycle tool kit: including a pump, spare tube, multi-tool</li> <li>▪ signalling device (e.g., whistle)</li> </ul>			<p>interference/tripping one another.</p> <p>A record of students and the route will be left in the school with an appropriate person.</p> <p>Use an appropriate grouping system (e.g., the buddy system).</p> <p>No audio devices (e.g., headphones, ear buds).</p> <p>Teacher/supervisor will be aware of weather forecast.</p> <p>Cycling will be cancelled in adverse conditions.</p> <p>Racing will not be done as an in-class activity.</p> <p>Students will be made aware of ways to protect themselves from:</p> <ul style="list-style-type: none"> <li>▪ UV rays (e.g., use of hat, sunglasses, sunscreen)</li> <li>▪ insects (e.g., repellent)</li> </ul> <p>Adequate hydration/liquid replacement will be accessible for students.</p> <p>Students will be aware of an emergency procedure in case of an accident (e.g., at any sign of difficulty, students should dismount and walk their bike until it is safe to resume riding).</p>	<p>present for the duration of the activity.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds; see Lightning Protocol in Appendix C: Risk Management).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

## Dance and Rhythmic Activities

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Electrical equipment will 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 will be worn. Bare feet are permitted.</p> <p>Gymnastic slippers or running shoes are appropriate footwear.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and surrounding areas (e.g., gym, large room) will be free of all obstacles (e.g., tables, chairs) and provide safe footing and traction.</p> <p>Floor plugs will be in place.</p>	<p>Skills will be taught in proper progression.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect 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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

## Diving: Springboard or Tower

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Standard safety equipment as determined by the Nova Scotia Life Saving Society and the pool regulations of the Canadian Red Cross will be accessible, particularly:</p> <ul style="list-style-type: none"> <li>▪ ring buoys</li> <li>▪ reaching poles</li> <li>▪ spinal board</li> <li>▪ first aid kit</li> <li>▪ emergency phone</li> </ul>	<p>Appropriate swimming attire.</p> <p>No jewellery.</p> <p>Hair will be tied back so vision is clear.</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 will conform to Canadian Amateur Diving Association (CADA) regulations.</p> <p><i>Backyard pools will not be used.</i></p> <p>The springboard will be clean and not slippery.</p> <p>Diving stands will be free of vibrations and bolted securely.</p> <p>Hinges will be checked and bushings replaced if necessary.</p> <p>The fulcrum will be adjustable and lubricated and will move the entire length of limit range.</p> <p>The board will be level.</p> <p>The height will conform to 1 m (3 ft.) or 3 m (10 ft.) above the surface of the water (+/- 2 cm [0.75 in.]).</p>	<p>Skills will be taught in the proper progression.</p> <p>Games/activities will be based on the skills taught.</p> <p>Students will adhere to the following rules:</p> <ul style="list-style-type: none"> <li>▪ Only one person will use the board at one time.</li> <li>▪ Move towards the edge of the pool after a dive, as established by the instructor.</li> <li>▪ No running or pushing on the deck.</li> <li>▪ Make sure the diving area is clear before proceeding to dive.</li> <li>▪ No diving into the shallow end.</li> <li>▪ No chewing gum.</li> <li>▪ No wearing goggles.</li> <li>▪ No earplugs.</li> <li>▪ No shoes on the deck.</li> </ul> <p>Emergency procedures will 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>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><b>Diving Instructor Qualifications</b></p> <p>Instructors will have CADA certification, Level 1, if they are teaching any diving skills beyond a front dive.</p> <p><b>Supervision Ratio for Instructional Swim</b></p> <p>Instructional swim may include organized games, relays, etc., but <i>cannot</i> include a recreational swim.</p> <p>There will be a minimum of <i>two instructors</i> on deck or in the pool.</p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios</p> <p>In situations where there are 51–75 students, an additional certified instructor or lifeguard with National Lifeguard certification is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Prior to diving, students will successfully complete the following swim test in its entirety:</p> <ul style="list-style-type: none"> <li>▪ rolling entry (backward or forward) into deep water at 2.75 m (9 ft.) minimum depth</li> <li>▪ tread water for one minute</li> <li>▪ swim 50 m (164 ft.) continuously, any stroke</li> </ul> <p>The components of the swim test will be completed in sequence and without any aids or stops.</p> <p>The test will be administered by a qualified instructor/guard. The test is based on the Lifesaving Society's Swim to Survive™ standard.</p> <p>The swim test will be completed within the school year in which the activity is taking place.</p> <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p><i>Students who do not pass the above swim test or who do not have the certification will not dive.</i></p>	<p>The instructor requires the same certification as listed below.</p> <p><b>Swim Instructor Qualifications</b></p> <p><i>Both instructors</i> will hold one of the following current certifications:</p> <ul style="list-style-type: none"> <li>▪ Lifesaving Society Instructor certificate plus an Assistant Lifeguard certificate</li> <li>▪ YMCA Instructor certificate</li> <li>▪ National Lifeguard certification</li> </ul> <p><i>One instructor</i> will also hold current:</p> <ul style="list-style-type: none"> <li>▪ National Lifeguard certification</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ Intermediate First Aid certification (e.g., Canadian Red Cross, Nova Scotia Lifesaving Society, St. John Ambulance, Canadian Ski Patrol)</li> </ul> <p><b>Ratios</b></p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p><b>Note:</b> Verified copies of certification will be available in the pool area.</p> <p><b>Supervision Ratio for Recreational Swim (No Instruction) if Following Diving Instruction</b></p> <p>Teachers will accompany students to the pool and be on deck or in the pool during the recreational swim.</p> <p>During a recreational swim, the only acceptable lifeguard certification is National Lifeguard certification.</p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios.</p> <p><b>Note:</b> A swimmer (bather) is anyone within 1.8 m (6 ft.) from the water's edge.</p>

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

# Tag Games

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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>Equipment will not have hard or sharp edges.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces will be free of all obstacles (e.g., desks, chairs, pianos) and provide sufficient traction.</p> <p>Holes and severely uneven surfaces will be brought to the attention of the principal, and students will be made aware of them.</p> <p>Ensure boundary design so that students are safe around doorways and openings, or consider closing doors and openings.</p> <p>There will be adequate space for all participants.</p> <p>Games that take place over large areas require the teacher to set and communicate definite boundary lines.</p> <p>Teachers will do a safety check walk-through to identify and remove potential hazards.</p> <p>Immovable hazards (e.g., goalposts) will be</p>	<p>Skills will be taught in proper progression. Non-elimination games are recommended to maximize participation.</p> <p>Games will be based on skills taught.</p> <p><b>Tag Games</b></p> <p>In games where participants are permitted to block the player who is attempting the tag (e.g., triangle tag, train tag), <i>the tagging player</i> 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 to make the tag.</p> <p>The <i>blockers</i> are not to intentionally contact the tagger with their bodies, arms, or legs, but rather to move in front of the tagger to block access so the tagger will 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>	<p>On-site supervision is required for tag games.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
		<p>identified to students and marked with pylons.</p> <p>Floor plugs will be in place.</p>	<p>Games will 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).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

# Fencing

Fencing is **not recommended** for Nova Scotia students in grades primary–8 in physical education.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Equipment will be checked regularly for defects by students and staff and repaired or replaced as required.</p> <p>Masks, vests, gloves, and foils with rubber tips will be used.</p> <p>See the Equipment section under the Introduction regarding bringing equipment for use in class.</p> <p>All equipment from home will be transported safely in a case.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Students will wear long-sleeved shirts or sweatshirts and long pants.</p>	<p>Determine that all facilities are safe for use.</p> <p>Areas will be free from obstacles and debris and provide safe footing and traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Activity will be based on skills taught.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students will fence only under the direct supervision of the instructor.</p> <p>All equipment will be worn before fencing an opponent.</p> <p>Students will be instructed in all safety rules associated with the sport.</p>	<p>On-site supervision is required for instruction.</p> <p>Constant visual supervision is required when fencing an opponent.</p> <p>Appropriate certification through a provincial governing body is required for fencing instruction.</p>

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

# Field Hockey

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Sticks will be checked regularly for cracks.</p> <p>Use an indoor softball.</p> <p>A CSA-approved hockey helmet with cage, and full goalie equipment including throat protector, will be worn by the goaltender.</p> <p>Shin guards will be available to all players.</p> <p>Regulation field hockey sticks will be used for outside activities. Indoor field hockey sticks will be used for related activities in the gymnasium.</p> <p>Although regulation field hockey sticks are recommended, use equipment suitable to the age and ability of students (e.g., Cosom sticks, soft ball).</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No rings, watches or hanging jewellery.</p> <p>Cleats will not be worn.</p>	<p>Determine that all facilities are safe for use.</p> <p>The playing surface will be checked regularly. It will be clear of debris and provide good footing.</p> <p>Holes and severely uneven surfaces will be brought to the attention of the principal, and students will be made aware of them.</p> <p>Floor plugs will be in place.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</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>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Modify the skills and rules to meet the age and ability of students (e.g., no goalie).</p> <p>If a regulation ball is used and there is a goalie, equipment as specified will be used.</p> <p>Be aware of students whose medical condition(s)</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			(e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).	

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

## Fitness Activities

This page applies to aerobics, circuit training, yoga (please cross check with Yoga activity guidelines), Pilates, etc., using a variety of equipment (e.g., chin-up 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>All fitness equipment will 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 will be in good working order.</p> <p>Steps and slides will be equipped with non-slip tread.</p> <p>Tubing/elastic strips will be appropriate for the fitness level of participant (e.g., proper tension and length).</p> <p>Place a utility mat directly below high apparatus (e.g., chin-up bar, peg board).</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>To provide free flow of motion, allow adequate space between</p> <ul style="list-style-type: none"> <li>▪ fitness activities and equipment</li> <li>▪ fitness equipment and walls and doors</li> </ul> <p>Limit activities on stages to those that are stationary (e.g., tubing, chin-up bar, stretching).</p> <p>Fitness rooms will be locked when unsupervised.</p>	<p>Use proper progression of activities:</p> <ul style="list-style-type: none"> <li>▪ warm-up</li> <li>▪ muscle strength/ endurance</li> <li>▪ peak work</li> <li>▪ cool-down</li> </ul> <p>Fitness activities will 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 will be provided.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect 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) will</p> <ul style="list-style-type: none"> <li>▪ seek assistance from appropriate support personnel,</li> </ul> <p>AND/OR</p> <ul style="list-style-type: none"> <li>▪ refrain from teaching until help is received</li> </ul> <p>AND/OR</p> <ul style="list-style-type: none"> <li>▪ acquire Canada Fitness Standard certification or equivalent (e.g., Canfitpro; <a href="http://www.canfitpro.com">www.canfitpro.com</a>)</li> </ul> <p><b>Note:</b> Intramural/club situations require teacher supervision.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Resistance training for the development of endurance can be done, emphasizing high repetitions and/or low weights.</p> <p>Students will 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, chin-up bar, tubing), students will be instructed in and demonstrate competency in the proper use of the equipment before using it independently.</p> <p>A process will 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 and low-intensity to high-intensity).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>A process will 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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

# Floorball

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

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Goalkeeper's net will measure 160 cm high and 115 cm wide.</p> <p>Goalkeeper will wear:</p> <ul style="list-style-type: none"> <li>▪ IFF-approved/marked face mask</li> <li>▪ jersey (protective)</li> <li>▪ long trousers</li> </ul> <p>Optional goalkeeper equipment:</p> <ul style="list-style-type: none"> <li>▪ any kind of protective equipment, but this will not include parts intended to cover the goal</li> <li>▪ knee pads under the pants</li> <li>▪ padded pants</li> <li>▪ helmet and thin gloves</li> </ul>				

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

## Football: Flag/Touch

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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 will be padded if in the field of play. Padding will be 1.8 m (6 ft.) high.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No cleats.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing areas will be inspected regularly and free from debris and obstructions and well removed from traffic areas.</p> <p>Holes and uneven surfaces will be reported to the principal and students will be made aware of them.</p> <p>The playing surface will provide suitable footing and proper traction.</p> <p>The perimeter of field will be marked (e.g., collapsible flags, soft pylons).</p> <p>Floor plugs will be in place.</p>	<p>Skills will be taught in proper progression.</p> <p>Games and activities will be based on skills that are taught.</p> <p>No blocking or tackling allowed.</p> <p>Activities/rules will be modified to the age and ability level of the participants.</p> <p>Rules of the game will be strictly enforced.</p> <p>Flags are not to be tucked under a belt.</p> <p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices)</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			may affect participation (see Introduction).	

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

## Football: Tackle

Tackle football is **not recommended** for Nova Scotia students in physical education. Flag/touch may be taught; see activity guidelines in the previous section.

# Golf

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use (e.g., grips will be checked regularly and repaired as needed).</p> <p>Plastic whiffle or foam golf balls, not regulation golf balls, will be used on school property (except for putting).</p> <p>Clubs will be of appropriate length for the student.</p> <p>Fully equipped golf bags will be appropriate in size and weight for students.</p> <p>Golf cages will be in good repair and securely attached to the surface.</p>	<p>Appropriate clothing and footwear will be worn. No open-toe shoes.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Adequate space will be provided for full backswing and follow-through.</p> <p>The following facilities can be used:</p> <ul style="list-style-type: none"> <li>▪ gym</li> <li>▪ school property</li> <li>▪ golf domes</li> <li>▪ putting course</li> <li>▪ driving range</li> <li>▪ par-3 golf course</li> <li>▪ golf course</li> </ul> <p>Regardless of facility, the hitting area will be well marked and controlled.</p>	<p>Skills will be taught in proper progression.</p> <p>Students will receive instruction on proper golf etiquette and safety. This will include</p> <ul style="list-style-type: none"> <li>▪ a safe location to stand when someone is hitting</li> <li>▪ how to enter another fairway safely</li> <li>▪ when it is safe to hit when the group ahead is on the same hole</li> </ul> <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 will be followed.</p> <p>During instruction, or while waiting to practice hitting or swinging, non-active players' clubs will remain on the ground or in their bag.</p> <p>No chipping out of sand on school property; golf facilities only.</p>	<p>On-site supervision is required for instruction, practice inside a facility, and when chipping with regulation golf balls.</p> <p>In-the-area supervision is required following initial instruction (grades 5–12 <i>only</i>).</p> <p><b>Ratio</b></p> <ul style="list-style-type: none"> <li>▪ When playing on a golf course, supervision ratio is one adult for every three students (1:3). (grades primary–4 <i>only</i>)</li> </ul> <p>Visit Nova Scotia Golf Association: <a href="http://www.nsga.ns.ca">www.nsga.ns.ca</a>.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students will have an opportunity to develop skills before playing on a golf course.</p> <p>Students will 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 will be instructed in procedures to follow in extreme weather conditions (e.g., lightning).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

# Gymnastics: General Procedures

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p><b>Mats</b></p> <p>Mats will 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"> <li>▪ cross-link foam: 5 cm (2 in.)</li> <li>▪ open-cell foam: 5 cm (2 in.)</li> <li>▪ polyurethane: 5 cm (2 in.)</li> <li>▪ dual-density foam: 5 cm (2 in.)</li> <li>▪ mats of equivalent compaction rating as</li> </ul>	<p>Appropriate clothing and footwear will be worn. (e.g., snugly fitting clothes that allow unrestricted movement). Proper running or gym shoes are recommended.</p> <p>No sock feet.</p> <p>No jewellery.</p> <p>Tie back long hair and remove hair clips.</p> <p>Secure eyeglasses. It is recommended that students <i>not</i> remove eyeglasses so vision is not impaired.</p>	<p>Determine that all facilities are safe for use.</p> <p>Floor plan will 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>The perimeter of the gym will be free from excess equipment (e.g., tables, chairs).</p>	<p>All skills will be taught in a proper progression, from simple to complex.</p> <p>Teachers will be aware of the physical limitations of students (e.g., epilepsy, weak wrists).</p> <p>Teachers will create an atmosphere of discipline and control.</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, landings before working on elevated equipment).</p> <p>When a student displays hesitation, verbally or non-verbally, the teacher will 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 will try a more basic skill.</p>	<p>All elevated inversions require constant visual supervision.</p> <p><b>Spotting</b></p> <p>Spotting is defined as molding or adjusting to assist with technical positioning of the gymnast or equipment.</p> <p>Spotting is <i>not</i> 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 help by keeping the 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
<p>determined by manufacturer</p> <p>Landing surfaces used for elevated inverted skills will be</p> <ul style="list-style-type: none"> <li>▪ 31–61 cm (12–24 in.) thick</li> <li>▪ solid or cross-linked foam pit or the equivalent</li> </ul> <p>The above landing surfaces will not be used as landing surfaces for vaulting or for controlled landings (e.g., landing on feet) off any piece of equipment.</p>			<p>Any teacher who is unfamiliar with any gymnastics apparatus, gymnastic skill progressions, or spotting techniques will refrain from using the equipment until help is received.</p> <p>Students will not be forced to perform skills beyond their abilities.</p> <p>Mat work will precede apparatus. Apparatus will be introduced one piece at a time, working toward the development of a circuit.</p> <p>Landing mats will be properly placed for landings, and precautions will be taken to minimize movement of the mat on impact.</p> <p>Every lesson will be preceded by a warm-up.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

## Gymnastics: Above-Ground Trampoline

Using an above-ground trampoline is **not recommended** for Nova Scotia students in physical education. Trampolines are not a viable piece of equipment for educational gymnastics or other curricular purposes.

# Gymnastics: Vaulting

Also see Gymnastics: General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, intercom, two-way radio) will 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) will be placed to designated landing area (see Gymnastics: General Procedures for mat specifications).</p> <p>Vaulting boards will have carpeted or non-skid top and non-skid feet.</p>	<p>Appropriate clothing and footwear will be worn (e.g., running shoes, snugly 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 that students <i>not</i> remove eyeglasses so 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 will allow enough space around each piece of apparatus for safe movement.</p> <p>The playing surface and surrounding area will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Activities/routines will 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 board to mat before beat board to box horses).</p> <p>Beat board and box horse/utility box can be combined at the secondary level only.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision is required.</p>

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

## Gymnastics: Bench Activities

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

See Gymnastics: General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Benches will not have cracks, chipped corners, or splinters on the top surface.</p> <p>Bench tops will be secured to all supports.</p> <p>Utility mats will be used to designate landing areas when using an inverted bench supported on two chairs:</p> <ul style="list-style-type: none"> <li>▪ cross-link foam: 5 cm (2 in.)</li> <li>▪ open-cell foam: 5 cm (2 in.)</li> <li>▪ polyurethane: 5 cm (2 in.)</li> <li>▪ dual-density foam: 5 cm (2 in.)</li> <li>▪ mats of equivalent compaction rating as</li> </ul>	<p>Appropriate clothing and footwear will be worn (e.g., snugly 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 that students <i>not</i> remove eyeglasses so vision is not impaired.</p>	<p>Determine that all facilities are safe for use.</p> <p>Determine that there is enough space around benches for safe movement.</p> <p>Allow for landings at safe distances away from walls and other equipment.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>All skills will be taught in a proper progression from simple to complex.</p> <p>Games/activities will 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 bench and land close by, so that the bench does not move.</p> <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>On-site supervision is required.</p>

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

**Note:** See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>The beat board will not be used with the box horse at the primary level.</p> <p>General utility mats or hard side/soft side landing mat (minimum 10 cm [4 in.] thick) hard side up, will be placed to designate landing area.</p> <p>No gap can exist between the 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 will be worn (e.g., snugly fitting clothes that allow unrestricted movement).</p> <p>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 students <i>not</i> remove eyeglasses so 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 surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Activities will 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 will not be used for landings off the box horse.</p> <p>Set up the box horse at a suitable height for students (e.g., below shoulder height, around waist height) and appropriate to the activity.</p> <p>The following are appropriate box horse activities for grades primary–4: static balances, landings, basic vaulting progressions.</p> <p>No jumping from the box horse if the height of the box horse is above the student’s waist height.</p> <p>See Gymnastics: General Procedures for guidelines related to students spotting.</p>	<p>On-site supervision is required.</p>

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

**Note:** See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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 the wall climber to determine that the climber is secure.</p> <p>Do a daily visual check.</p> <p>General utility mats will be placed on all landing areas (see Gymnastics: General Procedures for mat specifications).</p> <p>Mats will not have gaps or overlap.</p> <p>Trestle rungs will 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>	<p>Appropriate clothing and footwear will be worn.</p> <p>Suitable gym clothing that enables students to feel the climber rungs at the elbows and knees (e.g., shorts, t-shirts, shirts of lightweight material).</p> <p>Proper running or gym shoes are recommended. No tights or jeans.</p> <p>No jewellery.</p> <p>Secure eyeglasses. It is recommended that students <i>not</i> remove eyeglasses so 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 plans will allow enough space around each piece of apparatus for safe movement.</p> <p>Store trestle equipment securely when not in use.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Students will be informed of designated landing areas.</p> <p>Skills will be taught in proper progression (e.g., hanging activities from one rung before hanging and travelling along rungs with hands).</p> <p>Activities/routines will 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, but not jump off. When a horizontal ladder or bar(s) are at stretch height, only hanging and travelling below are permitted. Stretch height is the height from the toes to extended fingers held over the head of most children.</p>	<p>Constant visual supervision is required for initial instructions on trestles, followed by on-site supervision.</p> <p>Equipment set-up and adjustment will be done with teacher direction and supervision.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Travelling on top bars at or above stretch height of stretch height bars is not permitted.</p> <p>Students will not jump from anything higher than their own waist height onto designated landing mats.</p> <p>Horizontal ladders and bars of trestles will not be approached from the side, as trestles could slide sideways.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

**Note:** See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>General utility mats will be placed on all landing areas (see Gymnastics: General Procedures for mat specifications).</p> <p>Mats will not have gaps or overlap.</p> <p>Regularly check ropes for fraying. If ropes are severely frayed, do not use (e.g., students may get slivers).</p> <p>Use a stable platform to initiate a swing (e.g., utility box).</p> <p>If ropes are used for swinging, mats will cover the floor surface below the path of the rope.</p>	<p>Appropriate clothing and footwear will be worn, (e.g., snugly fitting clothes that allow unrestricted movement).</p> <p>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 that students <i>not</i> remove eyeglasses so 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 surfaces and surrounding areas will be free of obstacles (e.g., tables, chairs) and provide sufficient traction. There should also be sufficient room to swing back and forth.</p>	<p>Skills will be taught in proper progression.</p> <p>Activities will be based on skills that are taught.</p> <p>Use brightly coloured tape to mark the highest point that students are allowed to climb.</p> <p>Mats should cover all flooring under ropes to avoid any injuries.</p> <p>Introduce rope activities in a developmental sequence (e.g., hanging in a variety of shapes before climbing hand-over-hand).</p> <p>Swinging activities will be conducted in a controlled manner (e.g., specify a designated start and finish point).</p> <p>Stress control before height. Teachers will designate a maximum climbing height (e.g., 4 m [13 ft.]). Use tape to mark a line on the rope or wall.</p>	<p>On-site supervision is required.</p> <p>A teacher should have the competence, qualifications, and confidence to teach the skills required in climbing in educational gymnastics. Progression skills should begin with staying low to the mat and demonstrating grip strength, hand placement, and foot wrap technique to ensure students have the necessary strength before increasing height.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>No inversions. Hips will never be above the level of the head.</p> <p>No releasing ropes or jumping from heights any higher than student's shoulder height.</p> <p>See Gymnastics: General Procedures for guidelines related to students spotting.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

## Gymnastics: In-Ground Trampoline

Using an in-ground trampoline (where the trampoline is level with the floor) is **not recommended** for Nova Scotia students in physical education. Trampolines are not a viable piece of equipment for educational gymnastics or other curricular purposes.

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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p><b>Mats</b></p> <p>Mats will 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 will be used for floor work, tumbling and landing on feet from a controlled height (student's height at waist is maximum jumping height):</p> <ul style="list-style-type: none"> <li>▪ cross-link foam: 5 cm (2 in.)</li> <li>▪ open-cell foam: 5 cm (2 in.)</li> <li>▪ polyurethane: 5 cm (2 in.)</li> <li>▪ dual-density foam: 5 cm (2 in.)</li> </ul>	<p>Appropriate clothing and footwear will be worn, (e.g., snugly fitting clothes that allow unrestricted movement on the mats).</p> <p>Proper running or gym shoes on mats are recommended. No sock feet on the 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 that students <i>not</i> remove eyeglasses so vision is not impaired.</p>	<p>Determine that all facilities are safe for use.</p> <p>Floor plans will 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 surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Activities/routines will be based on skills that are taught.</p> <p>Students will be instructed not to attempt</p> <ul style="list-style-type: none"> <li>▪ aerial somersaults</li> <li>▪ extended dive rolls (e.g., dive rolls for distance, diving over bodies)</li> <li>▪ front handsprings</li> <li>▪ back handsprings</li> <li>▪ back head rolls</li> <li>▪ headstands</li> </ul> <p>Mat work will precede apparatus.</p> <p>Mats will be placed on the floor soft-side up.</p> <p>When mats are placed end-to-end, they will be securely fastened with Velcro strips.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> <li>▪ mats of equivalent compaction rating as determined by manufacturer</li> </ul>				

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

## Gymnastics: Mini-Tramp

Using a mini-tramp is **not recommended** for Nova Scotia students in physical education.

**Note:** This does not apply to use of mini trampolines by occupational therapists for therapeutic purposes outside of physical education.

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 for guidelines related to student spotting.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use. Equipment will be inspected on a regular basis and repaired as necessary.</p> <p>No springboards. Beat boards can be used for take-offs. Beat boards used to mount the apparatus will 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 horses will not be used for vaulting.</p> <p>Equipment height will be appropriate for student’s size and skill level (e.g., beams at shoulder height maximum,</p>	<p>Appropriate clothing and footwear will be worn (e.g., bare feet, running shoes, gymnastic slippers, snugly fitting clothing that allows unrestricted movement).</p> <p>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 will be taken to minimize the movement of mats on impact.</p> <p>Velcro mats will be attached.</p> <p>Determine that there is sufficient space between each apparatus to allow free movement and sufficient space to dismount.</p> <p>Equipment will be properly secured to the floor, ceiling, and/or walls.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide safe footing and traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Activities/routines will be based on skills that are taught.</p> <p>Students will 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>No inversions unless a 30–60 cm (12–24 in.) landing mat is in place.</p> <p>The following movements are <i>not</i> permitted on the above-mentioned equipment for grades primary–8:</p> <ul style="list-style-type: none"> <li>▪ aerial somersaults</li> <li>▪ dive rolls for distance</li> <li>▪ front head springs and handsprings</li> <li>▪ back handsprings</li> </ul>	<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 will not act as spotters for high-level skills.</p> <p>Constant visual supervision is required for flatback vaulting to mats off the vault table.</p> <p>A teacher who is unfamiliar with vault table or flatback vaulting to stacked mats or</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>hanging activities at stretch height maximum, support activities on top of bars at shoulder height).</p> <p>Teachers will 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 will 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"> <li>▪ cross-link foam: 5 cm (2 in.)</li> <li>▪ open-cell foam: 5 cm (2 in.)</li> <li>▪ polyurethane: 5 cm (2 in.)</li> <li>▪ dual-density foam: 5 cm (2 in.)</li> <li>▪ mats of equivalent compaction rating as determined by manufacturer</li> </ul> <p><b>Landing Surfaces to be used for Elevated Inverted Skills</b></p> <p>30–60 cm (12–24 in.) landing mats of solid or cross-linked foam or equivalent will be used. These will not be used</p>			<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 will be aware of the physical limitations and initial skill levels of students.</p> <p>Students will not be forced to perform skills beyond their physical and psychological capabilities.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>gymnastics instruction (e.g., no recent experience) will refrain from using equipment until instructional support is received.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>as a landing surface or for a controlled landing (e.g., landing on feet) off any piece of equipment.</p> <p>For handspring to flatback vaulting, mats will 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 will be hard side up.</p> <p><b>Landing Surfaces for Feet First Landing (E.g., Vaulting, Dismounts from a Height)</b></p> <p>Hard side/soft side landing mat minimum 12 cm (5 in.) with hard side up will be in place for each apparatus.</p> <p>Mats will be situated around/ under the apparatus as a landing area such that there is no overlap or open spaces.</p>				

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

## Gymnastics: Pyramid Building

Standing pyramids are **not recommended** for Nova Scotia students in physical education.

See Gymnastics: General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will 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 will be used for floor work, tumbling and landing on feet from a controlled height (student's height at waist is maximum jumping height):</p> <ul style="list-style-type: none"> <li>▪ cross-link foam: 5 cm (2 in.)</li> <li>▪ open-cell foam: 5 cm (2 in.)</li> <li>▪ polyurethane: 5 cm (2 in.)</li> <li>▪ dual-density foam: 5 cm (2 in.)</li> <li>▪ mats of equivalent compaction rating as determined by manufacturer</li> </ul>	<p>Appropriate clothing and footwear will be worn (e.g., snugly fitting clothes that allow unrestricted movement on the mats).</p> <p>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 that students <i>not</i> remove eyeglasses so vision is not impaired.</p>	<p>Determine that all facilities are safe for use.</p> <p>Pyramids will 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 surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>No standing pyramids.</p> <p>Weight-bearing pyramids will not exceed two levels.</p> <p>Pyramid-building skills will be taught in proper progression.</p> <p>Instruction will include how to assemble and how to disassemble.</p> <p>Activities/pyramids will be based on skills that are taught.</p> <p>Weight and size of the participant determine their placement in the pyramid (e.g., larger students will be part of the base).</p> <p>Pyramid building will be the only activity in the space.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</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
Mats will be under the pyramid and extend a minimum of 1.5 m (5 ft.) in all directions.			Set maximum number of participants and maximum height depending on size, age, and skill of participants.	

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

## Gymnastics: Trampoline

Using a trampoline is **not recommended** for Nova Scotia students in physical education. Trampolines are not a viable piece of equipment for educational gymnastics or other curricular purposes.

## Handball: Wall

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>When playing on an enclosed regulation court, protective eyewear will be worn.</p> <p>Students wearing eyeglasses will also wear appropriate eye protection (e.g., shatterproof lenses).</p> <p>Balls will be appropriate for the ability of the students.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines will be clearly defined.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles.</p> <p>Playing surfaces will provide sufficient traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Games/activities will be based on skills taught.</p> <p>When teaching skills, and playing, there will be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students will 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(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

## Hockey: Ice/Lead-Up Games (e.g., Shinny)

Hockey is **not recommended** for Nova Scotia students in grades primary–4 in physical education.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p><b>Sticks</b></p> <ul style="list-style-type: none"> <li>▪ Regulation hockey sticks only.</li> <li>▪ Butt end of sticks will be covered with tape or a commercially-made butt end.</li> <li>▪ Sticks will be checked for cracks and splinters.</li> </ul> <p><b>Shinny Lead-up Games</b></p> <p>Activity where there is no goalie and the puck (e.g., plastic or foam ball, plastic or soft-rubber puck, regulation puck) is not to leave the ice surface at any time.</p> <p>Players will wear a CSA-approved hockey helmet with cage, throat protector, gloves, and elbow pads.</p>	<p>Appropriate clothing and footwear will 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 will be free from debris and deep ruts.</p> <p>A break-away net is mandatory.</p> <p>Before playing 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.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>No slap shots.</p> <p><b>Shinny</b></p> <p>No body contact, no stick-on-body contact, or no stick-on-stick contact.</p> <p><b>Ice Hockey</b></p> <p>No body contact and no stick-on-body contact.</p> <p>Teachers will modify the game to suit the equipment available and the ability of students.</p> <p>All rules will be clearly outlined and enforced.</p> <p>Students will 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 will receive instruction on safety procedures related to</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p><b>Ice Hockey Games</b></p> <p>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 will wear a</p> <ul style="list-style-type: none"> <li>▪ CSA-approved hockey helmet with full face mask</li> <li>▪ throat protector</li> <li>▪ catcher, blocker, and leg pads</li> <li>▪ chest and arm protector</li> <li>▪ cup and pelvic protector</li> </ul> <p>Players will wear</p> <ul style="list-style-type: none"> <li>▪ CSA-approved hockey helmet with full face mask</li> <li>▪ throat protector</li> <li>▪ shin pads (cracked shin pads will be replaced immediately)</li> <li>▪ pants, shoulder pads, elbow pads, and gloves</li> <li>▪ a cup/pelvic protector</li> </ul>			<p>severe weather conditions (e.g., frostbite, hypothermia).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

# Kin-Ball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Large inflated ball (e.g., an Earth ball, OMNIKIN ball).</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and surrounding areas will be free from obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>Access/exit doors will be closed.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>Activities/rules will be modified based on skill level, age, and facilities/equipment available.</p> <p>Rules of Kin-Ball will be strictly enforced. Visit Kin-Ball Canada: <a href="http://www.kin-ball.ca">www.kin-ball.ca</a>.</p> <p>No intentional body-on-body contact with an opposing player.</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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

## Lacrosse: Box/Field

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be available for all activities/locations.</p> <p>Determine that all equipment is safe for use.</p> <p>Sticks and balls for field lacrosse will be as follows:</p> <ul style="list-style-type: none"> <li>▪ metal sticks with molded heads</li> <li>▪ pockets with mesh, lace, or leather</li> <li>▪ will conform to Canadian Lacrosse Association (CLA) standards</li> </ul> <p><b>Men’s and Women’s Field Lacrosse</b></p> <ul style="list-style-type: none"> <li>▪ No aggressive checking with either the stick or the body is allowed.</li> <li>▪ No protective equipment worn by players.</li> <li>▪ Full protective equipment worn by the goalie.</li> </ul> <p><b>Goalie Equipment</b></p> <ul style="list-style-type: none"> <li>▪ CSA-approved hockey helmet with full cage</li> <li>▪ throat protector</li> </ul>	<p>Appropriate clothing and footwear will be worn (e.g., basketball or court shoes).</p> <p>No metal cleats.</p> <p>No jewellery.</p>	<p>Indoor playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and will provide sufficient traction.</p> <p>Determine that all facilities are safe for use.</p> <p>Holes and severely uneven surfaces will be reported to the principal and students will be made aware of them.</p> <p>The perimeter of the field will be marked.</p> <p>Field/outdoor playing areas will allow for sufficient traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>Activities/rules will be modified to the 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 will be allowed for</p> <ul style="list-style-type: none"> <li>▪ students to make an uninterrupted swing</li> <li>▪ pairs/groups not to interfere with one another</li> </ul> <p>Stress student responsibility regarding individual space.</p> <p>A safety zone will be established away from the gym walls or playground fence to prevent contact.</p> <p>A student’s fitness level will be commensurate with the level of competition.</p> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat,</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. (<a href="http://www.lacrossens.ca">www.lacrossens.ca</a>)</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<ul style="list-style-type: none"> <li>▪ chest and arm protectors</li> <li>▪ goalie gloves</li> <li>▪ goalie pants</li> <li>▪ athletic cup or Jill strap</li> <li>▪ leg pads</li> </ul> <p><b>Player Equipment</b></p> <p>Where stick-on-stick contact is permitted (senior high only)</p> <ul style="list-style-type: none"> <li>▪ CSA-approved hockey helmet with full cage</li> <li>▪ shoulder pads with arm guards</li> <li>▪ elbow pads</li> <li>▪ gloves</li> <li>▪ athletic cup/pelvic protector</li> </ul>			<p>sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Penalties for rule infractions will be strictly enforced.</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p><b>Games</b></p> <p>Games with body contact and/or stick-on-body contact are not permitted.</p> <p>For games where no contact is allowed (i.e., body contact, stick-on-body contact, stick-on-stick contact) no protective equipment is required for players. If a goalie is used, the goalie will wear protective equipment.</p> <p>For games where stick-on-stick contact is permitted, players will wear protective equipment. If a goalie is used, the goalie will wear protective equipment.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices)</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			may affect participation (see Introduction).	

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

## Lacrosse: Inter (Soft)

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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> <ul style="list-style-type: none"> <li>▪ molded plastic sticks and a soft, air-filled ball</li> </ul>	<p>Appropriate clothing and footwear will 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 will be reported to the principal, and students will be made aware of them.</p> <p>Field/outdoor playing areas will allow for sufficient traction.</p> <p>Indoor playing surfaces and surrounding areas will 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 will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>Stress student responsibility regarding individual space.</p> <p>Activities/rules will be modified to age and ability level of participants.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>When teaching the skills of throwing and catching, adequate spacing will be allowed for</p> <ul style="list-style-type: none"> <li>▪ students to make an uninterrupted swing</li> <li>▪ pairs/groups are not to interfere with one another</li> </ul> <p>A safety zone will be established away from the gym wall or playground fence to prevent contact.</p>	<p>On-site supervision is required.</p> <p>The Lacrosse Nova Scotia website offers additional information about lacrosse (<a href="http://www.lacrossens.ca">www.lacrossens.ca</a>).</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p>	

**Note:** See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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 will be readily accessible.</p> <p>A working communication device (e.g. cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p><b>Activity Surface</b></p> <p>Mats (5 cm [2 in.]), wrestling mats, or mats of equivalent compaction rating are required when the activity involves throws or falls (see <i>Gymnastics: General Procedures, Mats</i>, for general utility mat specifications).</p> <p>The mat surface will be clean and checked frequently for irregularities (e.g., no gaps, overlaps or differences in height when joined).</p>	<p>Appropriate clothing and footwear will 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 surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>Surrounding walls will be padded if the mat surface is less than 2 m (6.5 ft.) from the wall.</p>	<p>Skills will be taught in proper progressions (e.g., in Judo; standing up sparring [techi waza rondori] can be practiced only after break falls/rolls [ukemi] have been well established).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Warm-up activities will emphasize conditioning and flexibility.</p> <p>Stress importance of anticipation, avoidance of risky situations, self-defence tactics, and appropriate aggression.</p> <p>Only “light contact” activities are permitted.</p> <p>Light contact means the use of combative sport techniques in a controlled manner so that any physical contact is not intended to result in physical harm to the opponent or would not be reasonably expected to result</p>	<p>On-site supervision by a teacher or qualified instructor is required.</p> <p>Qualified instructors will deliver the program.</p> <p>Qualified instructors will have black belt or equivalent and membership in a national organization such as International Karate Alliance, National Karate Association, or the Japanese Karate Association (JKA).</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>to in physical harm to the opponent.</p> <p>In Judo, beginner level programs, arm-locks, or strangulation techniques will not be done.</p> <p>Students will be matched with students of similar weight, height, and skill level.</p> <p>During individual or group practice time, no horseplay is allowed.</p>	

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

# Outdoor Education: Alpine Skiing/Snowboarding/Snowblading

Alpine skiing, downhill skiing, snowboarding, and snowblading are **not recommended** activities for students in grades primary–3 in physical education.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Alpine skiing/snowboarding/snowblading will only be done at a ski resort.</p> <p>The following will be worn when skiing at a ski resort:</p> <ul style="list-style-type: none"> <li>a properly fitting snow sport helmet designed for skiing/snowboarding/snowblading</li> </ul> <p>Parents/guardians will be informed of the importance of wearing wrist guards for snowboarding.</p> <p>All bindings will be in working order and set to the proper tension.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Clothing will be adequate for winter outdoor activity.</p> <p>No long scarves.</p> <p>No exposed hanging jewellery.</p> <p>Long hair will 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) will be used.</p> <p>The area will be patrolled by members of a recognized ski patrol.</p> <p>Define the skiing area to the students so they are aware of the boundaries for activity.</p>	<p>Parents/guardians will be informed by letter of the following:</p> <ul style="list-style-type: none"> <li>the importance of wearing suitable clothing and equipment                             <ul style="list-style-type: none"> <li>a suitable skiing/snowboarding/snowblading helmet</li> <li>wrist guards for snowboarding</li> </ul> </li> <li>the importance of sun protection</li> <li>the Alpine Skier's/Snowboarder's Responsibility Code</li> </ul> <p>Review the following with students prior to the trip:</p> <ul style="list-style-type: none"> <li>selection of proper clothing for the activity and weather of the day (e.g., no jeans)</li> <li>the importance of rest/breaks during the day and not getting overtired</li> <li>how to recognize and treat frostbite and hypothermia</li> </ul>	<p>In-the-area supervision is required.</p> <p><b>Ratios</b></p> <ul style="list-style-type: none"> <li>1:12 teacher/student (grades 4 to 9)</li> <li>1:20 teacher/student (grades 10 to 12)</li> </ul> <p>Duties of the supervisors will 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 will be accessible.</p> <p>Designate a supervisor (e.g., teacher or parent) to transport or accompany an injured student to the hospital. This will 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>All bindings will meet with current approved guidelines.</p> <p>Boots and bindings will be thoroughly compatible.</p> <p>When renting equipment, boards, skis, and poles of the proper length will be selected for each student. The edges and bases will be in good repair.</p> <p>If equipment is borrowed, bindings will be inspected and adjusted by a knowledgeable equipment technician on site.</p>			<ul style="list-style-type: none"> <li>▪ no hot-dogging or jumping activities</li> <li>▪ no inversions; students' hips will be below their head, always</li> <li>▪ Alpine Skier's/ Snowboarder's Responsibility Code</li> <li>▪ lift use guidelines</li> </ul> <p>All skills will be taught in proper progression, based on observed skill levels.</p> <p>Activities/games will be based on the skills that are taught.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation.</p> <p>All students will be tested and grouped appropriately as determined by a qualified skiing/snowboarding/snowblading instructor.</p> <p>All students will participate in a formal lesson.</p> <p>Students will be taught the importance of controlled skiing/snowboarding/snowblading always.</p> <p>Students will ski/snowboard/snowblade in areas identified</p>	<p>trip has current Intermediate First Aid certification.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>as appropriate by the qualified instructor.</p> <p>Freestyle terrain is <b>not recommended</b> for students in Nova Scotia (e.g., jumps, hits, ramps, embankments, fun boxes, jibs, rails, half-pipes, quarter-pipes, snow cross, freestyle bump terrain).</p> <p>Students will 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 will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ students' previous training</li> <li>▪ length of time students will be vigorously active</li> <li>▪ the temperature (Canada's Wind Chill Index guidelines from Environment Canada can assist skiers and snowboarders in determining appropriate clothing for a comfortable outdoor snow sport activity:  <a href="http://www.ec.gc.ca/meteo-weather/default.asp?lang=En&amp;n=5FBF816A-1">www.ec.gc.ca/meteo-weather/default.asp?lang=En&amp;n=5FBF816A-1</a></li> </ul>	

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

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

# Outdoor Education: Backpacking and Day Hiking

Backpacking is **not recommended** for students in grades primary–8 in physical education.

Day Hiking is appropriate for all grades keeping distance, terrain, and time hiking to an appropriate match for age and fitness level of the class.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Determine that all equipment is safe for use. Prior instruction on packing and fitting packs is an expectation. Pack weight will not exceed one-third of the participant’s weight.</p> <p>Personal equipment list to be provided to students and parents/guardians for review in preparation for trip.</p> <p>If tenting, prior experience in setting up tents will occur prior to the backpacking excursion.</p> <p>All personal, group, and safety equipment will be collected and checked out before the excursion.</p> <p>A vehicle for emergency purposes will be identified and accessible at the trail head or at a suitable designated extraction point.</p>	<p>Clothing and footwear appropriate to the activities and environmental conditions will 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 will be taken. Rain gear (hooded jacket and pants) will be taken.</p> <p>No hanging jewellery.</p>	<p>Determine that all facilities and planned routes are safe for use.</p> <p>Trail conditions will be assessed within the last six months by the lead teacher.</p> <p>The route will be appropriate to the age and ability of students.</p> <p>Identify emergency access and extraction points, these are to be communicated to the leadership team.</p> <p>Identify any potential rainfall and/or windstorm terrain hazards for intended route.</p> <p>Determine effectiveness and reliability of communication devices in location.</p> <p>Factor in emergency medical service access in the route plan: urban, remote, wilderness. Trail heads or base camp areas may be</p>	<p>The safety guidelines for this activity page will be presented to the activity provider prior to the activity taking place.</p> <p>An appropriate route card will be left with a responsible outside party who is informed of the trip, along with the safety plan and emergency procedures.</p> <p>Program activities will be appropriate for both the age and skill level of the participants.</p> <p>Before involving students in the outdoor activity, teachers will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ environmental conditions (e.g., temperature, weather, air quality, humidity, UV rays, insects)</li> <li>▪ accessibility to adequate hydration (personal water bottles)</li> </ul>	<p>On-site supervision is required.</p> <p>At least one supervisor will have general knowledge of the area.</p> <p><b>Ratio</b></p> <p>Ratio of supervisor to students:</p> <ul style="list-style-type: none"> <li>▪ 1:6 supervisor/students (grades primary–3)</li> <li>▪ 1:8 supervisor/students (grades 4–6)</li> <li>▪ 1:10 supervisor/students (grades 7–8)</li> <li>▪ 1:12 supervisor/students (grades 9–12)</li> </ul> <p>In remote or wilderness locations two adult leaders are highly recommended regardless of student-teacher ratio.</p> <p><b>Instructor Qualifications</b></p> <p>Supervisors will have comparable experiences or</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked off-site (backcountry) first aid kit and participants' medical information will be readily accessible.</p> <p>Students will bring an extra supply of any vital medication, which will be kept with the teacher.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom, satellite phone) will be available for all activities/ locations.</p> <p>It is highly recommended that a SPOT is registered for remote and wilderness trips.</p> <p>Appropriate maps and compasses are required. A GPS is to be used as a back-up only.</p> <p>Each person will have a whistle.</p> <p>An adequate supply of safe water and a water treatment system will be taken.</p> <p>Waterproof matches and/or matches or fire-starting strikers in a waterproof container will be taken.</p>		<p>urban; however, the hiking route may extend into rural or wilderness areas.</p> <p>Ensure adequate sources of water are available. Adequate hydration will be accessible.</p> <p><b>Note:</b> Hiking Terrain Matrix used for assessing trail conditions: water crossings, bridges, obstacles (e.g., windfall, boulders, washouts, scree), steep edges alongside the trail (e.g., water, bridges, rock barriers) adhere to safe group practices for travel.</p> <p>The Leadership Team will check with local authorities to determine the level of potential hazards (e.g., wildlife, forest fires) if warranted.</p> <p>Selected activities to meet curricular outcomes will be appropriate to the age of the students, and fit the boundaries of the designated route.</p>	<ul style="list-style-type: none"> <li>▪ previous training and fitness level</li> <li>▪ the length of time students will be vigorously active</li> </ul> <p>Students will be provided with a list of recommended clothing and personal items.</p> <p>The supervisor in charge will 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>An excursion itinerary will be completed and filed with an appropriate school official.</p> <p>Program will be planned in detail with contingency plans for inclement weather.</p> <p>Medical information for each participating student will be accessible.</p> <p>Students on vital medication will bring an extra supply and this medication will be in a clearly marked container and will be in supervisor's possession.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices)</p>	<p>certification to match the activity (i.e., possess a Certificate in Outdoor Education from a certified institution, formal course from the Outdoor Council of Canada, prior work experience at a recreational outdoor pursuit camp, or extensive life experiences in outdoor pursuits).</p> <p><b>First Aid Certification</b></p> <p>At least one supervisor will have current first aid certification, determined by the location of the activity (urban, rural, or wilderness) which may be</p> <ul style="list-style-type: none"> <li>▪ intermediate First Aid with CPR-C</li> <li>▪ Canadian Red Cross Wilderness First Aid</li> <li>▪ Wilderness and Remote First Aid equivalent</li> </ul> <p>When taking students to wilderness areas 60 minutes and beyond emergency medical services, the first aid designation will be Wilderness and Remote First Aid.</p> <p><b>Note:</b> It is also recommended that at least one other supervisor has a minimum of</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A shovel/trowel and a flashlight will be on site.</p> <p>If cooking on stoves, use propane or liquid gas-type stoves (one for every four students). It is highly recommended that alcohol-based stoves are used. Students will have prior gas stove operation experience.</p> <p>Glow sticks are recommended to mark participants sleeping areas.</p>			<p>may affect participation (see Introduction).</p> <p>Skills will be taught in proper progression.</p> <p>Students will be made aware of expectations as they relate to</p> <ul style="list-style-type: none"> <li>▪ behaviour</li> <li>▪ emergency procedures</li> <li>▪ signal to assemble</li> <li>▪ boundaries for the activity</li> <li>▪ the risk-management policy</li> </ul> <p>An emergency action plan will be developed and communicated to all involved with the excursion.</p> <p>Students will be familiar with</p> <ul style="list-style-type: none"> <li>▪ basic first aid and hypothermia</li> <li>▪ suitable clothing</li> <li>▪ camping skills and safety</li> <li>▪ environmental concerns</li> <li>▪ use of a compass</li> <li>▪ map reading</li> </ul> <p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g.,</p>	<p>Intermediate First Aid certification or higher.</p> <p>The front and back of the group will be within whistle contact of the supervisor(s) always.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>extreme temperatures, lightning, severe winds).</p> <p>Instructors will be aware of weather conditions (e.g., rock slides, water crossings).</p> <p>If stormy weather suddenly approaches, seek appropriate shelter immediately.</p> <p>Travel in daylight only, except under emergency situations.</p> <p>Students will be made familiar with route.</p> <p>A process for the accounting of students will be in place (e.g., buddy system, assigned numbering).</p> <p>A systematic pattern for group travel and communication will be established.</p> <p>An adequate supply of nutritious food that does not require preparation or refrigeration will be available.</p> <p>All food items, gum, and toiletries will be removed from tents at night and kept in bear-proof containers, in cars, or hung in trees.</p> <p>Students will not use axes or camping knives. Saws can be used under the direct</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			supervision of the teacher with grades 6 and up. No open flame or heaters of any sort in or near tents. No food in the tents. No bare feet in the campsite area.	

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

# Outdoor Education: Board Sailing

Board Sailing is **not recommended** for grades primary–4 in physical education.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be available for all activities/ locations.</p> <p>Determine that all equipment is safe for use.</p> <p>Motorized rescue craft will be operational during each session.</p>	<p>Appropriate footwear and clothing will be worn.</p> <p>Appropriate swimwear will be worn.</p> <p>Correctly fitting, properly fastened, and Transport Canada-approved PFD (life jacket) with whistle.</p> <p>Wet suits, when 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 will be open with no visual obstructions to supervisors.</p>	<p>Skills will be taught in proper progression.</p> <p>Activities will be based on skills taught.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p><b>Swim Test</b></p> <p>Prior to participating in board sailing, students will successfully complete the following swim test in its entirety:</p> <ul style="list-style-type: none"> <li>▪ rolling entry (backward or forward) into deep water at 2.75 m (9 ft.) minimum depth</li> <li>▪ tread water for one minute</li> <li>▪ swim 50 m (164 ft.) continuously, any stroke</li> </ul> <p>The components of the swim test will be completed in sequence and without any aids or stops.</p>	<p><b>Ratio</b></p> <ul style="list-style-type: none"> <li>▪ 1:20 teacher/students in partners with a maximum of 10 on the board at once</li> </ul> <p>A qualified lifeguard will be on-site always.</p> <p>On-site supervision is required of the teacher.</p> <p>The supervisor will have Intermediate First Aid. At least one supporting supervisor will have Basic First Aid certification, if in an urban-rural environment.</p> <p>If the location is considered wilderness, due to time and distance in accessing emergency medical assistance, the supervisor will have a Wilderness and Remote First Aid certification and the supporting supervisor will have Intermediate First Aid certification.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>The test will be administered by a qualified instructor/guard. The test is based on the Lifesaving Society's Swim to Survive™ standard.</p> <p>The swim test will be completed within the school year in which the activity is taking place.</p> <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p><i>Students who do not pass the above swim test or who do not have the aforementioned certification will not participate in board sailing.</i></p> <p>The guard or instructor will be aware of swim test results.</p> <p>Students will be familiar with emergency procedures and self-rescue skills related to the facility.</p> <p>Appropriate attention will be given to wind, height of waves, and weather conditions.</p> <p>Students will be in buddy pairs for instruction and to assist in monitoring their buddy and their position.</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p>	

Note: See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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.

Grades primary–4: dorms only (tents on school sites); grades 5–12: dorms or tents (on- or off-school sites).

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 medical forms for participants will be accessible.</p> <p>A working communication device (e.g., cell phone) will be available for all activities/locations. SPOT is highly recommended.</p> <p>All personal, group, and safety equipment will be collected and checked out before the excursion.</p> <p>Compass or GPS and maps of the area are required.</p> <p>If cooking on stoves, use propane or liquid gas-type stoves (one for every eight students). It is highly recommended that alcohol-based stoves are used.</p>	<p>Clothing and footwear appropriate to the activities and environmental conditions will 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 will be taken. Rain gear, top with hood, and bottoms will be taken.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>The supervisor in charge of the excursion will check with local authorities to determine the level of potential hazards (e.g., bears, forest fires).</p> <p>When camping on school site or on school premises, fire code regulations will be checked and adhered to.</p> <p>Facilities and routes will be commensurate with the age and abilities of the group.</p> <p>Grades 1–4 will use dorm facilities only.</p> <p>Washroom facilities will be within walking distance.</p> <p><b>Campfires</b></p> <p>If at all possible, school programs that involve campfires should be done offsite, at day-use campgrounds or parks that</p>	<p>Skills will be taught in proper progression.</p> <p>This activity page will be presented to the activity provider prior to the activity taking place.</p> <p>Completed medical forms for each participating student will be accessible at the school with a designated back up person.</p> <p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Students will be made aware of expectations as they relate to</p>	<p>On-site supervision is required.</p> <p><b>Ratio</b></p> <p>Ratio of supervisor to students:</p> <ul style="list-style-type: none"> <li>▪ 1:6 supervisor/students (grades primary–4)</li> <li>▪ 1:8 supervisor/students (grades 5–9)</li> <li>▪ 1:12 supervisor/students (grades 10–12)</li> </ul> <p>A vehicle for emergency purposes will be accessible at base camp.</p> <p>The supervisor in charge of the excursion will designate a responsible adult (e.g., teacher, parent, volunteer) to transport/ accompany an injured student to the hospital. This will not be the supervisor in charge of the excursion.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A shovel/trowel and a flashlight will be on site.</p> <p>An adequate supply of nutritious food that does not require preparation or refrigeration. Consult the RCE or public health nutritionist for more information.</p> <p>An adequate supply of safe water and a water treatment system will be taken.</p> <p>Waterproof matches and/or matches or fire-starting strikers in a waterproof container will be taken.</p>		<p>have fire pits. If this is not possible, and the program activity that involves outdoor fire must proceed on school property, the following must be adhered to before lighting a campfire:</p> <ul style="list-style-type: none"> <li>▪ The municipality is to be contacted regarding any fire by-laws, guidelines, and permits (if required) for the school location.</li> <li>▪ The Department of Natural Resources is to be contacted regarding fire bans, burning permits, etc.</li> <li>▪ The local fire department must be notified.</li> <li>▪ A fire extinguisher, bucket of water, and a first aid kit must be on site near the fire pit.</li> <li>▪ Fire must be in an appropriately built fire ring or pit, and at least 30' away from anything flammable including buildings, temporary structures, shrubs, and overhead branches.</li> <li>▪ Any combustible materials such as sod and leaves are to be cleared away at least 1 m from the fire ring or pit.</li> </ul>	<ul style="list-style-type: none"> <li>▪ behaviour</li> <li>▪ emergency procedures</li> <li>▪ signal to assemble</li> <li>▪ boundaries for the activity</li> <li>▪ the risk-management policy</li> </ul> <p>Teachers/supervisors will use the buddy system to keep track of students.</p> <p>A process for the accounting of students will be in place.</p> <p>The program will be planned in detail with contingency plans for inclement weather.</p> <p>A complete excursion itinerary will be left at the school.</p> <p>Program activities will be appropriate for both the age and skill level of the participants.</p> <p>All food items, gum, and toiletries will be removed from tents at night and kept in bear-proof containers or cars or hung in trees.</p> <p>Students will not use axes or camping knives. Saws can be used under the direct supervision of the teacher with grades 6 and up.</p>	<p>If using tents, at least one of the leaders will have tent camping experience.</p> <p>Intermediate students <i>may not</i> fill or light camp stoves without supervision.</p> <p><b>First Aid Certification</b></p> <p>At least one supervisor will have current first aid certification, which may be based on location and distance from accessing emergency medical assistance:</p> <ul style="list-style-type: none"> <li>▪ Intermediate First Aid (if in urban-rural locations, less than 60 minutes from accessing emergency medical assistance)</li> <li>▪ Canadian Red Cross Wilderness and Remote First Aid or equivalent to any of the above to meet the time and distance considerations in accessing emergency medical assistance</li> </ul> <p>It is also recommended that at least one other supervisor has a minimum of Intermediate First Aid certification or higher.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
		<ul style="list-style-type: none"> <li>▪ Use only seasoned wood; do not burn fallen branches or brush from the school property.</li> <li>▪ Do not use accelerants.</li> <li>▪ Keep fire to a manageable size and allow wood to burn to ash.</li> <li>▪ Constant supervision by school staff must be maintained during fire activity.</li> <li>▪ Completely drown embers with excessive water, stirring with a shovel.</li> <li>▪ A final inspection must take place 4 hours after the fire was extinguished.</li> </ul>	<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(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

## Outdoor Education: Canoe Tripping

Canoe tripping is **not recommended** for students in grades primary–8 in Nova Scotia.

Moving-water canoeing, beyond Class II, and moving-water kayaking are **not recommended** for Nova Scotia students in physical education.

No moving-water canoe tripping will 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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 will be three paddles per canoe.</p> <p>Paddles and canoes will be checked for cracks and splinters; canoes will also be checked for leaks. One buoyant heaving line of not less than 15 m</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No hanging jewellery.</p> <p>Appropriate clothing layers.</p> <p>Dry change of clothing will be kept in a watertight bag or container.</p> <p>Rain gear will be taken.</p>	<p>Determine that all facilities and planned routes are safe for use.</p> <p>Supervisors will not plan an excursion through white water.</p> <p>The canoe route will be appropriate to the age and ability of students.</p>	<p><i>See Outdoor Education: Camping (No Canoeing).</i></p> <p>When applicable, this activity page will be presented to the activity provider prior to the activity taking place.</p> <p>An excursion itinerary will be completed and filed with an appropriate school official.</p> <p>Skills will be taught in the proper progression.</p> <p>Activities will be based on skills taught.</p> <p>Students will 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 will receive instruction on safety procedures related to</p>	<p>Supervisors will have a minimum of Paddle Canada Canoe Tripping certification and demonstrate competencies in water safety, canoeing skills, and related areas as required for students. The expectation is for teachers to plan appropriate half-day, full-day, or overnight excursions, designing a route to match the skill abilities of the group.</p> <p>At least one supervisor will have experience with</p> <ul style="list-style-type: none"> <li>▪ bug season</li> <li>▪ cold water hazards, wind wave dynamics, rapids and be able to recognize inherent dangers and ways to avoid them</li> <li>▪ cooking over an open fire without a grate</li> <li>▪ camp craft</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>(e.g., throw bag) per canoe is required.</p> <p>All canoes will be properly fitted with painters.</p> <p>One bailer that holds at least 750 mL (9 oz.), with an opening of 65 cm<sup>2</sup> (4 in.<sup>2</sup>), and is constructed of plastic or metal, per canoe will be supplied.</p> <p>A repair kit will be on board.</p> <p>Appropriate canoe tripping packs will be taken.</p> <p>Each canoe will have one waterproof flashlight.</p> <p>The group will have a water purification method.</p> <p>Waterproof matches or matches in a waterproof container are required.</p> <p>Correctly fitting and Transport Canada-approved PFD, with whistle attached, will be worn and properly fastened at all times while on the water.</p> <p>Appropriate maps and compasses are required. A GPS is to be used as a back-up only.</p>			<p>severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p><b>Water Safety</b></p> <p>Correctly fitting and Transport Canada-approved PFDs (life jackets), with whistle attached, will be worn and properly fastened at all times while on the water per Paddle Canada’s regulations.</p> <p><b>Canoeing Skills</b></p> <p>As a prerequisite for open-water canoeing, the student will demonstrate basic competence to a canoe instructor in</p> <ul style="list-style-type: none"> <li>▪ lifts, carries, and portaging</li> <li>▪ launching a canoe</li> <li>▪ proper entry and exit from a canoe</li> <li>▪ self-rescues into dry and/or swamped canoes</li> <li>▪ canoe-over-canoe rescue procedures</li> <li>▪ positioning of paddlers</li> </ul> <p>Manoeuvres to be completed as follows:</p> <ul style="list-style-type: none"> <li>▪ paddling forward in a straight line</li> <li>▪ sideslip</li> <li>▪ pivoting 360° in both directions</li> </ul>	<ul style="list-style-type: none"> <li>▪ waterproofing methods during wet weather</li> </ul> <p>At least one supervisor will have general knowledge of the area.</p> <p><b>Instructor Qualifications</b></p> <p>At least one supervisor will have Paddle Canada Canoe Tripping certification or equivalent.</p> <p><b>Ratios</b></p> <p>If the group is divided into two excursions, then two supervisors will have the proper certifications. The supporting supervisors will have comparable experiences and competency in canoe tripping.</p> <p>Teacher/supervisor to student ratio is 1:10 for overnight tripping, per Paddle Canada’s 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 male and female students are participating on</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> <li>▪ paddling a circle, clockwise, 10 m radius, without switching paddling sides; paddling counter-clockwise, 10 m radius</li> <li>▪ stop</li> <li>▪ landings (shore and dock)</li> </ul> <p>Strokes to be completed as follows:</p> <ul style="list-style-type: none"> <li>▪ forward and reverse stroke</li> <li>▪ j-stroke/rudder, stern draw and stern pry strokes</li> <li>▪ sweep stroke</li> <li>▪ draw and pry strokes</li> </ul> <p>These manoeuvres will be done in a pool, shallow water, or sheltered bay as part of a Paddle Canada clinic.</p> <p>The person in the stern will demonstrate competence in the use of the j-stroke or rudder.</p> <p>Students will be instructed on how to handle unexpected wind and wave conditions.</p> <p><b>Related Areas</b></p> <p>Students will be familiar with</p> <ul style="list-style-type: none"> <li>▪ basic first aid and hypothermia</li> <li>▪ suitable clothing</li> <li>▪ canoeing equipment and repairs</li> <li>▪ camping skills and safety</li> <li>▪ environmental concerns</li> </ul>	<p>an excursion, both male and female teachers and supervisors are required.</p> <p><b>First Aid Certification</b></p> <p>At least one supervisor will have current first aid certification, which may be</p> <ul style="list-style-type: none"> <li>▪ Canadian Red Cross Wilderness First Aid</li> <li>▪ Wilderness and Remote First Aid equivalent</li> </ul> <p>When taking students to remote areas 30 minutes and beyond advanced medical care, the first aid designation for remote areas will be Wilderness and Remote First Aid—Basic, and for wilderness areas will be Wilderness and Remote First Aid—Advanced.</p> <p><b>Note:</b> It is recommended that at least one other supervisor has Intermediate First Aid certification or higher.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> <li>▪ using a compass</li> <li>▪ map reading</li> </ul> <p>An emergency action plan will be developed and communicated to all involved with the excursion.</p> <p>A systematic pattern for group travel and communication will be established.</p> <p>The supervisor in charge will 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 stormy weather suddenly approaches, seek appropriate shelter immediately.</p> <p>Canoe in daylight only, except under emergency situations.</p> <p><b>Note:</b> Navigation lights are required if operating at night or in restricted visibility (e.g., waterproof flashlight).</p> <p>Canoe instructors will be aware of water conditions (e.g., currents, undertows).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices)</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			may affect participation (see Introduction).	

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

## Outdoor Education: Canoeing (Pools, Lake-Water Canoeing, Base Camp Canoeing)

Canoeing is **not recommended** for Nova Scotia students in grades primary–4.

Moving-water canoeing beyond Class I is not recommended.

Moving-water kayaking and moving-water rafting are **not recommended** for Nova Scotia students in physical education.

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 medical forms for participants will be accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio) will be available for all activities/locations.</p> <p>Aluminum canoes will not be used in pools.</p> <p>Paddles and canoes will be checked for cracks and splinters; canoes will also be checked for leaks. There will be one paddle per person plus one extra paddle per canoe.</p> <p>One buoyant heaving line of not less than 15 m (45 ft.)</p>	<p>Clothing and footwear appropriate to the activities and environmental conditions will be worn.</p> <p>Footwear will 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 will be appropriate for the skill level of the group.</p>	<p>This activity page will be presented to the activity provider prior to the activity taking place.</p> <p>Completed medical forms for each participating student will be accessible at the school with a designated back-up person.</p> <p>Skills will be taught in proper progression.</p> <p>Activities will be based on skills taught.</p> <p>Students will 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 will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ students' previous training</li> </ul>	<p>On-site supervision is required by the instructor when students are canoeing.</p> <p>A vehicle for emergency purposes will be accessible.</p> <p>The supervisor in charge of the excursion will designate a responsible adult (e.g., teacher, parent, volunteer) to transport/accompany an injured student to the hospital. This will not be the supervisor in charge of the excursion.</p> <p>Supporting supervisors will have comparable competencies to meet the canoeing expectations for a Waterfront program.</p> <p><b>Instructor Qualifications</b> Instructors will possess a Paddle Canada Waterfront Canoe Instructor certificate or the equivalent.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>(e.g., throw rope rescue bag) per canoe is required.</p> <p>One bailer, that is at least 750 mL with an opening of 65 cm<sup>2</sup> and constructed of plastic or metal, per canoe.</p> <p>There will be one waterproof flashlight per canoe.</p> <p>Correct fitting and Transport Canada-approved PFD with whistle attached, will be worn and properly secured at all times while on the water.</p>			<ul style="list-style-type: none"> <li>▪ the length of time students will be vigorously active</li> <li>▪ the temperature</li> </ul> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p><b>Water Safety</b></p> <p>Correctly fitting and Transport Canada-approved PFD, with whistle attached, will be worn and properly secured at all times while on the water per Paddle Canada’s regulations.</p> <p>Supervisors will be aware of weather forecast, especially wind conditions. Canoeing will be cancelled in adverse conditions.</p> <p>If stormy weather suddenly approaches, seek appropriate shelter immediately.</p> <p>Canoe in daylight only, except under emergency situations.</p> <p><b>Note:</b> Navigation lights are required if canoeing at night or in restricted visibility (e.g., waterproof flashlight).</p>	<p><b>Canoe Ratios</b></p> <ul style="list-style-type: none"> <li>▪ 1:10 supervisor/students</li> </ul> <p>At least one supervisor will be a certified Waterfront Canoe Instructor with Paddle Canada or equivalent.</p> <p><b>First Aid Certification</b></p> <p>At least one supervisor will have current first aid certification, which may be</p> <ul style="list-style-type: none"> <li>▪ National Lifeguard certification</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ Intermediate First Aid with CPR-C (if within urban-rural distances/ timelines)</li> <li>▪ Canadian Red Cross Wilderness and Remote First Aid to meet the time distance limits to accessing emergency medical assistance</li> </ul> <p><b>Note:</b> It is also recommended that at least one other supervisor has Intermediate First Aid certification or higher.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Canoe instructors will be aware of water conditions (e.g., currents, undertows).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

# Outdoor Education: Canoeing in 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 above classes, there is no evidence of rapids with moderate, irregular waves, large waves or strainers, strong eddies, or powerful currents according to the International Scale of River Difficulty.

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

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

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Durable, resilient canoes will be used.</p> <p>Canoes will be equipped with</p> <ul style="list-style-type: none"> <li>▪ paddles (one per person)</li> <li>▪ flotation device</li> </ul> <p>White-water helmets will be worn (e.g., Pro-Tec, Shred Ready, Wildwater).</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Wetsuits or drysuits as required.</p> <p>Correctly fitting, properly fastened, and Transport Canada-approved PFDs (life jackets), with whistle attached, will be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>River difficulty will be read and classified by a qualified instructor on the day of the activity.</p> <p>Moving water will be determined to be a Class I or Class II.</p>	<p>Skills will be taught in proper progression.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students will 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</p>	<p>On-site supervision is required.</p> <p><b>Instructor Qualifications</b></p> <p>Paddle Canada Moving Water certification and Swift Water Rescue Technician or equivalent to either of the above.</p> <p>At least one supervisor will be a qualified instructor.</p> <p>Supervisor-to-student ratio will adhere to Paddle Canada’s suggested ratios.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Equipment will meet Transport Canada Small Vessel Regulations: <a href="http://www.tc.gc.ca/eng/marinesafety/debs-obs-menu-1362.htm">www.tc.gc.ca/eng/marinesafety/debs-obs-menu-1362.htm</a>.</p> <p>Wrap kit with bailer will include</p> <ul style="list-style-type: none"> <li>▪ two carabiners</li> <li>▪ two 18-inch Prusik loops</li> <li>▪ 23 m (75 ft.) static spectra rope</li> <li>▪ 23 m (75 ft.) of <math>\frac{3}{8}</math> in. floating rope</li> </ul> <p>Paddles and canoes will be checked for cracks and splinters; canoes will also be checked for leaks.</p>			<p>will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ students' previous training</li> <li>▪ the length of time students will be vigorously active</li> <li>▪ the temperature</li> </ul> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Prior to students' participation in a moving-water canoeing experience, a prerequisite test will occur in a pool, shallow water, or a sheltered bay where students will demonstrate basic competence to a canoe instructor as outlined in the following:</p> <ul style="list-style-type: none"> <li>▪ proper entry and exit from the canoe</li> <li>▪ self-rescues into dry and/or swamped canoes</li> <li>▪ canoe-over-canoe rescue procedures</li> <li>▪ synchronized strokes</li> <li>▪ positioning of paddlers</li> <li>▪ packing the canoe</li> </ul> <p><b>Water Safety</b></p> <p>Prior to students' participation in a moving-water canoe</p>	<p>For all overnight trips, two staff/adult supervisors are required as a basic minimum.</p> <p>At least one supervisor will have detailed knowledge of the area.</p> <p><b>Swim Test Ratio</b></p> <ul style="list-style-type: none"> <li>▪ 2:50 instructors/students plus one qualified lifeguard</li> </ul> <p><b>First Aid Certification</b></p> <p>At least one supervisor will have current first aid certification, which may be the Canadian Red Cross Wilderness and Remote First Aid or an equivalent to any of the above to meet the time/distance considerations in accessing advanced medical care.</p> <p>It is also recommended that at least one other supervisor have Intermediate First Aid certification or higher (e.g., National Lifeguard certification).</p> <p>A vehicle for emergency purposes will be accessible.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>experience, they will demonstrate competence in the following water safety and canoe skills to the qualified instructor:</p> <ul style="list-style-type: none"> <li>▪ swimming in currents wearing a PFD (life jacket)</li> <li>▪ retrieving a swamped canoe</li> <li>▪ self-rescue</li> <li>▪ line toss and rescue</li> <li>▪ communication in an emergency</li> <li>▪ river reading (e.g., downstream V, curling waves, hydraulics, standing waves, eddies, pillows, sweepers, strainers)</li> <li>▪ river difficulty analysis</li> </ul>	

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

# Outdoor Education: Cross-Country Running/Orienteering (Off-site)

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>A map, working compasses, control markers, and punches will be accessible.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No bare feet. No spikes/cleats of any kind.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Prior to initial use of a cross-country route or orienteering course, teachers will do a safety check walk-through to identify potential hazards.</p> <p>If the cross-country route or orienteering course is on grass or in a wooded area, teachers/instructors will do a safety check walk-through after a substantial rainfall or windstorm, to identify potential hazards.</p> <p>Teachers will 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>Where boundaries are hard to define, the use of marshals at points causing concern or</p>	<p>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"> <li>▪ the purpose of the exercise</li> <li>▪ how to perform the key orienteering skills required</li> <li>▪ the need for an equipment check</li> <li>▪ the location of the Start and Finish</li> <li>▪ the cut-off time</li> <li>▪ the importance of reporting back by the cut-off time regardless of course completion</li> <li>▪ the area to be used, including its boundaries (e.g., stay in the forest), dangerous areas (e.g., crags), and out-of-bounds sections (e.g., private property)</li> <li>▪ what to do if lost (e.g., use a safety bearing—three whistle blows)</li> </ul>	<p>In-the-area supervision is required.</p> <p>One supervisor will have current Wilderness and Remote First Aid certification and a minimum of the Red Cross' Wilderness and Remote First Aid certification or equivalent if going off-site and in a wilderness-type setting. If the location is considered urban-rural, the supervisor will have current Intermediate First Aid certification and supporting supervisors will have a minimum of Basic First Aid certification.</p> <p><b>Off-site Orienteering Ratios</b></p> <ul style="list-style-type: none"> <li>▪ 1:10 teacher/students (grades primary–5)</li> <li>▪ 1:20 teacher/students (grades 6–9)</li> <li>▪ 1:30 teacher/students (grades 10–12)</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
		taping off the area is recommended.	<ul style="list-style-type: none"> <li>▪ specific hazards (e.g., dangers to eyes near low branches, risks of crossing slippery rock, steep descents at speed)</li> <li>▪ first aid and emergency procedures; students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds)</li> </ul> <p>The length and difficulty of the route will be appropriate to the age and ability level of the participants (e.g., primary students will not be out of sight for long periods of time).</p> <p>A proper warm-up and cool-down will be included.</p> <p>Be aware of athletes whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students will be instructed in basic road safety.</p> <p>Before involving students in the outdoor activity, teachers will take the following into consideration:</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> <li>▪ students' previous training</li> <li>▪ the length of time students will be vigorously active</li> <li>▪ the temperature</li> </ul> <p>Students will 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>No audio devices (e.g., headphones/ear buds).</p> <p>Each student will have an emergency whistle for orienteering.</p> <p>There will 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 will be relevant to the situation (e.g., terrain, location, participants, weather).</p> <p>Boundaries and appropriate relocation strategies will be made known to participants.</p>	

**Note:** See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p><b>Cross-country Skiing</b></p> <p>Skis, bindings, boots, and poles will be in good repair and the appropriate size for the skier.</p> <p><b>Snowshoeing</b></p> <p>The frame and bindings will be in good repair.</p> <p><b>Skate Skiing</b></p> <p>Skate skis will not be cracked and straps will be in good repair.</p> <p>See the Equipment section under the Introduction regarding students bringing equipment for use in class.</p>	<p>Appropriate clothing and footwear will be worn. Clothing will be appropriate for outdoor activity in winter.</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 will 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, will include all the following:</p> <ul style="list-style-type: none"> <li>▪ a level field with practice tracks</li> <li>▪ a long run-out at the bottom section of a larger hill</li> <li>▪ proximity to warmth, food, waxing, and other facilities</li> <li>▪ well-marked trails</li> </ul>	<p>Review with students</p> <ul style="list-style-type: none"> <li>▪ the selection of proper clothing for the activity and weather of the day</li> <li>▪ how to recognize and treat frostbite and hypothermia</li> <li>▪ the importance of sun protection</li> <li>▪ safety precautions to take when working close to others with their sharp tip poles</li> </ul> <p>Emergency procedures will be established and communicated to students.</p> <p>Skills will be taught in proper progression.</p> <p>Teach basic uphill and downhill maneuvers on gentle slopes.</p> <p>Activities will 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 will take the following into consideration:</p>	<p>In-the-area supervision is required for all sites.</p> <p><b>Ratios</b></p> <p>On-site supervision is required when skills are taught:</p> <ul style="list-style-type: none"> <li>▪ teacher to whole class</li> </ul> <p>Off-site supervision after skills are taught:</p> <ul style="list-style-type: none"> <li>▪ 1:10 teacher/students (grades P–9)</li> <li>▪ 1:15 teacher/students (grades 10–12)</li> </ul> <p>Ratios will be in place for day cross-country trips and snowshoeing to off-school sites.</p> <p>If the location is considered to be in the wilderness designation (60 minutes or longer from accessing emergency medical assistance), one supervisor will have current Wilderness and Remote First Aid certification; a minimum of the Red Cross' Wilderness and Remote First Aid</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> <li>▪ students' previous training</li> <li>▪ the length of time students will be vigorously active</li> <li>▪ the temperature</li> </ul> <p>Students will 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 will 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> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Teachers will be aware of students with a history of asthma and other respiratory problems. Students with severe asthma will ski with an inhaler.</p>	<p>certification or equivalent when going off-site.</p> <p>If the location is considered urban-rural, the supervisor will have a current Intermediate First Aid certification and supporting supervisors will have a minimum of Basic First Aid certification.</p> <p>There will be a designated supervisor (teacher, parent, or responsible adult) capable of transporting an injured student to the hospital. This will not be the supervisor in charge of the trip.</p> <p>A vehicle will be accessible for transportation in case of emergency.</p> <p>If dividing the class into groups, duties of the supervisors for each group will be clearly outlined.</p>

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

# Outdoor Education: Dragon Boating

Dragon boating is **not recommended** for students in grades primary–4 in physical education.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible for all activities/locations.</p> <p>Determine that all equipment is safe for use.</p> <p>Paddles and boats will be checked to assess that</p> <ul style="list-style-type: none"> <li>▪ there are no splinters or cracks</li> <li>▪ the head, tail, drum, drummer’s seat, and steering oar are securely fitted</li> <li>▪ the boat is not leaking and that bailers are in it</li> <li>▪ the centre seat is in place if it is a split boat</li> <li>▪ the buoyancy compartments are functional and sufficient to create positive buoyancy</li> <li>▪ the boat meets Transport Canada’s Small Vessel Regulations:</li> </ul>	<p>Appropriate clothing and footwear will be worn.</p> <p>Footwear will be securely fastened.</p> <p>Correctly fitting, properly fastened, and Canadian-approved PFD (life jacket) will be worn at all times during dragon boating.</p> <p>Glasses, if worn, will have a safety strap.</p> <p>No jewellery.</p> <p>Parents/guardians will be made aware of the importance of suitable clothing.</p>	<p>Determine that all facilities are safe for use.</p> <p>Water and weather conditions will be appropriate for the skill level of the group.</p> <p><b>Controlled Area</b></p> <p>A confined location, such as a pool, lakefront, or slow-moving river, will be available for the teaching of basic stroke skills.</p> <p>The teacher/supervisor will be familiar with the site and/or the site will be commonly used for dragon boating.</p>	<p>Skills will be taught in proper progression.</p> <p>Activities/games will be based on skills taught.</p> <p>This activity page will be presented to the dragon boat provider prior to the activity taking place. The activity provider will meet the minimum requirements listed on this page.</p> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p><b>Swim Test</b></p> <p>Prior to dragon boating, students will successfully complete the following swim test in its entirety:</p> <ul style="list-style-type: none"> <li>▪ rolling entry (backward or forward) into deep water at 2.75 m (9 ft.) minimum depth</li> <li>▪ tread water for one minute</li> </ul>	<p>On-site supervision is required.</p> <p><b>Ratio</b></p> <p>For on-the-water instruction, teacher/instructor-to-student ratio is 1:12.</p> <p>One teacher/instructor will be on the dragon boat. The other could be on land or in a motorized safety boat.</p> <p>A motorized safety boat with a first aid provider on board will be in the water and accessible while students are dragon boating. The operator of the boat will have a Pleasure Craft Operator Card.</p> <p>A vehicle for emergency purposes will be available.</p> <p>Designate a supervisor (e.g., teacher or parent) to transport an injured student to the hospital. This will not be the supervisor of the excursion.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p><a href="http://www.tc.gc.ca/BoatingSafety/sbg-gsn/6m8m.htm">http://www.tc.gc.ca/BoatingSafety/sbg-gsn/6m8m.htm</a></p> <p>Two audible alarm signals (e.g., whistle, air horn) will be carried by the helm (boat steersperson).</p> <p>A rescue craft will be equipped with a bullhorn/megaphone.</p>			<ul style="list-style-type: none"> <li>▪ swim 50 m (164 ft.) continuously, any stroke</li> </ul> <p>The components of the swim test will be completed in sequence and without any aids or stops.</p> <p>The test will be administered by a qualified instructor or guard. The test is based on the Lifesaving Society's Swim to Survive™ standard.</p> <p>The swim test will be completed within the school year in which the activity is taking place.</p> <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p><i>Students who do not pass the above swim test or who do not have the aforementioned certification will not dragon boat.</i></p> <p>Teacher supervisor will be aware of swim test results.</p> <p>Students will be informed of available safety equipment and how to use it.</p> <p>Before the start of each session, the teacher/instructor will inform</p>	<p><b>Instructor Qualifications</b></p> <p>The instructor will have one of the following:</p> <ul style="list-style-type: none"> <li>▪ minimum of Paddle Canada's Big Canoe Instructor Course</li> <li>▪ demonstrate competencies listed for the steersperson in the Special Rules/Instructions column</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ certification as required by the Dragon Boat Association</li> </ul> <p>Dragon Boat Canada: <a href="http://www.dragonboat.ca">www.dragonboat.ca</a>.</p> <p>International Dragon Boat Federation: <a href="http://www.idbf.org">www.idbf.org</a>.</p> <p><b>First Aid Qualifications</b></p> <p>For the purposes of providing first aid coverage, at least one supervisor will have one of the following:</p> <ul style="list-style-type: none"> <li>▪ National Lifeguard certification</li> <li>▪ current certificate in any one of <ul style="list-style-type: none"> <li>– Intermediate First Aid with CPR</li> <li>– Canadian Red Cross Wilderness and Remote certification to meet the time/distance</li> </ul> </li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>someone (e.g., facilities staff member) of the beginning and ending time on the water.</p> <p>Safety procedures and emergency procedures will be communicated to students and other trip supervisors.</p> <p>Students will receive instruction in the prevention and treatment of hypothermia.</p> <p>Adequate hydration will be accessible.</p> <p>The steersperson may sit or stand while steering.</p> <p>The steersperson is the in-charge person, outranking all persons in the boat.</p> <p>The steersperson for each boat will demonstrate the following knowledge and skills:</p> <ul style="list-style-type: none"> <li>▪ read and understand Transport Canada's <i>Boating Guide TP-511</i></li> <li>▪ can manage the team and exercise authority over team members</li> <li>▪ can appropriately load the boat</li> <li>▪ can appropriately balance the boat</li> </ul>	<p>designation from emergency medical services</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> <li>▪ can maintain a straight course at full racing speed with a full crew of 18–20 paddlers, plus the drummer</li> <li>▪ can 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</li> <li>▪ can execute sideways manoeuvres without going forwards</li> <li>▪ can turn the boat through 360° in both directions without the use of paddlers</li> <li>▪ can guide the boat forward in a straight line without the use of paddlers</li> <li>▪ can guide the boat in reverse for 50 m with the use of paddlers</li> <li>▪ can execute an emergency stop from racing speed to full stop</li> <li>▪ can execute safe approaches to a jetty/ pontoon/dock in still and in windy conditions</li> <li>▪ can manage the unloading of the team members</li> </ul>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> <li>▪ can secure the boat and determine that all gear is put away correctly</li> </ul> <p><b>Safety Procedures</b></p> <p>Will students require assistance at any time during the session, the drummer or steersperson will 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 and the last pair for the steersperson.</p> <p>The steersperson will be able to use, and crew will correctly respond to, common dragon boat racing commands.</p> <p><b>Emergency Procedures</b></p> <p>If a boat is swamped, the following procedures will be followed:</p> <ul style="list-style-type: none"> <li>▪ The steersperson will be aware of any special conditions (e.g., asthma)</li> </ul>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>that may apply to individual paddlers.</p> <ul style="list-style-type: none"> <li>▪ The steersperson will take charge of the crew until the motorized safety boat arrives.</li> <li>▪ The crew will hold on to the boat. Students will be instructed not to swim to shore.</li> <li>▪ Each student will determine that their partner is in view (buddy system).</li> <li>▪ Students will inform the steersperson if their partner is missing (buddy system).</li> <li>▪ The approach of the safety boat will not endanger (e.g., trap) any participants in the water.</li> <li>▪ Each student will follow the steersperson's or first aid provider's instructions.</li> <li>▪ If the boat has sufficient floatation, the crew will get into the boat and paddle to shore. If not, the crew will hang onto the boat and follow the instructions of the steersperson.</li> </ul> <p>The instructor will be aware of weather forecasts,</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>especially wind conditions and water conditions (e.g., currents, tides, waves).</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds). Dragon boating will be cancelled in adverse weather conditions.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

## Outdoor Education: Flat-Water Kayaking (Pools, Base Camp Kayaking)

Flat-water kayaking is **not recommended** for students in grades primary–8 in physical education.

All kayak activities will follow Paddle Canada’s standards.

Kayaking will only take place on flat water or a river where no rapids exist and eddies are very slight.

Moving-water kayaking is **not recommended** 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 (backcountry) first aid kit and completed participant medical form will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio system, [VHF]) will be available for all activities/locations.</p> <p>The kayak will have adequate flotation in the nose and stern to prevent the kayak from sinking when full of water.</p> <p>The paddle (one per paddler) and kayak will be checked for cracks and splinters; and the kayak will be checked for leaks. Extra paddles for participants will be accessible.</p>	<p>Clothing and footwear appropriate to the activities and the environmental conditions will be worn.</p> <p>No exposed hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Water conditions will be appropriate for the type of kayak being used and the skill level of the group.</p>	<p>This activity page will be presented to the activity provider prior to the activity taking place.</p> <p>Completed medical forms for each participating student will be accessible.</p> <p>Skills will be taught in proper progression.</p> <p>Activities will be based on skills taught.</p> <p>Students will 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 will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ students’ previous training</li> <li>▪ the length of time students will be vigorously active</li> </ul>	<p>On-site supervision is required by the instructor when students are kayaking.</p> <p>The supervisor in charge of the excursion will designate a responsible adult (e.g., teacher, parent, volunteer) to transport/ accompany an injured student to hospital. This will not be the supervisor in charge of the excursion.</p> <p><b>Instructor Qualifications</b></p> <p>The lead instructor will possess Paddle Canada’s Introduction to Sea Kayaking Instructor certification, and the lead guide will have a minimum of Skills I Sea Kayak certification or equivalent.</p> <p><b>Kayaking Ratios</b></p> <ul style="list-style-type: none"> <li>▪ 1:6 supervisor/students for instruction</li> </ul>

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 kayak and accessible from each boat.</p> <p>One bilge pump per kayak will be available and accessible from each boat.</p> <p>One waterproof flashlight per kayak is required.</p> <p>One paddle float per paddler will be accessible on each boat.</p> <p>A correctly-fitting and Transport Canada-approved PFD, with whistle attached, will be worn and properly secured at all times while on the water.</p> <p>A spare paddle will be accessible for the group.</p>			<ul style="list-style-type: none"> <li>▪ the temperature</li> </ul> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p><b>Water Safety</b></p> <p>Students and Supervisors will wear Transport Canada-approved PFDs at all times at, near, or in water while kayaking. See the Equipment column.</p> <p><b>Location</b></p> <p>Enclosed and sheltered with easy landing options immediately present.</p> <p>This course can be conducted in a pool.</p> <p>Supervisors will be aware of the weather forecast, especially wind conditions.</p> <p>Kayaking will be cancelled in adverse conditions.</p> <p>If stormy weather suddenly approaches, seek appropriate shelter immediately.</p> <p>Kayak in daylight only, except under emergency situations.</p>	<ul style="list-style-type: none"> <li>▪ Guided Excursions: One supervisor will be a Paddle Canada Skills Level I guide to support the pursuit properly. The other supervisor(s) will be a certified Paddle Canada Sea Kayak instructor or have Intro to Sea Kayaking Skill certification.</li> <li>▪ There is a recommended maximum of two leaders for every 12 students.</li> </ul> <p><b>First Aid Certification</b></p> <p>At least one supervisor will have current first aid certification, which may be</p> <ul style="list-style-type: none"> <li>▪ National Lifeguard certification</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ Intermediate First Aid with CPR-C (if within urban-rural distances/timelines)</li> <li>▪ Canadian Red Cross Wilderness and Remote First Aid to meet the time and distance limits to accessing emergency medical assistance</li> </ul> <p><b>Note:</b> It is also recommended that at least one other supervisor has Intermediate First Aid certification or higher.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p><b>Note:</b> Navigation lights are required if kayaking at night or in restricted visibility (e.g., waterproof flashlight).</p> <p>Kayak instructors will be aware of water conditions (e.g., currents, undertows).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>All approved safety and rescue gear will be immediately accessible to the instructor or guide.</p> <p>The teaching location and guided excursions will meet the ability level of the students and follow Paddle Canada's regulations for sea kayaking.</p>

**Note:** See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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 will be carried by one of the guides for each group.</p> <p>Use of horses will be suitable for beginner riders.</p> <p>Use only appropriate, safe tack properly fitted to the mounts being used.</p> <p>Tack (e.g., girth, stirrups) will be adjusted for each rider and checked by the instructor.</p> <p>Safety stirrups will be used for all saddles.</p> <p>Guides on trail rides need</p> <ul style="list-style-type: none"> <li>▪ a communication system for all trail rides</li> </ul>	<p>Appropriate riding attire (e.g., loose or stretch pants). Appropriate riding footwear <i>only</i> (e.g., boots with heels).</p> <p>Only properly fitted riding helmets with chinstraps approved by BSI, ASTM, or SEI.</p> <p>No exposed or hanging jewellery.</p> <p><b>Trail Riding</b></p> <p>Appropriate footwear will be worn: the heels of boots will measure a minimum of half an inch and a maximum of two inches, with no platform soles.</p> <p>For additional clothing/footwear related to therapeutic riding, see CanTRA Risk Management Standards: <a href="http://www.cantra.ca/">http://www.cantra.ca/</a></p>	<p>Determine that all facilities are safe for use.</p> <p>The riding stable will be a member of the Association of Riding Establishments.</p> <p>Riding areas (indoor and outdoor) will provide adequate space and good footing and be free of potential hazards (e.g., broken gates, roadways).</p> <p>An enclosed area for initial instruction will be provided.</p> <p>For additional safety guidelines related to therapeutic riding, see CanTRA Risk Management Standards: <a href="http://www.cantra.ca/">http://www.cantra.ca/</a></p>	<p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Instructors will be informed of all students who have medical conditions that present a risk.</p> <p>Students will be instructed on safe-handling and riding techniques.</p> <p>Students will follow the established rules regarding riding areas, treatment of horses, allowable activities, etc.</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Until a rider can demonstrate to a qualified riding instructor how to stop, turn, and ride in a balanced and controlled</p>	<p>The teacher will be on-site.</p> <p>On-site supervision by a qualified instructor is required for initial instruction purposes.</p> <p>In-the-area supervision by a qualified instructor is required after initial instruction and when out on trails.</p> <p>One supervisor will have current Wilderness and Remote First Aid certification; a minimum of the Red Cross' Wilderness and Remote First Aid certification or equivalent is required if going off-site and in a wilderness-type setting. If the location is considered urban or remote, the supervisor will have a current Intermediate First Aid certification and supporting supervisors will have a minimum of Basic First Aid certification.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>(e.g., walkie-talkie, working cell phone)</p> <ul style="list-style-type: none"> <li>▪ a whistle</li> <li>▪ a lead rope</li> <li>▪ a sharp knife</li> <li>▪ a hoof pick</li> <li>▪ leather strips to repair tack</li> </ul> <p>For additional safety equipment related to therapeutic riding, see CanTRA Risk Management Standards  <a href="http://www.cantra.ca/">http://www.cantra.ca/</a></p>			<p>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, the horse will be held by a supervisor or use a mounting block.</p> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p><b>On Trail Rides</b></p> <p>No dismounting from the horse during the ride unless the duration of the ride exceeds one hour, and then only with the assistance of the trail guide.</p> <p>While riding uphill or downhill, all horses will be kept to a walk.</p> <p>Bareback riding is not permitted.</p> <p>For additional instruction related to therapeutic riding, see CanTRA Risk Management</p>	<p><b>Riding Instructor Qualifications</b></p> <p>Instructors will be first aid and CPR certified.</p> <p><b>Western</b></p> <p>Instructors/teachers will hold a current Canadian Equine Western Rider Preparation Program certificate, a Nova Scotia Equestrian Instructor Program certificate, or an equivalent approved by the Nova Scotia Equestrian Federation:  <a href="http://www.horsenovascotia.ca">www.horsenovascotia.ca</a>.</p> <p><b>English</b></p> <p>Instructors/teachers will hold a current Canadian Equestrian Federation English Rider Preparation Program certificate, an Equine Canada English Instructor Program certificate, or an equivalent approved by the Nova Scotia Equestrian Federation:  <a href="http://www.horsenovascotia.ca">www.horsenovascotia.ca</a>.</p> <p><b>Therapeutic Riding</b></p> <p>Instructors/teachers will hold a current Canadian Therapeutic Riding Instructor certificate (CTRI).</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Standards:  <a href="http://www.cantra.ca/">http://www.cantra.ca/</a>.</p> <p>For therapeutic riding, accessibility to detailed medical information is critical.</p>	<p><b>Trail Guides</b></p> <p>Instructors/teachers will hold a current Association of Riding Establishments or Nova Scotia Equestrian Federation Trail Guides Certification Program certificate, or an equivalent approved by the Nova Scotia Equestrian Federation:  <a href="http://www.horsenovascotia.ca">www.horsenovascotia.ca</a>.</p> <p><b>Ratios</b></p> <ul style="list-style-type: none"> <li>▪ 1:1 instructor/student for initial instruction and for therapeutic instruction</li> <li>▪ 1:5 instructor/students after initial instruction</li> </ul> <p><b>Trail Riding Ratios</b></p> <ul style="list-style-type: none"> <li>▪ All intermediate rides will have a ratio of trail guides to riders of 1:5, with a minimum of two trail guides when there are more than five riders.</li> </ul> <p>For additional supervision information related to therapeutic riding, see CanTRA Risk Management Standards:  <a href="http://www.cantra.ca/">http://www.cantra.ca/</a>.</p>

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

## Outdoor Education: Mountain Biking

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

**Note:** All foundation skills for MTN biking can be taught on-site. If extending the MTN biking experience off-site, it is strongly recommended the teacher has either IMBA certification, Certificate in Outdoor Education, or comparable recognized training, or the teacher will have an extensive background to lead MTN biking on designated trails. To help provide an assessment of location, teachers will follow the IMBA trail classification and select routes that are appropriate for their classes (<http://www.imbacanada.com/resources/maps/trail-difficulty-ratings>). Teachers leading MTN biking experiences off-site need to have the appropriate first aid certification to match the instructional location.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>The teacher will inspect all bikes prior to use to ensure all bikes are in good working order (have working brakes, properly inflated tires, tightened bolts, tightened wheels, etc.).</p>	<p>Clothing will not encumber proper use of the bicycle chain and will be adequate for outdoor activity.</p> <p>No open-toed shoes or sandals.</p>	<p>Prior to the initial use of the route, the teacher/supervisor will do a safety ride-through to verify safety and suitability.</p> <p>Define specific routes so the students are aware of the boundaries for activity, whether using a commercial or non-commercial site.</p> <p>When choosing a site, the following conditions will be taken into consideration:</p> <ul style="list-style-type: none"> <li>▪ sun</li> <li>▪ wind</li> <li>▪ suitability of terrain</li> </ul> <p>Provide students with a map and/or clear directions.</p>	<p><b>Urban Setting</b></p> <p>It is recommended that the Making Tracks Cycling Program of the Ecology Action Centre be followed. For more information, see <a href="http://saferoutesns.ca/programs/making-tracks">http://saferoutesns.ca/programs/making-tracks</a>.</p> <p>A record of students and the route will be left in the school with an appropriate person. The Emergency Action Plan will also be left with the school.</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) will seek assistance from appropriate support staff and/or refrain from taking part in mountain biking until help is received.</p> <p>All instructors will have a minimum of an IMBA Level 1 certification, certificate in Outdoor Education, Mountain Biking Course, NCCP Level 1 MTB, or the equivalent.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>The following statement refers to students' own, borrowed, or rented equipment:</p> <ul style="list-style-type: none"> <li>Together, the teacher and student will complete an inspection of any student's own, borrowed, or rented bike before use, looking for working brakes, properly inflated tires, tightened bolts and tightened wheels, etc.</li> </ul> <p>Bicycle size will be appropriate for the rider.</p> <p>All riders will use correctly fitting bicycle helmets approved by CSA, Snell, ANSI, ASTM, or British or Australian standard.</p> <p>It is recommended that students bring protective eyewear (e.g., sunglasses) from home. Teachers may consider keeping extras on hand for students who do not have their own.</p>		<p>Students will ride only on trails outlined by the teacher/supervisor.</p> <p>In addition to the above, when selecting a non-commercial site, the site will include</p> <ul style="list-style-type: none"> <li>a level field with a practice area</li> <li>a long run-out at the bottom section of a larger hill</li> <li>proximity to warmth, food, and other facilities</li> </ul> <p>Prior to initial use, when riding at a non-commercial site, teacher/supervisor will 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>Students will 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 will be taught in proper progression.</p> <p>Activities will be based on skills that are taught.</p> <p>Review rules for off-road cycling will be reviewed. Visit the International Mountain Bicycling Association website at <a href="http://www.imba.com">www.imba.com</a>. <a href="http://www.imba.com">http://www.imba.com</a>.</p> <p>Ride on open trails only. Respect road closures.</p> <p>Instruction will be given on the proper position of a bicycle helmet (e.g., brow of helmet is at eyebrow level).</p> <p>Students will 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 will be encouraged to anticipate other trail users,</p>	<p><b>Ratio for On-site Instruction</b></p> <ul style="list-style-type: none"> <li>1:1 teacher/class</li> </ul> <p><b>Ratio for Off-site Instruction</b></p> <ul style="list-style-type: none"> <li>1:6 teacher/student (grades Primary–4)</li> <li>1:8 teacher/students (grades 5–9)</li> <li>1:10 teacher/students (grades 10–12)</li> </ul> <p>On mountain bike trails/routes, there will 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><b>First Aid Certification</b></p> <p>At least one supervisor will have current first aid certification, determined by the location of the activity (Urban, remote, wilderness) which may be</p> <ul style="list-style-type: none"> <li>Intermediate First Aid with CPR-C</li> <li>Canadian Red Cross Wilderness First Aid</li> <li>Wilderness and Remote First Aid equivalent</li> </ul> <p>When taking students to wilderness areas 60 minutes and beyond emergency medical services, the first aid</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>One supervisor per group will carry:</p> <ul style="list-style-type: none"> <li>▪ a first aid kit</li> <li>▪ a bicycle tool kit, including a pump</li> <li>▪ a signaling device (e.g., whistle)</li> </ul>			<p>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 will demonstrate (to the teacher/supervisor) competency in</p> <ul style="list-style-type: none"> <li>▪ stopping</li> <li>▪ changing gears</li> <li>▪ turning</li> <li>▪ going up and down hills in control</li> <li>▪ negotiating obstacles</li> </ul> <p>Teachers/supervisors will select routes/trails suitable to students' demonstrated abilities.</p> <p>Emphasis will be placed on controlled riding.</p> <p>Students will be informed that at any sign of difficulty, they will dismount and walk their bikes until it is safe to resume riding.</p> <p>All riders will 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>designation will be Wilderness and Remote First Aid.</p> <p><b>Note:</b> It is also recommended that at least one other supervisor has a minimum of Intermediate First Aid certification or higher.</p> <p>One supervisor will take responsibility for administering first aid to an injured student and will be present for the duration of the activity.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Adequate hydration will be accessible.</p> <p>Students will 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 will be aware of the emergency action plan in case of an accident.</p> <p>Parents/guardians will be informed that cycling will take students off school property.</p> <p>Racing will not be done as an in-class activity.</p> <p>No audio devices (e.g., headphones, ear buds) may be used.</p> <p>Before involving students in the outdoor activity, teachers will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ previous training</li> <li>▪ the length of time students will be vigorously active</li> <li>▪ the temperature</li> </ul> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Mountain bike excursions will be planned for daylight hours only.</p> <p>If a rider is using clips on their pedals, they will demonstrate to the teacher/supervisor competency with their use during initial instruction. The clips will 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(s) (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>	

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

## Outdoor Education: Moving-Water Activities

Moving-water kayaking, white-water rafting, and tidal bore rafting are **not recommended** for Nova Scotia students in physical education.

Moving water presents numerous hazards that are often unpredictable and require additional specialized training (moving-water rescue techniques) and specialized equipment. In most instances, the conditions required to achieve adequate water levels in Nova Scotia are in the shoulder seasons (spring/fall) and water temperatures will present conditions that may lead to hypothermia. For these reasons, moving-water activities are not recommended.

The exception is Class II moving-water canoeing and canoe tripping Class I.

## Outdoor Education: Outdoor Rock Climbing

Outdoor rock climbing is **not recommended** for Nova Scotia 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be available for all activities/locations.</p> <p>All equipment will 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 will be compatible with the chosen belay device and the climbing activity.</p> <p>Helmets that are commercially and specifically manufactured for climbing will be worn by everyone at the climbing site.</p> <p>Climbing harnesses, sit or full body, appropriate for the age</p>	<p>Clothing and footwear appropriate to the activities and environmental conditions will 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 will be installed by a qualified professional.</p> <p>Climbing will 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"> <li>▪ the landowner has given permission for instruction in climbing</li> <li>▪ recognition for rock climbing is provided by a reputable source</li> </ul>	<p>This activity page will be presented to the activity provider prior to the activity taking place.</p> <p>Completed medical forms for each participating student will be accessible.</p> <p>Skills will be taught in proper progression.</p> <p>Adequate hydration will be accessible.</p> <p>Students will 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 will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ previous training</li> <li>▪ the length of time students will be vigorously active</li> <li>▪ the temperature</li> </ul> <p>Students will receive instruction on safety</p>	<p>On-site supervision by a qualified instructor is required.</p> <p>Teachers will be present for all aspects of the program.</p> <p>If the teacher is providing rock climbing instruction, an additional teacher/supervisor will be provided.</p> <p>A suitable means of transporting an injured student will be accessible.</p> <p>The supervisor in charge of the excursion will designate a teacher/supervisor (e.g., teacher, parent, volunteer) to transport/accompany an injured student to hospital. This will not be the supervisor in charge of the excursion.</p> <p>Instructors will 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>and/or body size of the climber, will be used.</p> <p>Belay devices will 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 will</p> <ul style="list-style-type: none"> <li>▪ have a minimum of two independent points</li> <li>▪ have locking devices</li> <li>▪ be able to sustain a load of 22 kN/2200 kg/4945 lb.</li> </ul> <p>Climbers will not be able to climb above anchors.</p> <p>A bottom anchor will consist of a ground anchor in combination with a belayer harness.</p> <p>Bottom anchors will have a belay device connected with a locking carabiner and the anchoring system can sustain a load of 10 kN/ 1000 kg/2240 lb.</p> <p>All equipment will be inspected by qualified personnel prior to activity.</p>			<p>procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Prior to the first lesson, teachers will inform climbing 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 will be communicated to the students.</p> <p>Teachers, instructors, and students will be aware of safety procedures.</p> <p>Students waiting to climb will be</p> <ul style="list-style-type: none"> <li>▪ positioned a safe distance away from the base of the climb</li> <li>▪ tied off if within 3 m (10 ft.) of the top edge of the cliff</li> </ul> <p>A recognized descent route will be used to reach the base of the cliff.</p> <p>When students are belaying, the introductory lesson prior to top-rope climbing will</p> <ul style="list-style-type: none"> <li>▪ be identified as top rope specific</li> </ul>	<p>A relevant skill set is a described set of skills developed by recognized climbing professionals.</p> <p>All instructors will be at least 18 years of age or older to teach the introductory lesson and/or be an instructor.</p> <p><b>First Aid Certification</b></p> <p>At least one supervisor will have current first aid certification, determined by the location of the activity (urban, remote, wilderness) which may be</p> <ul style="list-style-type: none"> <li>▪ Intermediate First Aid with CPR-C</li> <li>▪ Canadian Red Cross Wilderness First Aid</li> <li>▪ Wilderness and Remote First Aid equivalent</li> </ul> <p>When taking students to wilderness areas 60 minutes and beyond arrival of emergency medical services, the first aid designation will be Wilderness and Remote First Aid.</p> <p><b>Note:</b> It is also recommended that at least one other supervisor has a minimum of intermediate first aid certification or higher.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> <li>▪ be identified as specific to the belay device being used</li> <li>▪ include instruction on and repeat practice of               <ul style="list-style-type: none"> <li>– the correct use of a harness</li> <li>– the correct use of knots and tie-in points</li> <li>– the concept of top-roping</li> <li>– the correct use of a belay device</li> <li>– general belaying principles</li> <li>– lowering procedures</li> <li>– communication and the climber/belayer contract</li> <li>– procedures to minimize the hazards of falling rock</li> </ul> </li> </ul> <p>Students will be allowed to select a challenge at their comfort level.</p> <p>A qualified instructor will do a safety check of any student leaving the ground.</p> <p>A buddy belay (when students are belaying) will 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>	<p><b>Ratios</b></p> <ul style="list-style-type: none"> <li>▪ For initial instruction, one climbing instructor for two lines. The overall climbing instructor-to-student ratio will not exceed 1:6.</li> <li>▪ 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 will not exceed 1:9.</li> </ul> <p>A safety check of each student leaving the ground will be done by an instructor in all initial and subsequent climbing sessions.</p> <p><b>Ratios for Climb Only Programs</b></p> <ul style="list-style-type: none"> <li>▪ Requires one instructor per belay activity.</li> </ul> <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 will be a minimum of 16 hours).</p>

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 if the belayer becomes incapacitated will be used by student belayers.</p> <p>Lead climbing by students will not be done.</p> <p><b>Climb Only Programs</b></p> <p>Prior to climbing, rules will clearly be explained to students by a qualified instructor.</p> <p>Students are not permitted to</p> <ul style="list-style-type: none"> <li>▪ belay</li> <li>▪ apply harnesses to themselves or others</li> <li>▪ tie knots for themselves or others</li> </ul> <p>Belaying, applying harnesses, and tying knots will be done by a qualified instructor.</p> <p>Weather conditions will not present a safety issue.</p> <p>Water replacement and nutritional needs of climbers will be addressed.</p> <p>Be aware of students whose medical condition(s)</p>	<ul style="list-style-type: none"> <li>▪ an instructor provides a belay check of each student</li> <li>▪ there will be on-site supervision by the instructor</li> <li>▪ there will be a 1:16 teacher/student ratio</li> <li>▪ there will be a 1:16 instructor/student ratio</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			(e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).	

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

## Outdoor Education: Paddle Rafting

Paddle rafting is **not recommended** for Nova Scotia students in physical education.

## Outdoor Education: Ropes Courses/Rappel Towers

Rappel towers are **not recommended** for Nova Scotia students in physical education.

For ropes courses, see section on Climbing: Adventure—Challenge Courses.

Currently, Nova Scotia does not have a mechanism for inspection of (high) rope courses and/or rappel towers. Neither has it a list of approved inspectors to support participation of Nova Scotia students through schools.

# Outdoor Education: Rowing

Rowing is **not recommended** for students in grades primary–4 in physical education.

See Outdoor Education General Procedures.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Correctly fitting, properly fastened and Canadian approved PFD will be worn at all times during Viking boating.</p> <p>The shell will be inspected before each outing (e.g., check for holes, cracks, loose hardware).</p> <p>Each shell will have a bow-ball in good repair.</p> <p>In practice sessions, each shell will be equipped with</p> <ul style="list-style-type: none"> <li>▪ a signaling device</li> <li>▪ a watertight flashlight</li> </ul> <p>Shoes on the footsteps will be tied down at the heels with no more than 6 cm (2 in.) of movement.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Glasses, if worn, will have a safety strap.</p> <p>No jewellery.</p> <p>Correctly fitting, properly fastened and Canadian-approved PFD will be worn at all times during rowing.</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 will be followed.</p> <p><b>At Dockside/Boathouse</b></p> <p>Walking traffic patterns with hazards identified will be posted (e.g., keep to right, dock slippery when wet).</p> <p>A phone with posted emergency numbers (e.g., 9-1-1 will be available).</p> <p><b>On the Water</b></p> <p>The course will be inspected before each use.</p> <p>Be aware of debris on the course, especially after heavy rain.</p> <p>Instructors will inform students of debris.</p> <p>Be aware of water currents, especially those created by rapids and waterfalls.</p>	<p>Skills will be taught in proper progression.</p> <p>Activities will be based on skills that are taught.</p> <p>Skill level will be appropriate for the water condition.</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 will be commensurate with the level of activity.</p>	<p>On-site supervision is required.</p> <p>Instructor expertise for head coach is 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 will be present during the entire practice and competition with one of the following minimum certifications:</p> <ul style="list-style-type: none"> <li>▪ National Lifeguard Certification</li> <li>▪ Current certificate in any one of             <ul style="list-style-type: none"> <li>– St. John Ambulance Intermediate First Aid with CPR-C</li> <li>– Canadian Red Cross Intermediate First Aid</li> <li>– Canadian Ski Patrol First Aid</li> </ul> </li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Bow and stern lights attached during poor visibility (e.g., bike lights, flashlights).</p> <p>Oars will be checked for splinters and cracks.</p> <p>Adjustable oars will be securely tightened.</p> <p>One supervisor/instructor boat will be motorized and equipped per Transport Canada Regulations (<a href="http://www.tc.gc.ca/BoatingSafety/sbg-gsn/racing.htm">http://www.tc.gc.ca/BoatingSafety/sbg-gsn/racing.htm</a>)</p> <p>For example,</p> <ul style="list-style-type: none"> <li>▪ 1 CSA-approved life jacket/PFD for each participant in the water</li> <li>▪ paddles</li> <li>▪ bailer</li> <li>▪ watertight flashlight</li> <li>▪ signaling device</li> <li>▪ motor in good repair, with sufficient gas for the entire session</li> <li>▪ 23 m (69 ft.) of floating rope</li> </ul> <p>The coach boat engine will be running before the crew leaves the dock.</p>		<p>Sites will not include rapids and waterfalls.</p>	<p>Prior to rowing, students will 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"> <li>▪ Rolling entry (backward or forward) into deep water (2.8 m [9 ft.] minimum depth).</li> <li>▪ Swim 50 m (150 ft.) continuously, any stroke, while fully clothed (no aids or stops).</li> <li>▪ Tread water for one minute.</li> </ul> <p>Students who do not pass the above swim test will not row.</p> <p>A site-specific rescue plan will be devised and shared with all supervisors and participants.</p> <p>Attention will be given to</p> <ul style="list-style-type: none"> <li>▪ weather conditions, including temperature of the day, high winds, lightning, and fog</li> <li>▪ water temperature</li> <li>▪ visibility (500 m [1500 ft.] minimum is required)</li> <li>▪ length of time in the sun</li> <li>▪ previous training and length of preparation</li> </ul>	<p>The operator of the boat will have a Pleasure Craft Operator card.</p> <p>An instructor in a motorized boat will be within 500 m of students during all on-water practice sessions.</p> <p><b>Ratios</b></p> <ul style="list-style-type: none"> <li>▪ Beginning rowers: 1:9 instructor/students</li> <li>▪ Experienced rowers: 1:18 instructor/students</li> </ul> <p><b>Swim Test Ratio</b></p> <ul style="list-style-type: none"> <li>▪ 2:50 instructors/students</li> </ul> <p>A vehicle for emergency purposes will be available.</p> <p><b>Swim Instruction Qualifications</b></p> <p>Both instructors will hold one of the following current certifications:</p> <ul style="list-style-type: none"> <li>▪ Lifesaving Society Swim Instructor certificate plus an Assistant Lifeguard certificate</li> <li>▪ YMCA Instructor Certificate</li> <li>▪ National Lifeguard Certification</li> </ul> <p>One instructor will also hold a current</p> <ul style="list-style-type: none"> <li>▪ National Lifeguard Certification</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Rowing will 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 will receive instruction on safety procedures, use of equipment, and rowing techniques prior to initial practice.</p> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p>Supervisors will be aware of all swim test results.</p> <p>Students will be instructed to remain with the rowing shell and oars for flotation and visibility purposes if an accident occurs.</p> <p>Students will be familiar with basic first aid, hypothermia, and injuries caused by extreme heat.</p> <p>These activity pages will be presented to the activity</p>	<p>OR</p> <ul style="list-style-type: none"> <li>▪ Intermediate First Aid certification (e.g., Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol)</li> </ul> <p><b>Note:</b> Verified copies of certification will 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>provider prior to the activity taking place.</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p>	

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

# Outdoor Education: Sailing

Sailing is **not recommended** for students in grades primary–4 in physical education.

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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone, VHF) will be available (and tested) for all activities/locations.</p> <p>The instructor will check all personal safety equipment prior to use for any defects.</p> <p>Sailboats will be checked to ensure they are in proper working order and have no damages.</p> <p>All boats used (both sail and motor) will contain the proper equipment as required in the Transport Canada guidelines.</p>	<p>Appropriate clothing and footwear will be worn. No loose-fitting clothing.</p> <p>Students will wear proper footwear with non-slip soles. Closed-toed shoes only. No flip flops.</p> <p>No exposed or hanging jewellery.</p> <p>Correctly fitting and Transport Canada-approved PFDs/life jackets, with whistle attached, will be worn and 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 will have designated sailing areas.</p>	<p>This activity page will be presented to the activity provider prior to the activity taking place.</p> <p>Skills will be taught in the proper progression.</p> <p>Activities will be based on skills taught.</p> <p>Adequate hydration will be accessible.</p> <p>Students will 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 will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ previous training</li> <li>▪ the length of time students will be vigorously active</li> <li>▪ the temperature</li> <li>▪ the weather report</li> </ul> <p>Students will receive instruction on safety procedures related to severe</p>	<p>On-site supervision is required.</p> <p>The teacher will be present and accompany students to and from the facility.</p> <p>One motorized safety boat for every eight sailboats will be present. The operator(s) of the safety boat will have a Pleasure Craft Operator card.</p> <p>A suitable means of transporting an injured participant will be accessible.</p> <p>The supervisor in charge of the excursion will designate a responsible adult (e.g., teacher, parent, volunteer) to transport/accompany an injured student to hospital. This will not be the supervisor in charge of the excursion.</p> <p><b>Instructor Qualifications</b></p> <p>Certified instructors (minimum White Sail Coach, formerly Green Level Canadian Yachting</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p><b>Swim Test</b></p> <p>Prior to sailing, students will successfully complete the following swim test in its entirety:</p> <ul style="list-style-type: none"> <li>▪ rolling entry (backwards or forward) into deep water at 2.75 m (9') minimum depth</li> <li>▪ tread water for 1 minute</li> <li>▪ swim 50 m (164') continuously any stroke</li> </ul> <p>The components of the swim test will be completed in sequence and without any aids or stops.</p> <p>The test will be administered by a certified instructor/lifeguard (test is based on the Lifesaving Society's Swim to Survive™ Standard).</p> <p>The swim test will be completed within the school year in which the activity is taking place.</p> <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p>	<p>Association certificate) will be present to instruct the course or sailing certification equivalent.</p> <p><b>Swim Test Ratios</b></p> <ul style="list-style-type: none"> <li>▪ 2:50 qualified instructors per student plus one lifeguard</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p><i>Students who do not pass the above swim test or who do not have the aforementioned certification will not sail.</i></p> <p>Instructor and outside provider will be made aware of the swim test results.</p> <p><b>Instructions and Communications</b></p> <p>Prior to activity, classroom sessions will provide students with the knowledge base necessary to sail safely.</p> <p>Safety procedures and an emergency action plan will be clearly outlined to teachers/supervisors and students and practiced.</p> <p>Teachers/supervisors will use a buddy system to keep track of students.</p> <p>A process for the accounting of students will be in place.</p> <p>Instructors will take weather conditions into consideration.</p> <p>If storm weather suddenly approaches, seek appropriate shelter immediately.</p> <p>Daylight sailing only, except under emergency situations.</p> <p><b>Note:</b> Navigation lights are required if operating at night</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>or in restricted visibility (e.g., waterproof flashlight).</p> <p>Sailing instructors will be aware of water conditions (e.g., currents and undertows).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect their participation (see Introduction).</p> <p>Sailors will be aware that potentially dangerous horseplay is discouraged as the risk of falling into the water and injury increases.</p> <p>Boat repair (e.g., rope cutting, fiberglass repair, or any use of tools or hazardous materials) will be done under supervision or by supervisors.</p> <p>A pre-activity brief safety meeting involving instructors, supervisors, and students will take place daily. Remind everyone of safety concerns, procedures, etc.</p> <p>Sailors will properly learn how to safely launch, rig, and stow the boats properly.</p>	

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

## Outdoor Education: Snow Tubing

Snow tubing is **not recommended** for Nova Scotia students in physical education.

Uncontrollable speed and potential bouncing at high speeds are risks that outweigh the benefits.

## Outdoor Education: Stand-up Paddleboarding

Stand-up paddleboarding is **not recommended** for students in grades primary–4 in physical education.

No moving-water stand-up paddleboarding will be attempted with school groups that are on rivers or streams that have a Class II and beyond in the rapid classification.

Flatwater conditions are appropriate for stand-up paddleboarding. Flatwater conditions are generally found on lakes but may also extend to rivers and ocean coastlines where sheltered coves can provide safe learning conditions. When paddling in marine environments it is essential that leaders are familiar with the local geography and bathymetry, and can assess and anticipate the sea state for the duration of the paddling experience, including the effects of tides, currents, and wind.

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 back-country first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be available for all activities/locations.</p> <p>Each leader must have a minimum of one buoyant heaving line or towline of not less than 15 m (45 ft.) (e.g., throw rope rescue bag).</p> <p>Correctly fitting and Transport Canada-approved PFD, with whistle attached, will be</p>	<p>Appropriate clothing and footwear will be worn with special consideration given to water temperature over air temperature.</p> <p>No hanging jewelry.</p>	<p>Determine that all facilities and planned routes are safe for use.</p> <p>Water conditions must be appropriate for the skill level of the group.</p> <p>Shorelines must provide landing sites.</p> <p>Supervisors will not plan an excursion through white water.</p>	<p>When applicable, this activity page will be presented to the activity provider and meet the minimum requirements listed on this page prior to the activity taking place.</p> <p>Skills will be taught in the proper progression.</p> <p>Activities will be based on skills taught.</p> <p>Before involving students in the outdoor activity, teachers must take the following into consideration:</p> <ul style="list-style-type: none"> <li>• previous training</li> <li>• the length of time students will be vigorously active</li> <li>• the temperature of the air and water</li> </ul>	<p>On-site supervision is required by the instructor at all times when students are present; this includes on-land training prior to departure, during the on-the-water lessons, and back on shore after the activity. If the lead instructor is a non-teacher hired by the school, a school employee must also be present and assume overall responsibility for the excursion and the supervision of students.</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</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>worn and properly fastened at all times while on the water.</p> <p>Determine that all equipment is safe for use (e.g., no sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the teacher.</p> <p>Students must be educated on the purpose of the stand-up paddleboard leash, and the leash must be worn at all times while on the paddleboard.</p> <p>Leashes are required.</p> <p>Any gear needed (e.g., water bottles, dry bags, safety kits) must be secured safely away from paddlers' stance area.</p> <p>At least one spare paddle (for day trips) must be carried by a qualified instructor only.</p>			<p>Adequate hydration must be accessible.</p> <p>Students will be aware of ways to protect themselves from weather-related injuries (e.g., hypothermia, hyperthermia, dehydration, sunburn, and environmental hazards such as insect bites/stings and poison ivy).</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p><b>Water Safety</b></p> <p>Correctly fitting and Transport Canada-approved PFDs (life jackets), with whistle attached, will be worn and properly fastened at all times while on the water per Paddle Canada's regulations.</p> <p>The supervisor in charge will 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 stormy weather suddenly approaches, seek appropriate shelter immediately.</p>	<p>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 expectations for the activity.</p> <p><b>Instructor Qualifications</b></p> <p>Instructor must possess Paddle Canada Advanced Flatwater Stand Up Paddle Board Skills certification. If stand-up paddleboarding in the ocean, the instructor must also possess a SUP Touring (Level I) Paddle Canada certified course and be familiar with the paddling environment.</p> <p><b>Ratios</b></p> <ul style="list-style-type: none"> <li>▪ 1:6 supervisor/students (according to Paddle Canada Basic SUP Skills course)</li> </ul> <p><b>First Aid Certification</b></p> <p>At least one supervisor will have current first aid certification, which may be</p> <ul style="list-style-type: none"> <li>▪ Canadian Red Cross Wilderness and Remote First Aid</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
				<ul style="list-style-type: none"> <li>▪ National Lifeguard Certification</li> </ul> <p>It is recommended that at least one other supervisor has Intermediate First Aid certification or higher.</p> <p><b>Note:</b> When the activity involves paddling away from a sheltered bay or base camp, and/or involves a day trip, there must be a minimum of 3 adults supervising/monitoring the activity. If the qualified instructor is also the water safety supervisor, 2 other individuals with the knowledge and skills are required to assist the qualified instructor. These roles could be fulfilled by a teacher, a volunteer, or an outside provider, and must be approved by the RCE/CSAP.</p>

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

# Outdoor Education: Swimming (Ocean, Lakes, Ponds, Rivers)

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

See Outdoor Education General Procedures.

For additional information, see [Nova Scotia Operational Guidelines for Aquatic Facilities](#) and the [Recreational Camps section of Ontario's Health Protection and Promotion Act](#).

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>The person in charge will have a whistle or other signalling device.</p> <p><b>Recreational Camps</b></p> <p>Accessibility to standard safety equipment:</p> <ul style="list-style-type: none"> <li>▪ one or more buoyant rescue aids (e.g., rescue tube attached to a waist loop) with a 6 mm (0.25 in.) line at least 1.6 m (5 ft. 3 in.) in length</li> <li>▪ one or more reaching poles of 3.6 m (12 ft.) or greater in length</li> <li>▪ one or more buoyant throwing aids attached to a</li> </ul>	<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 areas will be</p> <ul style="list-style-type: none"> <li>▪ clearly defined (e.g., at camps' buoyed area)</li> <li>▪ free from hazards</li> <li>▪ have suitable water temperature</li> </ul> <p>No swimming in fast-moving rivers or streams.</p> <p>Prior to swimming, supervisors will 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><b>Non-designated Swimming Area</b></p> <p>Supervisors will swim/check the whole area for underwater hazards.</p>	<p><b>Swim Test</b></p> <p>Swim ability will be demonstrated in shallow water to a certified swimming instructor/lifeguard prior to swimming.</p> <p>Students will be able to perform the following in order to be designated "a swimmer":</p> <ul style="list-style-type: none"> <li>▪ tread water for 1 minute</li> <li>▪ swim 50 m (164')</li> </ul> <p>The swim test will be completed within the school year in which the activity is taking place.</p> <p>Non-swimmers will be 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><b>Supervision Ratio for Instructional Swims</b></p> <p>Instructional swim may include organized games, relays etc., but <i>cannot</i> include an unorganized recreational swim without proper supervision.</p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios.</p> <p><b>Swim Instruction Qualifications</b></p> <p>Instructors will hold one of the following current certifications:</p> <ul style="list-style-type: none"> <li>▪ Lifesaving Society Swim Instructor certificate plus an Assistant Lifeguard certificate</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>6 mm (0.25 in.) line at least 8 m (26 ft. 5 in.) in length</p> <ul style="list-style-type: none"> <li>▪ spinal board, paddleboard, or boat, when any part of the swimming area is more than 50 m from the shore</li> <li>▪ blankets and pillows</li> </ul>			<p>Properly fastened PFDs are the only acceptable flotation devices.</p> <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p>Lifeguard and outside provider will be made aware of the swim test results (e.g., which students passed the swim test and which students will wear a PFD for recreational swims).</p> <p>Lifeguards will be readily identifiable to all swimmers at all times.</p> <p>In an emergency, the lifeguard is in charge.</p> <p>An emergency action plan will be in place and communicated to all supervisors.</p> <p>Students will practice simulated emergency situations (e.g., find a partner, assemble on shore with three loud whistle blasts).</p> <p>Students will be made aware of all rules and regulations associated with the swimming area.</p>	<ul style="list-style-type: none"> <li>▪ YMCA Instructor certificate</li> <li>▪ National Lifeguard certification</li> <li>▪ Basic First Aid certification (e.g., Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol)</li> <li>▪ In remote or wilderness settings one instructor will have Wilderness and Remote First Aid certification.</li> </ul> <p><b>Note:</b> Verified copies of certification will be available.</p> <p><b>Supervision Ratio for Recreational Swim</b> (no instruction)</p> <p>Teachers will accompany students to the swimming area and be present at the swimming area or in the water during the recreational</p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios.</p> <p>Despite the supervision required, the waterfront director (at a camp) shall determine if additional supervision is required if there are non-swimmers, students with intellectual or physical challenges, or</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students will be informed of acceptable standards of behaviour.</p> <p>Adequate hydration will be accessible.</p> <p>Students will 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 will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ previous training</li> <li>▪ the length of time students will be vigorously active</li> <li>▪ the temperature</li> <li>▪ the weather report</li> </ul> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Students will swim with a partner.</p> <p>A bather-counting system will be used at regular intervals (e.g., number students, blow whistle, and have them count off). Use this counting procedure at the beginning,</p>	<p>campers under five years of age using the waterfront area; the type of waterfront area, and number of children using the area, will be considered. In addition to the lifeguards, there will be at least one adult supervisor familiar with and capable of assisting in aquatic emergency procedures (e.g., location of first aid kit and phone; emergency action plan).</p> <p><b>Lifeguard Qualifications</b></p> <p>A lifeguard will have current National Lifeguard Certification.</p> <p>A vehicle for emergency purposes will be accessible.</p> <p>In situations when EHS (Emergency Health Services) 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 will not be the supervisor in charge of the trip.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>every 15 minutes, and as the students exit the water.</p> <p>Duration of swim will depend on</p> <ul style="list-style-type: none"> <li>▪ capability of swimmers</li> <li>▪ weather conditions</li> <li>▪ water conditions</li> <li>▪ time of day</li> </ul> <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 will 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)</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>may affect participation (see Introduction).</p> <p><b>Note:</b> The lifeguard will have the authority to stop any activity that they feel may be putting swimmers in a potentially dangerous situation.</p>	

**Note:** See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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>Toboggans/sleds will be in good repair with no jagged edges.</p> <p>Equipment that is difficult to control will not be used (e.g., cardboard boxes, snow saucers or other discs, garbage bags, inner tubes). See <a href="#">Parachute Canada guidelines on sledding and tobogganing</a>.</p>	<p>Appropriate clothing and footwear for outdoor activity will be worn. A hat and gloves will be available for use.</p> <p>Check for hanging drawstrings.</p> <p>No exposed or hanging jewellery.</p> <p>No loose scarves.</p> <p>Tie up long hair so it cannot get caught.</p> <p>Parents/guardians will 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 will be made aware of the boundaries for the activity.</p> <p>When choosing a site, the following conditions will be taken into consideration:</p> <ul style="list-style-type: none"> <li>▪ sun</li> <li>▪ wind</li> <li>▪ snow conditions</li> <li>▪ suitability of terrain</li> <li>▪ proximity to warmth, food, washrooms and other facilities</li> </ul> <p>The hill and run-out section at the bottom of the hill will be free of obstacles (e.g., trees, exposed rocks, a roadway, railway, 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>Emergency procedures will be established and communicated to the students.</p> <p>Only seated forward positioning is permitted on toboggans/sleds.</p> <p>There will be a safe distance between toboggans/sleds going down the hill.</p> <p>No overloading of toboggans/sleds.</p> <p>Establish safe procedures for students to clear the bottom area of the slide. Teach students to roll off the toboggan if heading for danger.</p> <p>Prior to the activity, students will 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>On-site supervision is required.</p> <p>If dividing the class into groups, duties of supervisors for each group will be clearly outlined.</p> <p>There will be a designated supervisor (teacher, parent/guardian, or responsible adult) with a vehicle to accompany an injured student to the hospital. This will not be the supervisor in charge.</p> <p><b>First Aid Certification</b></p> <p>At least one supervisor will have current first aid certification, determined by the location of the activity (urban, remote, wilderness) which may be</p> <ul style="list-style-type: none"> <li>▪ Intermediate First Aid with CPR-C</li> <li>▪ Canadian Red Cross Wilderness First Aid, Basic or Advanced</li> <li>▪ Wilderness and Remote First Aid equivalent</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<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, or any respiratory problems, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen).</p> <p>Adequate hydration will be accessible.</p> <p>Students will receive instruction on symptoms and treatment of frostbite and hypothermia.</p>	<p>When taking students to wilderness areas 60 minutes and beyond emergency medical services, the first aid designation will be Wilderness and Remote First Aid.</p> <p><b>Note:</b> It is also recommended that at least one other supervisor has a minimum of Intermediate First Aid certification or higher.</p>

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

# Outdoor Education: Winter Camping

Winter camping is **not recommended** for students in grades primary–8 in physical education.

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 will be readily accessible when camping off school grounds.</p> <p>A working communication device (e.g., two-way radio, cell phone) will be available for all activities/locations. SPOT is highly recommended.</p> <p>Collect and check all equipment prior to use.</p> <p>Each person will have a whistle or other signalling device.</p> <p>If cooking on stoves, use propane/liquid gas type stoves (1 per 6 students).</p> <p>Each person will have a four-season sleeping bag or equivalent (modified three-season).</p> <p>Each person will have a ground sheet or thermarest/</p>	<p>Clothing and footwear appropriate to the activities and environmental conditions will be worn.</p> <p>No exposed or hanging jewellery.</p> <p>Have suitable layers and change of clothing for one to two days longer than the number of days of excursion.</p> <p>Layering clothing principles will be taught.</p>	<p>Determine that all facilities are safe for use.</p> <p>Facilities/sites will be consistent with the age and experience of campers.</p> <p>Washroom facilities will be within walking distance.</p> <p>Hot tents/wood stoves will be in proper working order.</p> <p>Winter shelter will be properly constructed and inspected by the lead supervisor (e.g., quinzhees or other type of snow shelters).</p> <p><b>Campfires</b></p> <p>If at all possible, school programs that involve campfires should be done offsite, at day-use campgrounds or parks that have fire pits. If this is not possible, and the program activity that involves outdoor fire must proceed on school property, the following must be adhered to before lighting a campfire:</p>	<p>This activity page will be presented to the activity provider prior to the activity taking place.</p> <p>Completed medical forms for each participating student will be accessible.</p> <p>Skills will be taught in proper progression. Student abilities and supervisor skills will match the environment of present winter conditions.</p> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen).</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Students will receive instruction in the prevention and treatment of hypothermia and frostbite.</p>	<p>On-site supervision is required.</p> <p><b>Ratio</b></p> <p>The ratio of supervision is</p> <ul style="list-style-type: none"> <li>▪ 1:10 for remote overnight camping (two adults recommended)</li> <li>▪ 1:15 for urban overnight camping</li> </ul> <p>A vehicle for emergency purposes will be accessible at base camp.</p> <p>The supervisor in charge of the pursuit will designate a responsible adult (e.g., teacher, parent, volunteer) to transport/ accompany an injured student to the hospital. This will not be the supervisor in charge of the pursuit.</p> <p>Teachers/supervisors will have previous winter camping experience.</p> <p>Filling and lighting camp stoves will be done under constant visual supervision.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>insulation pad for under the sleeping bag.</p> <p>A flashlight will 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 will be taken.</p> <p>An adequate supply of safe water will be taken.</p> <p>Fire striker, waterproof matches, and/or matches in a waterproof container will be on-site.</p>		<ul style="list-style-type: none"> <li>▪ The municipality are to be contacted regarding any fire by-laws and guidelines, permits (if required) for the school location.</li> <li>▪ The Department of Natural Resources are to be contacted regarding fire bans, burning permits, etc.</li> <li>▪ The local fire department must be notified.</li> <li>▪ A fire extinguisher, bucket of water, and a first aid kit must be on site near the fire pit.</li> <li>▪ Fire must be in an appropriately built fire ring or pit, and at least 30' away from anything flammable including buildings, temporary structures, shrubs, and overhead branches.</li> <li>▪ Any combustible materials such as sod and leaves are to be cleared away at least 1 m from the fire ring or pit.</li> <li>▪ Use only seasoned wood; do not burn fallen branches or brush from the school property.</li> <li>▪ No use of accelerants.</li> <li>▪ Keep fire to a manageable size and allow wood to burn to ash.</li> </ul>	<p>Students will be instructed in outdoor winter survival techniques.</p> <p>A systematic pattern for group travel and communication will be established.</p> <p>Length and difficulty of the excursion will be commensurate with the age and ability of students.</p> <p>Do not travel in darkness except for emergencies.</p> <p>Students will be made aware of expectations as they relate to</p> <ul style="list-style-type: none"> <li>▪ behaviour</li> <li>▪ emergency procedures</li> <li>▪ signal to assemble</li> </ul> <p>Teachers/supervisors will use a buddy system to keep track of students.</p> <p>A process for the accounting of students will be in place.</p> <p>A program will be planned in detail with contingency plans for inclement weather.</p> <p>A complete excursion itinerary will be left in the school.</p> <p>Students will not use axes.</p> <p>Saws can be used by grade 6</p>	<p>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><b>First Aid Certification</b></p> <p>At least one supervisor will 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 Intermediate First Aid certification.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
		<ul style="list-style-type: none"> <li>▪ Constant supervision by school staff must be maintained during fire activity.</li> <li>▪ Completely drown embers with excessive water, stirring with a shovel.</li> <li>▪ A final inspection must take place 4 hours after the fire was extinguished.</li> </ul>	<p>students under the direct supervision of the teacher in charge.</p> <p>No open flame of any sort can be used in or near tents (e.g., 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><i>There is to be no use of tent heaters or gas lanterns.</i></p> <p>Teachers/supervisors will check heat sources and monitor their use. Tents will be properly ventilated when the wood stove is in use. Wood stoves used in tents will be monitored regularly throughout the time they are used.</p> <p><b>Note:</b> Extreme temperatures and wind chill, along with challenging winter conditions, will guide the lead supervisor in making appropriate decisions for the health and well-being of students.</p>	

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

# Paddle Tennis

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Paddles will be inspected regularly for damage and to ensure proper grip.</p> <p>Balls will be appropriate for the ability of the students.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines will be clearly defined.</p> <p>A safety procedure will be established for side-by-side courts.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>When teaching skills and playing, there will be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students will be taught the code of etiquette for court play.</p> <p>Only singles will be played unless a proper doubles court is available.</p> <p>There will 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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

# Paddleball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Paddles will be inspected regularly for damage and wear.</p> <p>Balls will be appropriate for the ability of the students.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines will be clearly defined.</p> <p>A safety procedure will be established for side-by-side courts.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide safe footing and traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills taught.</p> <p>When teaching skills and playing, there will be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students will be taught the code of etiquette for court play.</p> <p>Students will 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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

## Parachute Games

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will 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 will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills will be taught in progression.</p> <p>Games will be based on skills that are taught.</p> <p>Students will not put any body parts through the hole in the chute.</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 for junior and intermediate students.</p> <p>Constant visual supervision is required with primary students.</p>

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

# Pickleball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Racquets will be regularly inspected for damage and wear.</p> <p>Balls will be appropriate for the ability of the students.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines will be clearly defined.</p> <p>A safety procedure will be established for side-by-side courts.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills will be taught in proper progression.</p> <p>When teaching skills and playing, there will be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students will be taught the code of etiquette for court play.</p> <p>Only singles will 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 is required after skills have been taught.</p>

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

# Racquetball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>When playing on an enclosed regulation court, protective eye gear meeting ASTM F803 standards or equivalent will be worn.</p> <p>Racquetball racquets will be equipped with a thong that is worn around the wrist.</p> <p>Racquets will be inspected regularly for damage and wear.</p> <p>Balls will be appropriate for the age and ability of the students.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Court boundary lines will be clearly defined.</p> <p>A safety procedure will be established for side-by-side courts.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>When teaching skills and playing, there will be adequate spacing for each player to make an uninterrupted swing.</p> <p>Students will 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.</p> <p>In-the-area supervision is required after skills have been taught.</p>

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

## Ringette: Gym

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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 will be checked regularly for cracks and splinters.</p> <p>Stick length will be appropriate to the height of the student.</p> <p>Goalies will wear a protective mask (e.g., hockey helmet with cage, softball mask).</p> <p>Goalies will wear gloves, pads, and chest protector appropriate to the activity (e.g., ball glove).</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No rings and watches.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and areas will be free of all obstacles (e.g., tables, chairs, pianos) and provide sufficient traction.</p> <p>Floor plugs will be in place.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>The following rules will be in place and enforced by penalties:</p> <ul style="list-style-type: none"> <li>▪ No body contact.</li> <li>▪ No stick-on-body contact or stick-on-stick contact.</li> <li>▪ Sticks will remain below the waist at all times.</li> <li>▪ Implement a crease for protection of the goalie, and no other player or player’s stick is allowed in the crease.</li> </ul> <p>Sticks will 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 will remain in the crease area during play.</p> <p>Sticks will be in contact with the floor always, except on a shot or a pass when the stick may not go beyond waist level.</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<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 affect athlete's participation (see Introduction).</p>	

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

## Ringette: Ice

Ice ringette is **not recommended** for students in grades primary–4 in physical education.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Goalies will wear</p> <ul style="list-style-type: none"> <li>▪ a CSA-approved hockey helmet and protective mask</li> <li>▪ a catcher/blocker</li> <li>▪ elbow pads</li> <li>▪ chest and arm protectors</li> <li>▪ leg pads</li> <li>▪ a cup or pelvic protector</li> </ul> <p>Players will wear</p> <ul style="list-style-type: none"> <li>▪ a CSA-approved hockey helmet with face guard</li> <li>▪ hockey gloves</li> <li>▪ elbow pads, shin guards</li> <li>▪ shoulder pads</li> <li>▪ a cup or pelvic protector</li> </ul>	<p>Appropriate clothing and footwear will be worn.</p> <p>Ice hockey skates will fit properly.</p> <p>No exposed or hanging jewellery.</p> <p>No rings.</p> <p>No watches.</p>	<p>Determine that all facilities are safe for use.</p> <p>Ice surfaces will 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>Skills will be taught in proper progression.</p> <p>Games will 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 will be strictly enforced.</p> <p>Implement a crease for protection of the goalie.</p> <p>No other player or player's stick is allowed in the crease.</p> <p>The goalie will remain in the crease area.</p> <p>Modify the games to suit the ability of students.</p> <p>Students will 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 will 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>Sticks:</p> <ul style="list-style-type: none"> <li>▪ Use only regulation ringette sticks.</li> <li>▪ Check regularly for cracks.</li> <li>▪ An excel stick is not to be used.</li> </ul> <p>Use a regulation rubber ring.</p>			<p>weather conditions (e.g., frostbite and hypothermia).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p>	

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

## Rugby: Flag/Touch (Non-contact Only)

Contact rugby is **not recommended** for Nova Scotia students in physical education.

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

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

# Scoop Ball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Scoops and scoop balls will be in good playing condition (e.g., no cracks and/or chips).</p> <p>Goalies will wear a protective mask in a game situation.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing areas will be free of obstructions (e.g., tables, chairs) and provide safe footing and traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills taught.</p> <p>No intentional contact (e.g., body to body or scoop to body) is allowed.</p> <p>Stress student responsibility regarding the need for individual space.</p> <p>If a goalie is used in a game situation, a crease <i>will</i> 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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

## Scooter Board

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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. Consider this when making new scooter board purchases as older models do not have handles.</p> <p>Scooter Boards will be in good repair (e.g., no cracks, broken-off edges, or loose wheels).</p>	<p>Tie back long hair if the student is lying down on the scooter.</p> <p>Appropriate clothing and footwear will be worn.</p> <p>No loose hanging clothing.</p> <p>No exposed or 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 surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p> <p>Establish boundaries or use protective mats to eliminate protrusions (e.g., handles on stage/storage doors).</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</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 will be avoided.</p> <p>In scooter-soccer and scooter-hockey, intentional scooter-to-scooter contact and high swings with legs and sticks will be discouraged.</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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

## Scuba Diving

Scuba diving is **not recommended** for Nova Scotia students in physical education.

## Self-Defence

Martial arts, apart from Tai Chi, is **not recommended** for students in grades primary–8 in physical education.

**Note:** Self-defence techniques can be taught by qualified instructors, if throws and falls are not included in the lessons.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p><b>Activity Surface</b></p> <p>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 surfaces will be clean and checked frequently for irregularities (e.g., no gaps, overlaps, or difference in height when joined).</p>	<p>Appropriate clothing and footwear will 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>The floor surface will be clear, smooth, level, and dry.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide safe footing and traction.</p> <p>Surrounding walls will be padded if the mat surface is less than 2 m (6.5 ft.) from the wall.</p>	<p>Skills will be taught in proper progression.</p> <p>Stress importance of anticipation, and avoidance of risky situations, self-defence tactics, and appropriate aggression.</p> <p>No throws.</p> <p>Students will 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>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision by a teacher and a qualified self-defence instructor is required.</p> <p>Qualified instructors in self-defence will deliver the program.</p>

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

# Sepak Takraw

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Poles will be safely stored when not in use.</p> <p>Nets will have no frayed wires.</p> <p>Ball will be appropriate for the age and ability of the students (e.g., foam, elephant skin, haki-sac, a suitable rattan or synthetic Takraw ball).</p> <p>Net height will be appropriate for the age and ability of students.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>When poles are removed, floor plugs will be replaced.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and will provide safe footing and traction.</p> <p>Designate an activity boundary area a safe distance from walls.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</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 will be taught.</p> <p>Drills will be organized to minimize the risk of being hit with an errant ball.</p> <p>Activities/rules will be modified to the age and ability level of the participants.</p> <p>Students will be instructed in the safe and correct method of setting up, adjusting, and taking down the net.</p> <p>When the facility does not allow for safe play (e.g., poles</p>	<p>On-site supervision is required during initial instruction of skills. In-the-area supervision is required after skills have been taught.</p> <p>On-site supervision is required during equipment set-up and take-down.</p> <p>When using volleyball poles, constant visual supervision is required during equipment set-up and take down.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>on sidelines adjacent to walls) modify rules appropriately.</p> <p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p>	

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

# Skateboard

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Parents/students will be informed that skateboards brought to school will be in good repair.</p> <p>Participants will wear a skateboarding helmet. Refer to the <a href="https://parachute.ca/en/injury-topic/summer-sports/skateboarding/">Injury Topics</a> section of the Parachute website for rationale on use of helmets for skateboarding. (<a href="https://parachute.ca/en/injury-topic/summer-sports/skateboarding/">https://parachute.ca/en/injury-topic/summer-sports/skateboarding/</a>)</p> <p>When renting/borrowing equipment, skateboard size will 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 will be worn.</p> <p>Suitable footwear will be worn, such as closed, slip-resistant shoes (e.g., running shoes, skateboard shoes). No sandals.</p> <p>No exposed or hanging jewellery.</p> <p>Parents/guardians/students will be made aware of the importance of wearing</p> <ul style="list-style-type: none"> <li>▪ a correctly fitting helmet designed for skateboard</li> <li>▪ elbow pads</li> <li>▪ knee pads</li> <li>▪ wrist guards</li> </ul>	<p>Determine that all facilities are safe for use.</p> <p>Public or commercial sites will be in good repair.</p> <p>Select a skateboard area that is free from traffic and significant inclines.</p> <p>Skateboarding surfaces will be dry and free of any obstacles and debris.</p>	<p>Participants will follow rules posted at public/commercial skateboard sites.</p> <p>Safety rules will be clearly outlined to students. Emphasize the importance of being in control of the skateboard at all times.</p> <p>Skills will be taught in proper progression.</p> <p>Activities will be based on skills taught.</p> <p>All students will participate in a formal lesson, which will include instruction in the proper wearing and use of equipment.</p> <p>All skateboarders, regardless of ability, will be given basic instruction in</p> <ul style="list-style-type: none"> <li>▪ turning</li> <li>▪ braking</li> <li>▪ coasting</li> <li>▪ balancing</li> <li>▪ using slopes</li> </ul> <p>Beginner skateboarders will be allocated their own space.</p> <p>No audio devices may be used (e.g., headphones, ear buds).</p>	<p>On-site supervision is required.</p> <p>Teachers may also prepare by training with others who have completed the Skate Pass Program.</p> <p><b>Outside Instructor</b></p> <p>An outside instructor will have certification or experience in instruction of skateboarding.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Parents/guardians will be informed of the importance of sun protection.</p> <p>No inversions.</p> <p>Specific instruction will be provided to skateboard in more challenging areas of the facilities/site, (e.g., instruction on half-pipe/terrain park, jumps, or ramps).</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> <p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Instruct participants to keep a safe distance from each other (e.g., 2–3 m) to prevent</p>	

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

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

# Skating: Ice

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>If school is not bringing a first aid kit, check that the arena has an accessible kit and know its location.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Students will wear a properly fitted (per manufacturer's guidelines) and properly worn bicycle, in-line skating, or skateboarding helmet certified by a recognized safety standards association (e.g., CSA, CSPC, ASTM, Snell, BSI, AS). See <a href="https://parachute.ca/en/injury-topic/helmets/">https://parachute.ca/en/injury-topic/helmets/</a> for further details.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Teachers will communicate to students and parents/guardians the importance of</p> <ul style="list-style-type: none"> <li>▪ wearing a CSA-approved hockey helmet (mandatory)</li> <li>▪ wearing properly fitted skates</li> <li>▪ wearing gloves or mittens</li> <li>▪ transporting skates safely</li> </ul> <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 will be determined with absolute certainty. Contact local authorities for information.</p> <p>Ice skating surfaces will be free of obstacles and hazardous cracks.</p>	<p>A portion of the ice time will 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.</p> <p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>Activities will 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 will be made aware of the need for extra caution and control on the ice, including common procedures, such as skating in the same direction during a free skate.</p> <p>Tag-type games, racing, and “crack the whip” (creating a</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>chain of skaters) will be avoided.</p> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen).</p> <p>Students will 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> <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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

## Skating: In-line/Quad Roller

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Skates will be checked to ensure</p> <ul style="list-style-type: none"> <li>▪ the brake is not loose or worn out</li> <li>▪ wheels are free of dirt, grime, and oil</li> <li>▪ wheels are not loose or wobbly</li> </ul> <p>Students will wear a CSA-approved hockey helmet.</p>	<p>Appropriate clothing, footwear and protective gear listed below will be worn (e.g., long-sleeved shirts to prevent scrapes and cuts).</p> <p>Teachers will communicate to parents/guardians and students the importance of the following clothing for participation</p> <ul style="list-style-type: none"> <li>▪ properly fitting skates</li> <li>▪ knee pads</li> <li>▪ elbow pads</li> <li>▪ wrist guards</li> <li>▪ helmet (which is mandatory)</li> </ul>	<p>Determine that all facilities are safe for use.</p> <p>Skating surfaces will be dry and free of any obstacles and debris.</p> <p><b>On-School Site</b></p> <p>Designate a skating area free from traffic and significant inclines.</p> <p>Use gymnasiums where suitable.</p> <p><b>Off-School Site (Intermediate and Senior Levels Only)</b></p> <p>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 will meet safety guidelines.</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"> <li>▪ motion</li> <li>▪ stopping</li> <li>▪ turning</li> </ul> <p>Skills will be taught in proper progression.</p> <p>Activities will be taught in proper progression.</p> <p>Designate skating direction for everyone (e.g., clockwise or counterclockwise).</p> <p>No audio devices (e.g., headphones, ear buds) may be used.</p> <p>No racing, chasing, or tag games.</p>	<p><b>On-School Site</b></p> <p>On-site supervision is required.</p> <p><b>Off-School Site (Grades 5–12 Only)</b></p> <p>In-the-area supervision is required.</p> <p><b>Ratio</b></p> <ul style="list-style-type: none"> <li>▪ 1:15 teacher/students</li> </ul> <p>There will 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) will seek assistance from appropriate support staff and refrain from taking part in in-line/quad roller skating until help is received.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Teach skating courtesy:</p> <ul style="list-style-type: none"> <li>▪ Skate in the same direction as others.</li> <li>▪ Skate on the right, pass on the left.</li> <li>▪ Announce your intention to pass by saying, “passing on your left” or using a bell/whistle.</li> </ul> <p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Instruct participants to keep a safe distance from each other (e.g., 2–3 m) to prevent interference/tripping one another.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect participation (see Introduction).</p>	<p><b>Outside Instructor</b></p> <p>An outside instructor will have certification of, or experience in, instruction of in-line skating.</p> <p>One supervisor will 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 wilderness type setting. If the location is considered urban or remote, the supervisor will have current Intermediate First Aid certification and supporting supervisors will have a minimum of Basic First Aid certification.</p>

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

# Skipping

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g. cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Ropes appropriate for skipping will be used.</p> <p>Ropes will be of appropriate length for the size and ability of students.</p>	<p>Appropriate clothing and footwear will be worn. No bare feet.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide safe footing and traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students will be taught safe use of equipment (e.g., no nooses, no swinging over head, no lasso).</p> <p>Students will 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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

# Slacklining (Using Natural or Outdoor Fixture)

For all slacklining programs that take place in an indoor or outdoor physical education setting.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g. cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Tubular nylon webbing, oval binders and slings (minimum of approximately 17 kN/ 1700 kg/ 3822 lb./2 tons tensile strength) will be used.</p> <p>Gibbon slacklines are ideal for simple and easy set-ups.</p> <p>All equipment will be commercially and specifically manufactured 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 will be compatible with the chosen anchor devices.</p> <p>Anchor points will be able to withstand 17 kN/ 1700 kg/ 3822 lb./ 2 tons of tension. For natural</p>	<p>Clothing appropriate for seasonal and weather conditions will be worn (e.g., shorts or rolled-up pant legs so that feet are visible and not obstructed).</p> <p>Footwear can be socks or sneakers. Bare feet are also acceptable.</p>	<p>Anchor points will be strong enough to support 17 kN/1700 kg/ 3822 lb./ 2 tons of tension. (See Equipment column.)</p> <p>The area for slacklining will be 8 ft. away, on both sides of the slackline, from any structure or wall. The landing area will be completely flat and level.</p> <p>Anchor points will be inspected by an instructor qualified for slacklining.</p> <p>A suitable means of transporting an injured student will be accessible.</p>	<p>The activity provider will meet the minimum requirements listed in these guidelines.</p> <p>Slacklines cannot be above 50 cm from the landing surface. Lines for grades primary–8 students will be 30 cm from the landing surface.</p> <p>Only one student can be 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>Completed medical forms for each participating student will be accessible.</p> <p>Prior to the first lesson, teachers will inform slacklining instructors of students who have special needs.</p>	<p>Teachers will demonstrate successful completion of a slacklining workshop.</p> <p>If multiple slacklines are being set up, there will be one supervising teacher at each line.</p> <p>Instructors will 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 will be at least 18 years of age or older to teach the introductory lesson.</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 will be directly supervised by a qualified teacher instructor.</p> <p>At least one instructor will have current first aid</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>environments, use living trees that are a minimum of 10 inches in diameter. Trees will be protected from anchor lines by wrapping them with ¼ in. material.</p> <p>All anchors (natural or human-made) will be SRENE (<b>S</b>olid, <b>R</b>edundant, <b>E</b>qualized and <b>N</b>on-Extending).</p> <p>All equipment will be inspected by qualified personnel prior to activity.</p>			<p>Teachers, instructors, and students will be aware of safety procedures.</p> <p>Skills will be taught in proper progression.</p> <p>Activity and course elements that are introduced will be based on skills that are taught and appropriate for the developmental stage and experience of the students.</p> <p>An introductory lesson will be an integral part of the program for all students and includes:</p> <ul style="list-style-type: none"> <li>▪ identifying the slacklines to be used</li> <li>▪ identifying the anchors to be used</li> <li>▪ instruction and repeat practice of <ul style="list-style-type: none"> <li>– correct use of the slackline</li> <li>– correct use of anchor points</li> <li>– the concept of balancing on the slackline</li> <li>– the concept of how to walk on the slackline</li> <li>– general slacklining principles</li> <li>– stepping on and off the slackline procedures</li> <li>– how to assist a partner</li> </ul> </li> </ul>	<p>qualifications equivalent to or exceeding Intermediate First Aid with CPR-C.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students will be allowed to select a challenge at their comfort level.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect participation.</p>	

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

# Snorkelling

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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 <a href="#">Nova Scotia Operational Guidelines for Aquatic Facilities</a>.</p> <p><b>For Recreational Camps</b></p> <p>Accessibility to standard safety equipment, as follows:</p> <ul style="list-style-type: none"> <li>▪ one or more buoyant rescue aids attached to a waist loop with a 6 mm (0.25 in.) line at least 1.6 m (5 ft.) in length</li> <li>▪ one or more reaching poles of 3.7 m (12 ft.) or greater in length</li> <li>▪ one or more buoyant throwing aids attached to a 6 mm (0.25 in.) line at least 8 m (26 ft.) in length</li> <li>▪ spinal board</li> <li>▪ paddleboard or boat, when any part of the swimming</li> </ul>	<p>Follow rules of the provider for the wearing of 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, will fit properly.</p>	<p>Backyard pools will not be used.</p> <p>Pool decks will be clear of obstacles.</p> <p>Acceptable snorkelling locations include</p> <ul style="list-style-type: none"> <li>▪ school/community swimming pools</li> <li>▪ recreational camps (lakes, ponds, rivers) within designated areas</li> <li>▪ open water snorkeling will occur within clearly defined boundaries</li> </ul> <p>Determine that all facilities are safe for use.</p> <p>No cave snorkelling.</p>	<p>Be aware of and inform the 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 the water.</p> <p>Emergency procedures will be outlined to students prior to entering the water.</p> <p>Students will adhere to the following rules:</p> <ul style="list-style-type: none"> <li>▪ No running or pushing on deck.</li> <li>▪ No gum chewing.</li> <li>▪ No food in the pool area.</li> <li>▪ Stay clear of the diving area.</li> <li>▪ No diving off the deck into water less than 2.8 m (9 ft.) in depth.</li> <li>▪ No street shoes on deck.</li> </ul> <p><b>Swim Test</b></p> <p>Prior to snorkeling, students will successfully complete the following swim test in its entirety:</p>	<p>On-site supervision is required.</p> <p>A teacher or other school supervisor will accompany students to the pool and be on deck or in the pool.</p> <p><b>Supervision Ratio for Instructional Swim</b></p> <p>Instructional swim may include organized games, relays, etc., but <i>cannot</i> include a recreational swim.</p> <p>There will be a minimum of <i>two certified aquatics instructors</i> 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><b>Swim Instruction Qualifications</b></p> <p>Both instructors will hold one of the following current certifications:</p> <ul style="list-style-type: none"> <li>▪ Lifesaving Society Swim Instructor certificate plus</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>area is more than 50 m (165 ft.) from the shore</p>			<ul style="list-style-type: none"> <li>▪ rolling entry (backwards or forward) into deep water at 2.75 m (9') minimum depth</li> <li>▪ tread water for 1 minute</li> <li>▪ swim 50 m (164') continuously any stroke</li> </ul> <p>The components of the swim test will be completed in sequence and without any aids or stops.</p> <p>The test will be administered by a qualified instructor/guard (test is based on the Lifesaving Society's Swim to Survive™ Standard).</p> <p>The swim test will be completed within the school year in which the activity is taking place.</p> <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p><i>Students who do not pass the above swim test or who do not have the aforementioned certification will not snorkel.</i></p> <p>Initial instruction on snorkelling will occur in shallow water.</p>	<ul style="list-style-type: none"> <li>▪ an Assistant Lifeguard certificate</li> <li>▪ YMCA Instructor certificate</li> <li>▪ National Lifeguard certification</li> </ul> <p>One instructor will also have current</p> <ul style="list-style-type: none"> <li>▪ National Lifeguard certification</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ Intermediate First Aid certification (e.g., Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol)</li> </ul> <p><b>Note:</b> Verified copies of certification will be available in the pool area.</p> <p>A teacher who is providing instruction and is unfamiliar with snorkelling techniques will seek assistance from an appropriate source (e.g., experienced staff member or a qualified snorkelling instructor).</p> <p><b>Snorkelling Instructor Qualifications</b></p> <p>A non-teacher instructor will hold an instructor certificate issued by one of the following:</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Skills will be taught in proper progression.</p> <p>Students with infected cuts or open sores will not go in the water.</p> <p>Students will 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"> <li>▪ American and Canadian Underwater Certifications (ACUC)</li> <li>▪ National Association of Underwater Instructors (NAUI)</li> <li>▪ Professional Association of Diving Instructors (PADI)</li> </ul> <p><b>Note:</b> Where the non-teacher snorkelling instructor is not NLS-certified, there will be an NLS-certified lifeguard present.</p> <p><b>Lifeguard Qualifications</b></p> <p>Lifeguards will hold a current National Lifeguard certification.</p> <p>If students are issued snorkelling equipment and are given a recreational swim in a pool, the supervision ratio will remain at 2:40. In lakes, ponds, and rivers, the supervision ratio is 2:25.</p> <p>If students are given a recreational swim, they will adhere to the Lifesaving Society standards for pool regulations.</p> <p>Instructor certification will meet the Lifesaving Society</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
				<p>safety supervision requirements.</p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios.</p> <p><b>Note:</b> A swimmer/bather is anyone within 1.8 m (6 ft.) from the water's edge.</p> <p>Close and frequent monitoring of change rooms will take place, but not by lifeguards.</p>

**Note:** See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Size and weight of soccer balls will be appropriate to the age and skill level of the participants. For example, size of ball:</p> <ul style="list-style-type: none"> <li>▪ up to 10 years: size 3 or 4</li> <li>▪ 10–13 years: size 4 or 5</li> <li>▪ 13 years and older: size 5</li> </ul> <p>Outdoor soccer balls will not be used indoors for games or shooting on goalies but may be used for indoor drills.</p> <p>Sponge soccer balls, futsal, or indoor soccer balls are to be used for indoor soccer games.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No cleats permitted.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing areas will be free from debris and obstructions, provide safe footing and traction, and be well-removed from traffic areas.</p> <p>Holes and severely uneven surfaces will be reported to the principal, and students will be made aware of them.</p> <p>Indoors, keep the gym free of hazards, (e.g., tables, chairs).</p>	<p>Skills will be taught in proper progression.</p> <p>Game activities will be based on skills that are taught.</p> <p>No slide tackling or tackling from behind.</p> <p>Heading drills are not appropriate for elementary.</p> <p>Limit time spent on heading drills (secondary).</p> <p>If secondary level students are permitted to head the ball in a game, proper heading techniques will 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 indoor 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>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Adequate hydration is accessible.</p> <p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>After use, portable goal posts will be taken apart, removed, or secured to a permanent structure.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

## Softball: Fast Pitch

Fast pitch softball is **not recommended** for Nova Scotia students in physical education.

## 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).

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Wooden bats will be uncracked and have a proper grip.</p> <p>Bats will 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 will wear a mask with a throat protector.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No metal or compound cleats. Molded cleats only.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor playing areas will</p> <ul style="list-style-type: none"> <li>▪ be inspected regularly for debris and obstructions</li> <li>▪ provide suitable footing</li> <li>▪ be well removed from traffic areas</li> <li>▪ allow for sufficient traction</li> </ul> <p>The field of play will 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 will be reported to the principal and students will be made aware of them.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills taught.</p> <p>Students will 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 will 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) will be used for in-class softball.</p> <p>Students will receive instruction on safety procedures related to severe weather conditions</p>	<p>On-site supervision is required.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>OR</p> <p>If a back catcher stands a safe distance from the batter (e.g., behind the back screen) no protective equipment is necessary.</p> <p>A ball (e.g., soft, lighter weight, smaller size, compressible) that is appropriate to the skill level and ability of the students that has a softer or lower-density core and a softer cover material than regulation/official balls must be used. Regulation/official or hard covered flight-restricted softballs must not be used.</p> <p>If using a regulation softball, batters, on deck batters, baserunners, and student coaches will wear properly fitting batting helmets with flaps covering both ears.</p> <p>The on-deck batter, bat retriever, base runners, and student base coaches will wear a properly fitting batting helmet with flaps covering both ears.</p> <p>A safety bag will be used at first base.</p>		<p>Prior to use, backstops, fences, and fields will be checked for hazards. Any hazards found will be reported to students and appropriate officials. Modify the activity to avoid hazards (e.g., mark hazards with cones, cover holes in fences with mats).</p>	<p>(e.g., extreme temperatures, lightning, severe winds).</p> <p>Non-fielding players will be on the bench or in the designated area of the bench.</p> <p>Student umpires will not be positioned behind the home plate; they will stand behind the pitcher or the screen or outside the baselines.</p> <p>To avoid dangers of a slipped bat, non-fielding players will stand well back of the batter's box or behind a screen or fence. (Keep fingers away from screens.)</p> <p>Appropriate sliding techniques will 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 will be force plays.</p> <p>No tagging at home plate.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Bases will be properly secured.</p> <p>All equipment not in use will be kept out of the practice/playing area.</p> <p>All equipment will be checked regularly to determine that it is in good working order.</p>				

**Note:** See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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).

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Wooden bats will be uncracked and have a proper grip.</p> <p>Aluminum bats will 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> <ul style="list-style-type: none"> <li>▪ If a back catcher stands behind home plate or a</li> </ul>	<p>Appropriate clothing and footwear will be worn.</p> <p>No cleats.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor playing areas will</p> <ul style="list-style-type: none"> <li>▪ be inspected regularly for debris and obstructions</li> <li>▪ provide suitable footing</li> <li>▪ be well removed from traffic areas</li> </ul> <p>The field of play will 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 will be reported to the principal, and students will be made aware of them.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>Fast pitch softball will not be played in class.</p> <p>If an umpire is used, the umpire will not be positioned behind home plate. The umpire will stand behind the pitcher, behind the screen, or outside the baselines.</p> <p>Students will 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>safe distance in front of the screen alongside the batter, the player will wear a mask with a throat protector.</p> <p>OR</p> <ul style="list-style-type: none"> <li>▪ If a back catcher stands a safe distance from the batter (e.g., behind the back screen), no protective equipment is necessary.</li> </ul> <p>A 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 will be used at first base.</p> <p>Bases will be properly secured.</p>			<p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Only a back catcher (not a catcher) will be used for in-class softball.</p> <p>Players will 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 will 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> <p>Use a “force play” rule at all bases, including home plate.</p> <p>Be aware of athletes whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

# Speed Skating

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>Fully stocked first aid kit will be readily accessible.</p> <p>If the school is not bringing a first aid kit to the arena, check that the arena has an accessible kit.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>All students will wear one of the following: a properly fitted (as per manufacturer's guidelines) and properly worn:</p> <ul style="list-style-type: none"> <li>▪ speed skating helmet</li> <li>▪ CSA approved hockey helmet</li> <li>▪ ski helmet</li> <li>▪ snowboarding helmet</li> <li>▪ skateboarding helmet</li> </ul> <p>Helmets with holes (e.g., bicycle helmets) are not permissible.</p> <p>If using indoor facilities, boards will be padded in the corners.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Teachers will communicate to students and parents/guardians the importance of</p> <ul style="list-style-type: none"> <li>▪ wearing properly-fitted skates—speed skates, hockey skates, or figure skates are acceptable</li> <li>▪ wearing cut resistant gloves or mitts</li> <li>▪ wearing knee and shin pads</li> <li>▪ wearing a neck guard</li> <li>▪ wearing stretchy clothing with long sleeves</li> <li>▪ transporting skates safely</li> </ul> <p>If skating outside</p> <ul style="list-style-type: none"> <li>▪ dress for weather conditions</li> <li>▪ inform parents/students of the importance of sun protection</li> </ul>	<p>Determine that all facilities are safe for use.</p> <p>Indoor and outdoor facilities can be used.</p> <p>Before skating on outdoor ponds, ice safety will be determined with absolute certainty.</p> <p>Contact local authorities for information on ice condition.</p> <p>Ice skating surface will be free of obstacles and hazardous cracks.</p>	<p>Skills will be taught in proper progression.</p> <p>Competitions will be based on skills that are taught.</p> <p>Activities will be appropriate to the skill level of the students.</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation (see Generic Section).</p> <p>A portion of the ice time will be used for instruction, skill development, etiquette, and strategies.</p> <p>Provide ice space for beginner skaters (separate from accomplished skaters) for a period of time.</p> <p>During initial instruction, participants will keep a safe distance from each other (e.g., 2–3 m) to prevent interference/tripping one another.</p>	<p>On-site supervision.</p> <p>At least one individual instructing the lesson will have certification in FUNDamentals Leader (Speed Skating Canada).</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Stress skating technique, not speed, in all competitions, challenges, and drills.</p> <p>Students will be made aware of the need for extra caution and control on the ice, including common procedures, such as skating in same direction.</p> <p>No relays until relay skills have been taught.</p> <p>Before involving students in outdoor activity, teachers will take into consideration:</p> <ul style="list-style-type: none"> <li>▪ environmental conditions (temperature, weather, UV index, frostbite)</li> <li>▪ previous training and fitness level</li> <li>▪ length of time and intensity of physical activity</li> </ul> <p>Students will receive instruction on safety procedures related to cold weather conditions (e.g., temperature, wind chill) and methods for preventing frost bite and hypothermia.</p>	

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

# Squash

Squash is **not recommended** for students in grades primary–4 in physical education.

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

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

# Swimming in Pools

These swimming guidelines include the following water environments: registered and supervised pools.

All pools are governed by the [Nova Scotia Operational Guidelines for Aquatic Facilities](#).

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Accessibility to standard safety equipment as stated in <i>Nova Scotia Operational Guidelines for Aquatic Facilities</i>.</p> <p>Of particular note:</p> <ul style="list-style-type: none"> <li>▪ ring buoys</li> <li>▪ reaching poles</li> <li>▪ spinal board</li> <li>▪ first aid kit</li> <li>▪ emergency phone</li> </ul> <p>Electrical equipment will be properly grounded.</p>	<p>No jewelry to be worn (other than medical alert jewelry).</p> <p>Suitable swimwear.</p> <p>Device to keep hair from obstructing vision (e.g., elastic).</p>	<p>Determine that all facilities are safe for use as a registered aquatic center and recreational pool.</p> <p>Use school or community swimming pools.</p> <p><i>Backyard pools will not be used.</i></p> <p>For pond/lake swimming, see: Outdoor Education: Swimming (Ocean, Lakes, Ponds, Rivers).</p> <p>Pool deck will be kept clear of obstacles and excess water.</p>	<p>Skills will be taught in proper progression.</p> <p>Activity/games will be based on skills taught.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic device) may affect their participation (see Introduction).</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 will be outlined to students prior to entering the water.</p> <p>Students will adhere to the following rules:</p> <ul style="list-style-type: none"> <li>▪ no running or pushing on deck</li> <li>▪ no gum chewing</li> </ul>	<p><b>Teacher Supervision</b></p> <p>On-site supervision is required. If a teacher is certified, meeting the regulations of lifeguard designation, under the <i>Nova Scotia Operational Guidelines for Aquatic Facilities</i>, they do not count in the ratio designation. The justification is based on their primary responsibility of educational supervision not lifeguarding. As well, they may not be familiar with the facilities' operating procedure in case of an emergency.</p> <p>Therefore, a teacher or other school supervisor will accompany students to the pool and be on deck or in the pool.</p> <p>Close and frequent monitoring of change rooms will take place, but not by the lifeguard.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> <li>▪ no food in pool area</li> <li>▪ no diving off deck into water in designated areas marked as “NO DIVING” or less than 2.75 m (9’) in depth</li> <li>▪ no street shoes on deck</li> </ul> <p><b>Swim Test</b></p> <p>An initial screening/testing of swimming ability will be done in 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 will be logged and available to the instructor/lifeguard.</p> <p>The swim test will be completed within the school year in which the activity is taking place.</p> <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p>Skill instruction can be followed by skill application (e.g., relay activities, tag games that incorporate skills).</p>	<p>Students will notify teacher/in-charge person if leaving pool area.</p> <p><b>Supervision Ratio for Instructional Swim</b></p> <ul style="list-style-type: none"> <li>▪ Instructional swim may include organized games, relays, etc., but <i>cannot</i> include a recreational swim.</li> </ul> <p><b>Ratios and Qualifications</b></p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios.</p> <p><b>Swim Instruction Qualifications</b></p> <p>Instructors will hold one of the following current certifications:</p> <ul style="list-style-type: none"> <li>▪ Lifesaving Society Instructor Certificate plus an Assistant Lifeguard Certificate</li> <li>▪ YMCA Instructor Certificate</li> <li>▪ National Lifeguard certification</li> </ul> <p>Additional instructors will also hold current:</p> <ul style="list-style-type: none"> <li>▪ Lifesaving Society Swim Instructor Certificate plus an Assistant Lifeguard Certificate</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>This is part of the instructional program—not a recreational swim.</p> <p>Showers will be taken before entering the pool.</p> <p>Students with infected cuts or sores will not be in the pool.</p> <p>During recreational swim, students may not snorkel or use scuba equipment.</p>	<ul style="list-style-type: none"> <li>▪ National Lifeguard certification</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ Intermediate First Aid certification (e.g., Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol)</li> </ul> <p><b>Note:</b> Verified copies of certification will be available in the pool area.</p> <p><b>Supervision Ratio for Recreational Swim No Instruction)</b></p> <p>Teachers will accompany students to the pool and be on deck or in the pool during the recreational swim.</p> <p>Per the <i>Nova Scotia Operational Guidelines for Aquatic Facilities</i>, during a recreational swim, National Lifeguard Certification is required.</p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios.</p>

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

# Swimming: Synchronized Swimming

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Adhere to the <a href="#">Nova Scotia Operational Guidelines for Aquatic Facilities</a>.</p> <p>Electrical equipment will 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) will be used.</p>	<p>Determine that all facilities are safe for use.</p> <p>Use school or community swimming pools.</p> <p><i>Backyard pools will not be used.</i></p> <p>For pond/lake swimming, see: Outdoor Education: Swimming—Oceans, Lakes, Ponds, Rivers.</p> <p>Pool decks will be kept clear of obstacles and excess water.</p>	<p>Skills will be taught in proper progression.</p> <p>Activity/games will be based on skills taught.</p> <p>Be aware of and inform the 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 will be outlined to students prior to entering the water.</p> <p>Students will adhere to the following rules:</p> <ul style="list-style-type: none"> <li>▪ No running or pushing on deck.</li> <li>▪ No gum chewing.</li> <li>▪ No food in pool area.</li> <li>▪ No diving off the deck into water less than 2.75 m (9 ft.) in depth.</li> <li>▪ No street shoes on deck.</li> </ul>	<p>On-site supervision is required.</p> <p>A teacher or other school supervisor will accompany students to the pool and be on deck or in the pool.</p> <p>Close and frequent monitoring of change rooms will take place, but not by the lifeguard.</p> <p>Students will notify the teacher/in-charge person if leaving the pool area.</p> <p><b>Supervision Ratio for Instructional Swim</b></p> <ul style="list-style-type: none"> <li>▪ Instructional swim may include organized games, relays, etc., but <i>cannot</i> include a recreational swim.</li> </ul> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios.</p> <p><b>Swim Instruction Qualifications</b></p> <p>Instructors will hold one of the following current certifications:</p> <ul style="list-style-type: none"> <li>▪ Lifesaving Society Instructor certificate plus</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p><b>Swim Test</b></p> <p>An initial screening/testing of swimming ability will 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 will be logged and available to the instructor/lifeguard.</p> <p>The swim test will be completed within the school year in which the activity is taking place.</p> <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p>Skill instruction can be followed by skill application (e.g., relay activities, tag games that incorporate skills). This is part of the instructional program—not a recreational swim.</p> <p>Showers will be taken before entering the pool.</p>	<p>an Assistant Lifeguard certificate</p> <ul style="list-style-type: none"> <li>▪ YMCA Instructor certificate</li> <li>▪ National Lifeguard certification</li> </ul> <p>One instructor will also hold a current</p> <ul style="list-style-type: none"> <li>▪ National Lifeguard certification</li> <li>▪ Lifesaving Society Swim Instructor certificate plus an Assistant Lifeguard certificate</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ Intermediate First Aid certification (e.g., Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol)</li> </ul> <p><b>Note:</b> Verified copies of certification will be available in the pool area.</p> <p><b>Supervision Ratio for Recreational Swim (No Instruction)</b></p> <p>Teachers will accompany students to the pool and be on deck or in the pool during the recreational swim.</p> <p>If students are given a recreational swim, they will adhere to the Lifesaving</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Students with infected cuts or sores will not be in the pool.</p> <p>During recreational swims, students may not snorkel or use scuba equipment.</p>	<p>Society standards for pool regulations.</p> <p>Instructor certification will meet the Lifesaving Society safety supervision requirements.</p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios.</p> <p><b>Lifeguard Qualifications</b></p> <p>A lifeguard will have current National Lifeguard certification.</p>

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

# Table Tennis

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

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

# Tchoukball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use including the tchoukball frame (rebound surface) and balls.</p> <p>If balls other than tchoukball balls are used, check that the ball is suitable for the age and ability of the students.</p> <p>Regulation tchoukball frames will be safely stored when not in use. No homemade equipment (e.g., mini trampolines).</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surface will provide safe footing and traction and activity area and surrounding area will be free of all obstacles (e.g., tables, chairs).</p>	<p>Skills will be taught in proper progression.</p> <p>Game activities will be based on skills that are taught.</p> <p>Forbidden zone will be clearly defined.</p> <p>No body contact.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, previous concussion, orthopaedic device) may affect their participation (see Introduction).</p>	<p>On-site supervision is required.</p>

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

# Team Handball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Ball size will be appropriate for the age and ability of students.</p> <p>Foam-type balls or regulation team handballs are acceptable.</p> <p>Regulation team handball nets will 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 will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide sufficient traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Game activities will be based on skills that are taught.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect their participation (see Introduction).</p> <p>Activities and rules will be modified based on the ability of students and facilities/equipment available.</p> <p>No body contact.</p> <p>Crease areas will 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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

# Tennis

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Racquets will 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 will be inspected prior to use and be under the direct supervision of a teacher.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and surrounding areas will be free of obstacles (e.g., tables, chairs) and provide good traction.</p> <p>Court boundary lines will be clearly defined.</p> <p>A safety procedure will be established for side-by-side courts.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on the skills taught.</p> <p>When teaching skills, there will be adequate spacing for each student to make a free and uninterrupted swing.</p> <p>Activities and skills will 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 will be taught.</p> <p>The code of etiquette for court plays will be taught (e.g., not entering a court being used).</p> <p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</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 is required after skills have been taught.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect their participation (see Introduction).</p> <p>Activities and rules will be modified based on the ability of students and facilities/equipment available.</p>	

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

# Tetherball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Tetherballs will be in good repair, with properly working connections at the ball and at the pole.</p> <p>Rope will be in good repair and without excessive fraying.</p> <p>Check poles periodically. A pole with a severe lean or loose at the base will not be used until repaired or replaced.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Tetherball poles will be situated away from traffic areas and areas where other games are played (e.g., volleyball, four-square, basketball).</p> <p>Tetherball areas will be free of all obstacles and provide good traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Game will 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>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</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 will be set up by an adult or a student under adult supervision.</p>

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

## Track and Field: Discus

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>The discus (e.g., wood/metal and rubber) will be appropriate for the age and gender of the student.</p> <p>Select sizes per the <a href="#">School Sport Nova Scotia - Handbook</a> guidelines or the developmental age of participants as follows:</p> <ul style="list-style-type: none"> <li>▪ senior boys: 1.75 kg</li> <li>▪ intermediate boys: 1.5kg</li> <li>▪ junior girls: .75 kg</li> <li>▪ all other classes: 1 kg</li> </ul> <p>The discus will not be cracked, chipped, or otherwise damaged and will be checked regularly.</p> <p>Use a towel/rag to dry the discus.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p> <p>No track spikes.</p>	<p>Determine that all facilities are safe for use.</p> <p>The throwing area will 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 will be well marked and void of people during the activity.</p> <p>The discus circle/area will provide safe footing.</p>	<p>Skills will be taught in proper progression.</p> <p>Instruction will be given in safety prior to teaching and practice.</p> <p>Adequate hydration is accessible.</p> <p>Students will 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 condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Students not throwing will be behind the thrower in a marked-off area, minimum 5 m (16 ft.) away.</p>	<p>Constant visual supervision is required.</p> <p>It is advisable that any teacher who is unfamiliar with discus techniques seek assistance from appropriate trained staff and refrain from using the equipment until help is received.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Instruct students in safe throwing and retrieving procedures.</p> <p>Throwers will never release the discus if there is someone in the field with their back to them.</p> <p>Retrievers will carry the disc back.</p> <p>There will be only one throwing area and only one thrower in that area at any one time.</p> <p>Only throwers can have a discus.</p> <p>No turning (spinning) more than 90° in the throwing action.</p>	

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

## Track and Field: High Jump

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p><b>Landing Mats</b></p> <p>The landing surface (excluding the Velcro mat apron around the outside) will be a minimum of 1.5 m × 3.6 m × 0.5 m (5 ft. × 12 ft. × 20 in.). There will be one layer of Velcro mats around the three sides with no gaps.</p> <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 will be of the same thickness.</p>	<p>Appropriate clothing and footwear will 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 areas will be smooth, traffic-free, and provide good traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Bar monitors will stay in front and off to the side of standards prior to and during each jump.</p> <p>Students will 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>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds). Stress a short, controlled approach (e.g., between three and nine steps).</p> <p>If a 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</p>	<p>Constant visual supervision is required.</p> <p>When landing surfaces are set up but not being used, deterrents for use will 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>Check landing mats regularly for damage.</p> <p><b>Crossbars</b></p> <p>Do not use metal crossbars.</p> <p>Bamboo poles will 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>secured and do not slide upon impact.</p> <p>A teacher who is unfamiliar with high-jump technique will seek assistance from appropriate support staff and refrain from using the equipment until help is received.</p> <p>High-jump landing surfaces will not butt up against a wall and will be a minimum of 1 m (3 ft. 3 in.) from any wall and any other permanent structures.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, and orthopaedic devices) may affect participation (see Introduction).</p>	

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

## Track and Field: Hurdles

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will 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 will be worn.</p> <p>No spikes of any kind.</p> <p>No exposed or 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 areas will be inspected prior to instruction.</p>	<p>Skills will 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>Students will 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>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p>	<p>On-site supervision is required.</p>

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

## Track and Field: Javelin

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio) will 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 per NSSAF guidelines (<a href="http://www.nssaf.ca">www.nssaf.ca</a>) or to the developmental age of participants as follows:</p> <ul style="list-style-type: none"> <li>▪ senior boys: 800 g</li> <li>▪ intermediate boys: 700 g</li> <li>▪ intermediate girls: 500 g</li> <li>▪ junior girls: 400 g</li> <li>▪ all other classes: 600 g</li> </ul>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>The throwing area will be free of obstacles and completely closed to traffic (e.g., no other activity can be in the area where javelin is taking place).</p> <p>The landing area will be well-marked and clear of people during the activity.</p> <p>The run-up area will provide safe footing and traction</p>	<p>Skills will be taught in proper progression.</p> <p>Instruction will be given in safety prior to practice.</p> <p>Students will 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 will be carried safely to and from the throwing area.</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Establish safe throwing and retrieving procedures.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p>	<p>Constant visual supervision is required.</p> <p>It is advisable that any teacher who is unfamiliar with javelin techniques seek assistance from appropriate trained staff and refrain from using the equipment until help is received.</p>

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

## Track and Field: Pole Vault

Pole vaulting is **not recommended** for Nova Scotia students in physical education.

## Track and Field: Shot Put

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Only shots designed for indoor use can be used for an indoor program.</p> <p>Equipment will be of appropriate size and weight for the age and strength of students.</p> <p>Follow following weight guidelines:</p> <ul style="list-style-type: none"> <li>▪ senior boys: 6 kg</li> <li>▪ intermediate boys: 5 kg</li> <li>▪ junior girls: 3 kg</li> <li>▪ all other classes: 4 kg</li> </ul> <p>Use a towel or rag to dry the shot.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Track spikes will not be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Landing areas will be well-marked and clear of people during activity.</p> <p>Putting circles will provide safe footing and traction</p>	<p>Skills and techniques associated with shot put will be taught in proper progression.</p> <p>Teach only standing shot put technique (no spin).</p> <p>Students will 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 will be included.</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</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 will never be thrown or rolled back to the throwing area.</p> <p>Where a protective screen is not in place, students and</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 trained staff and refrain from using the equipment until help is received.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>spectators will be in a designated area at least 4 m (13 ft.) behind the toe line.</p> <p>A teacher who is unfamiliar with shot put techniques will seek assistance from appropriate support staff and 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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Plastic, foam, 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 will be worn.</p> <p>No exposed or hanging jewellery.</p> <p>No bare feet.</p> <p>No turf shoes.</p> <p>Track shoes without spikes may not be worn.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor areas designated for running will be clearly marked, away from other activities, checked for hazards, and provide safe footing.</p> <p>All tracks will 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 will 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 will be taught in a logical progression.</p> <p>Proper warm-ups and cool-downs will be included in all in-class sessions.</p> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent).</p> <p><b>Indoor Running</b></p> <p><i>Use of hallways:</i> No running will 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 will be secured open, flush with a hall wall.</p> <p>Where school hallways or stairways are used for training purposes, appropriate safety measures will be in place as follows:</p> <ul style="list-style-type: none"> <li>▪ Doors will not be opened into the running area.</li> </ul>	<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
			<ul style="list-style-type: none"> <li>▪ Hallway protrusions will be clearly marked.</li> <li>▪ Inform the school community of times and locations of indoor practices.</li> <li>▪ Hall double doors will be secured open.</li> <li>▪ Monitors will be positioned at corners.</li> <li>▪ Floor surfaces will be dry and provide good footing.</li> </ul> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p><i>Distance running:</i> The length of the run will be modified to be appropriate to the age and ability level of the student.</p> <p>Also, consider:</p> <ul style="list-style-type: none"> <li>▪ the temperature of the day</li> <li>▪ previous training and length of preparation</li> </ul> <p>When running above distances in class, students may be temporarily out of sight and will run in pairs or groups.</p> <p>Be aware of students whose medical condition</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			(e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).	

**Note:** See the Generic Issues and Sport/Activity Page Components sections in the Introduction for 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 will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>A rake and a shovel or spade will be on site and kept away from the pit and run-up area when not in use.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No spikes of any kind.</p> <p>No bare feet.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Pits will 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 will be a minimum of 0.5 m (1 ft. 7 in.) between the take-off board and the 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 areas will be soft and deep with no foreign objects.</p> <p>Pits will be filled with sand to a minimum depth of 30 cm (12 in.).</p> <p>Dig pits at least once a season and after heavy rainfall.</p> <p>Take-off areas will be firm and flat and swept if blacktop.</p>	<p>Skills will 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>Students will 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 will be trained. As part of training, include rules such as the following:</p> <ul style="list-style-type: none"> <li>▪ Remove rakes before the next competitor begins approach and hold rake prongs downward.</li> <li>▪ Begin raking after the competitor is out of the pit.</li> <li>▪ Rake sand into the middle, as opposed to out to the sides.</li> </ul>	<p>Constant visual supervision is required during initial lessons.</p> <p>On-site supervision is required after skills have been taught.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Keep rakes, shovels, and spades away from the pit and run-up area when they are not in use.</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Be aware of students whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</p>	

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

# Triathlon: Swimming/Running/Cycling

Recommended for grades 9–12 only.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Bikes will be inspected and checked on a regular basis before they are to be used.</p> <p>Bicycle size will be appropriate for the rider.</p> <p>Correctly fitting bicycle helmets that are approved by CSA, Snell, ANSI, ASTM, or British or Australian standards will be used.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>Appropriate swimwear for swimming and proper running shoes in good condition will be worn for distance training.</p> <p>Swim caps will be worn during the swim portion of an event.</p> <p>No jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Use a school or community pool.</p> <p><i>Backyard pools will not be used.</i></p> <p>Choose routes carefully in terms of the length, road surface, and frequency of traffic.</p> <p>A map of the training routes will be available in school and for students.</p> <p>Water temperature will be a minimum of 19°C (66°F). If below this temperature, follow Triathlon Canada Competition Rules. (<a href="http://www.triathloncanada.com">www.triathloncanada.com</a>)</p>	<p>Skills will be taught in proper progression.</p> <p>Training will be done with a partner in all three events.</p> <p>Students will 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 will be aware of an emergency procedure in case of an accident.</p> <p>Before involving students in the outdoor activity, teachers will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ previous training</li> <li>▪ the length of time students will be vigorously active</li> <li>▪ the temperature</li> </ul> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</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><b>Ratios</b></p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard.</p> <p><b>Swim Instruction Qualifications</b></p> <p>Instructors will hold one of the following current certifications:</p> <ul style="list-style-type: none"> <li>▪ Canadian Red Cross Water Safety Instructor Award</li> <li>▪ Lifesaving Society Instructor certificate plus an Assistant Lifeguard certificate</li> <li>▪ YMCA Instructor certificate</li> <li>▪ National Lifeguard certification</li> </ul> <p>An adult with a vehicle will be available to take an injured student to hospital.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p><b>Swim Test</b></p> <p>An initial screening/testing of swimming ability will be done in the shallow end.</p> <p>For swimming in pools, the common facility test to determine swimming ability is to swim two widths continuously without touching the bottom.</p> <p>For swimming in open water, students will successfully complete the following swim test in its entirety:</p> <ul style="list-style-type: none"> <li>▪ rolling entry (backwards or forward) into deep water at 2.75 m (9') minimum depth</li> <li>▪ tread water for 1 minute</li> <li>▪ swim 50 m (164') continuously any stroke</li> </ul> <p>The components of the swim test will be completed in sequence and without any aids or stops.</p> <p>The test will be administered by a qualified instructor/guard (test is based on the Lifesaving Society's Swim to Survive™ Standard).</p> <p>The swim test will be completed within the school</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>year in which the activity is taking place.</p> <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p><i>Students who do not pass the above swim test or who do not have the aforementioned certification will not participate in triathlon.</i></p> <p>The results of the swim test will be logged and available to the instructor/lifeguard.</p> <p>Non-swimmers will 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 will be left in the school with the appropriate staff.</p> <p>Modify the length of routes and swims to accommodate training and differences in age, ability, and physical development.</p> <p>Instructors will consider weather conditions (e.g., wind, cold, heat, rain)</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>when training for the activities.</p> <p>Students will be made aware of the value of wearing wetsuits to prevent hypothermia and to promote buoyancy.</p> <p>Students will be made aware of the importance of eye protection in cycling.</p> <p>A clearly designated bicycle disembarkment area will be in place.</p> <p>Bicycles will be retrieved from a designated location and returned to the designated location.</p> <p>Helmets will 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 condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>A means to reach a swimmer in trouble will be accessible (e.g., paddle board, motorized boat).</p>	

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

# Tug-of-War

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Manila hemp tug-of-war rope or equivalent will be used:</p> <ul style="list-style-type: none"> <li>▪ minimum 32 mm (1.3 in.) in diameter</li> <li>▪ minimum 33 m (109 ft.) in length</li> </ul> <p>Ropes will 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 will be worn.</p> <p>No cleats. No spikes.</p> <p>No exposed 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 will be a flat, level surface free of debris and water.</p> <p>The playing area will 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>Skills will be taught in proper progression.</p> <p>Tugging competitions will be based on skills that are taught.</p> <p>The maximum number of participants on each team is eight.</p> <p>When selecting teams, consideration will be given to students' age, weight, height, gender, fitness level, and experience.</p> <p>Students will participate in an appropriate warm-up that includes aerobic warm-up and stretches.</p> <p>Students will 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 will it be locked across any part of the body of any team member.</p> <p>At the start of a pull, the rope will be taut with the centre rope marking over the centre line marking on the ground.</p>	<p>Direct supervision is required for all tug of war activities.</p> <p>The teacher/supervisor acts as</p> <ul style="list-style-type: none"> <li>▪ referee</li> <li>▪ timer</li> <li>▪ overseer of the activity to determine if participants are in distress and will act accordingly</li> </ul> <p>Students should not referee.</p> <p><b>Ratios</b></p> <ul style="list-style-type: none"> <li>▪ 1 referee for each pull</li> <li>▪ 1:16 teacher to students</li> </ul> <p>One teacher/supervisor for each team.</p> <p>Any teacher who is unfamiliar with tug-of-war techniques will seek assistance from appropriate support personnel and refrain from teaching until help is received.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Every pulling member will 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 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"> <li>▪ grip the rope only hard enough to stop it from slipping</li> <li>▪ momentarily wiggle fingers without letting go of the rope</li> <li>▪ if arms tire, momentarily squeeze the rope under the armpit</li> </ul>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>Participants will be instructed in proper foot positioning and foot work.</p> <p>Instruction will 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 will be aware of the weather forecast. Pulling will be cancelled in adverse conditions.</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Students will 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 the Generic Issues and Sport/Activity Page Components sections in the Introduction for complete safety requirements.

# Ultimate Disc

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Discs will 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 will be inspected for cracks or spurs.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No metal or compound cleats. Molded cleats only.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Outdoor playing areas will</p> <ul style="list-style-type: none"> <li>▪ be inspected regularly for debris and obstructions</li> <li>▪ provide suitable footing</li> <li>▪ be well removed from traffic areas</li> </ul> <p>Holes and severely uneven surfaces will be addressed and reported to the principal/ appropriate official. Students will be made aware of these surface problems.</p> <p>Goal posts will be padded if in the field of play. Padding will be 1.8 m (6 ft.) high.</p> <p>Indoors, keep the gym free of hazards (e.g., tables, chairs, pianos).</p>	<p>Skills will be taught in proper progression.</p> <p>Game activities will be based on skills that are taught and wind conditions (if playing outdoors).</p> <p>No intentional body contact.</p> <p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p> <p>Any exposed orthopaedic apparatus, which presents a safety concern to other players, will be soft or padded.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).</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>

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

# Volleyball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Poles will be safely stored when not in use.</p> <p>Nets will have no frayed wires.</p> <p>Ball will be appropriate for the age and ability of students.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>When volleyball poles are removed, floor plugs will be replaced.</p> <p>Outdoor volleyball courts will provide safe footing.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and will provide safe footing and traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>Drills will be organized to minimize the risk of being hit with an errant ball.</p> <p>Activities/rules will be modified to the age and ability level of the participants.</p> <p>Students will 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 will be flush with the 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>On-site supervision is required during initial instruction of skills.</p> <p>In-the-area supervision is required 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 will be modified so that poles do not present a safety hazard.</p> <p>Before involving students in outdoor activity, teachers will take the following into consideration:</p> <ul style="list-style-type: none"> <li>▪ previous training</li> <li>▪ the length of time students will be vigorously active</li> <li>▪ the temperature</li> </ul> <p>Students will be aware of ways to protect themselves from UV rays (e.g., use of hat, sunglasses, sunscreen) and insects (e.g., repellent) if playing in an outdoor setting.</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p>	

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

# Volleyball: Beach

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Poles will be safely stored when not in use.</p> <p>Nets will have no frayed wires.</p> <p>Balls will 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 will be worn.</p> <p>No bare feet on sand courts unless the playing area has been raked and inspected prior to use.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Beach or grass volleyball courts will provide safe footing.</p> <p>Beach volleyball courts will have sufficient depth of sand so that there are not bare or hard dirt surfaces.</p> <p>Playing surfaces and surrounding areas will be free of obstacles.</p> <p>No timber borders.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills that are taught.</p> <p>Drills will be organized to minimize the risk of being hit with an errant ball.</p> <p>Activities/rules will be modified to the age and ability level of the participants.</p> <p>Students will be instructed in the safe and correct method of setting up and taking down of nets (e.g., not standing on a chair).</p> <p>If using antennae, the bottom will be flush with the net.</p> <p>When poles are not padded, activities will be modified so that poles do not present a safety hazard.</p> <p>Students will be made aware of boundary ropes, if used.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices)</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 is required after skills have been taught.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>may affect participation (see Introduction).</p> <p>Students will 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 will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds).</p>	

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

# Volleyball: Newcombe Ball

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>Poles will be safely stored when not in use.</p> <p>Nets will have no frayed wires.</p> <p>Balls will be appropriate for the age and ability of students.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and will provide sufficient traction.</p> <p>When volleyball poles are removed, floor plugs will be replaced.</p>	<p>Skills will be taught in proper progression.</p> <p>Game activities will be based on skills that are taught.</p> <p>Drills will be organized to minimize the risk of being hit with an errant ball.</p> <p>Activities/rules will be modified to the age and ability level of the participants.</p> <p>Students will be instructed in the safe and correct method of setting up and taking down of nets.</p> <p>Do not allow students to climb up the pole to attach the net.</p> <p>If using antennae, the bottom will be flush with the net.</p> <p>When poles are not padded, activities will be modified so that poles do not present a safety hazard.</p> <p>When the 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.</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
			Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, orthopaedic devices) may affect participation (see Introduction).	

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

# Water Polo

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will 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 board, etc.).</p>	<p>No jewellery.</p> <p>Long hair will be tied back.</p> <p>Appropriate swimwear will 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 will not be used.</p> <p>Pool decks will be clear of obstacles and excess water.</p>	<p>Skills will be taught in proper progression.</p> <p>Games will be based on skills taught.</p> <p><b>Swim Test</b></p> <p>Prior to participating in water polo, students will successfully complete the following swim test in its entirety:</p> <ul style="list-style-type: none"> <li>▪ rolling entry (backwards or forward) into deep water at 2.75 m (9') minimum depth</li> <li>▪ tread water for 1 minute</li> <li>▪ swim 50 m (164') continuously any stroke</li> </ul> <p>The components of the swim test will be completed in sequence and without any aids or stops.</p> <p>The test will be administered by a qualified instructor/guard (test is based on the Lifesaving Society's Swim to Survive™ Standard).</p> <p>The swim test will be completed within the school year in which the activity is taking place.</p>	<p>Maximum 25 students per qualified National Lifeguard Services (NLS) lifeguard/instructor.</p> <p>Teachers with current aquatic certification from the 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 will be accessible.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p><i>Students who do not pass the above swim test or who do not have the aforementioned certification will not participate in water polo.</i></p> <p>Guard/instructor will be aware of swim test results.</p> <p>Teachers/supervisors will inform the 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 will ask permission to leave the pool area.</p> <p>Fingernails will be closely trimmed.</p> <p>Modify rules to accommodate the age and ability of participants.</p> <p>Students will adhere to the following rules:</p> <ul style="list-style-type: none"> <li>▪ No running or pushing on deck.</li> <li>▪ No gum chewing.</li> <li>▪ No food in the pool area.</li> </ul>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<ul style="list-style-type: none"> <li>▪ Stay clear of the diving area.</li> <li>▪ No diving into water less than 2.8 m (9 ft.) in depth.</li> <li>▪ No shoes on deck.</li> </ul> <p>Showers will be taken before entering the pool.</p> <p>Emergency procedures will be outlined to students prior to entering the water.</p> <p>Students with infected cuts or open sores will not be allowed in the pool.</p>	

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

# Weight Training

Weight training is **not recommended** for students in grades primary–8 in physical education.

See Safety in Activity Rooms in Appendix C.

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p>All equipment will be checked before use and repaired as necessary.</p> <p>A process will 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>Students may use personal audio device though long cords are to be contained.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No exposed or hanging jewellery.</p>	<p>Determine that all facilities are safe for use.</p> <p>Weight rooms will be locked when unsupervised.</p> <p>Floor surfaces will not allow weights to slide or slip.</p> <p>To provide free flow of motion, allow adequate space between weight-training activities.</p> <p>Activity surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide safe footing and traction.</p>	<p>Skills will be taught in a proper progression.</p> <p>Equipment use will be based on skills that are taught.</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, orthopaedic devices) may affect participation (see Introduction).</p> <p>All students will be instructed in the proper lifting techniques and safety procedures (e.g., spotting).</p> <p>Skills and procedures will be reviewed regularly.</p> <p>Adequate storage for free-weight plates will be in place.</p> <p>Free-weight plates will be secured in place before using.</p> <p>All programs will be individualized.</p> <p>A buddy system will be used when lifting free weights over body.</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>Weight rooms will be locked when unsupervised.</p> <p>Any teacher who is unfamiliar with the use of fitness equipment and disciplines will do one or all the following:</p> <ul style="list-style-type: none"> <li>▪ Seek assistance from trained staff.</li> <li>▪ Refrain from teaching until training is received.</li> <li>▪ Acquire Canadian Fitness Standard certification or equivalent.</li> </ul> <p><b>Note:</b> Intramural/club situations require in-the-area supervision with a trained monitor on site.</p>

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

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

## Wind Surfing (Grades 9–12)

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be available for all activities/locations.</p> <p>Determine that all equipment is safe for use.</p>	<p>Appropriate swimwear and footwear will 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 degrees Celsius (59 degrees Fahrenheit).</p> <p>Water area will be open with no visual obstructions to supervisors.</p>	<p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, cast, previous concussion, orthopaedic device) may affect participation (see Generic Section).</p> <p>Skills will be taught in proper progression.</p> <p>Activities will be based on skills taught.</p> <p>Students will be in buddy pairs for instruction and to assist in monitoring buddy/position.</p> <p><b>Swim Test</b></p> <p>Prior to wind surfing, students will successfully complete the following swim test in its entirety:</p> <ul style="list-style-type: none"> <li>▪ rolling entry (backwards or forward) into deep water at 2.75 m (9') minimum depth</li> <li>▪ tread water for 1 minute</li> <li>▪ swim 50 m (164') continuously any stroke</li> </ul> <p>The components of the swim test will be completed in</p>	<p>On-site supervision is required by the teacher.</p> <p><b>Supervision Ratio</b></p> <p>1:20 with students in partners with a maximum of 10 students on the board at once.</p> <p>A qualified lifeguard will be on-site at all times.</p> <p><b>Safety Boats: Permissible</b></p> <p>A safety boat that is rescue-capable (provides appropriate speed and stability) will be in the water and accessible while students are board sailing.</p> <p><b>Safety Boats: Not Permissible</b></p> <p>If the body of water being used for instruction does not allow the use of a safety boat (too shallow, pool, etc.) then the instructor(s) will be able to reach students as quickly as in the case of a safety boat being present. In the latter situation, the water will be wadable by the instructor.</p> <p>If the safety boat is a motorized craft then the operator of the motorized</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>sequence and without any aids or stops.</p> <p>The test will be administered by a qualified instructor/guard (test is based on the Lifesaving Society’s Swim to Survive™ Standard).</p> <p>The swim test will be completed in the school year in which the activity is taking place.</p> <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p><i>Students who do not pass the above swim test or who do not have the aforementioned certification will not wind surf.</i></p> <p>Before involving students in outdoor activity, teachers will take into consideration:</p> <ul style="list-style-type: none"> <li>▪ environmental conditions (temperature, weather, air quality, humidity, UV index, insects)</li> <li>▪ accessibility to adequate liquid replacement (personal water bottles, water fountains) and student hydration before,</li> </ul>	<p>safety boat will have a Pleasure Craft Operator Card.</p> <p>The operator of the safety boat, whether the craft is motorized or not, will have experience in navigating the craft.</p> <p>If a safety boat is being used then there will be at least one person in the safety boat who meets the first aid certification as outlined below.</p> <p><b>First Aid Certification</b></p> <p>At least one supervisor will have one of the following current first aid certifications:</p> <ul style="list-style-type: none"> <li>▪ National Lifeguard certification</li> <li>▪ St. John Ambulance’s Intermediate First Aid</li> <li>▪ St. John Ambulance Wilderness First Aid</li> <li>▪ Canadian Red Cross Basic First Aid &amp; CPR (Level C)</li> <li>▪ Canadian Red Cross Wilderness and Remote First Aid</li> <li>▪ Canadian Ski Patrol First Aid Certificate</li> <li>▪ Equivalent to any of the above.</li> </ul>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>during, and after physical activity</p> <ul style="list-style-type: none"> <li>▪ previous training and fitness level</li> <li>▪ length of time and intensity of physical activity</li> </ul> <p>Students will be made aware of ways to protect themselves from environmental conditions (e.g., use of hats, sunscreen, sunglasses, personal water bottles, insect repellent, appropriate clothing).</p> <p>Students will receive instruction on safety procedures related to severe weather conditions (e.g., extreme temperatures, lightning, severe winds; see Lightning Protocol in Appendix C: Risk Management).</p> <p>Attention will be given to</p> <ul style="list-style-type: none"> <li>▪ water conditions (e.g., temperature, currents, tides, and wave conditions)</li> <li>▪ visibility (visibility of 500 m [1640 ft.] is required)</li> </ul>	<p><b>Lifeguard Qualifications</b></p> <p>Lifeguard will hold a current National Lifeguard (certification).</p> <p><b>Supervision for Swim Test</b></p> <p>See the <a href="#">Lifesaving Society website</a> for current bather-to-lifeguard ratios.</p> <p><b>Swim Test: Instructor Qualifications</b></p> <p>All instructors will hold one of the following current certifications:</p> <ul style="list-style-type: none"> <li>▪ Lifesaving Society Instructor Certificate plus an Assistant Lifeguard Certificate</li> <li>▪ YMCA Instructor Certificate</li> <li>▪ National Lifeguard certification</li> </ul> <p>One instructor will hold one of the following current certifications:</p> <ul style="list-style-type: none"> <li>▪ National Lifeguard certification</li> <li>▪ Intermediate First Aid certification (e.g., Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol)</li> </ul>

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

# Wrestling

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone, two-way radio, intercom) will 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 will wear appropriate mouth protection.</p>	<p>Appropriate clothing and footwear will be worn.</p> <p>No jewellery.</p> <p>Socks, bare feet, or wrestling shoes (no sharp edges or lace tips on shoes).</p> <p>Glasses are not to be worn.</p>	<p>Determine that all facilities are safe for use.</p> <p>Mat surfaces will 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 will be padded if clearance from the mat surface is less than 2 m (6 ft. 6 in.).</p> <p>Playing surfaces and surrounding areas will be free of all obstacles (e.g., tables, chairs) and provide safe footing and traction.</p>	<p>Skills will be taught in proper progression.</p> <p>Matches will be based on skills that are taught.</p> <p>Students will wrestle with partners of similar weight, strength, and ability.</p> <p>Warm-up activities will emphasize conditioning and flexibility.</p> <p>Rules and illegal moves will be outlined.</p> <p>Students will 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>Only “light contact” activities are permitted.</p> <p>Light contact means the use of combative sport techniques in a controlled manner so that any physical contact is not intended to result in physical harm to the opponent or would not be reasonably expected to result</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) will seek assistance from appropriate support staff and refrain from activity until instructional support is received.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>in physical harm to the opponent.</p> <p>When a student displays hesitation (verbally or non-verbally) with participating, the 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 or be permitted to select a role within the activity at their comfort level, including the choice to not participate.</p> <p>Ground or “par terre” and standing wrestling is permitted.</p> <p>No throws.</p> <p>Make students aware of the importance of keeping fingernails and toenails closely trimmed.</p> <p>All infections, burns, and open cuts will be covered.</p> <p>Students with communicable skin conditions will not participate in contact wrestling (e.g., impetigo).</p> <p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis,</p>	

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			casts, orthopaedic devices) may affect participation (see Introduction).	

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

# Yoga

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
<p>A fully stocked first aid kit will be readily accessible.</p> <p>A working communication device (e.g., cell phone) will be accessible.</p> <p>Determine that all equipment is safe for use.</p> <p><b>Mats</b></p> <p>Regularly check mats for wear and tears.</p> <p>Mats will be non-slip and suitable for yoga.</p> <p>A process will be in place to regularly disinfect equipment.</p>	<p>Clothing that does not restrict movement or visibility on the mat.</p> <p>Appropriate footwear will be worn (e.g., non-slip socks, gymnastic slippers).</p> <p>Preferably students practice in bare feet.</p> <p>Tie back long hair.</p>	<p>Determine that all facilities are safe for use.</p> <p>Exercise space and surrounding area will be free of all obstacles (e.g., tables, chairs) and provide safe footing and traction.</p> <p>Limit activities on stages to those that are stationary.</p>	<p>Be aware of students whose medical condition(s) (e.g., asthma, anaphylaxis, casts, previous concussion, orthopedic device) may affect their participation (see Introduction).</p> <p>Skills will be taught in proper progression. Stress correct body alignment for injury prevention. Activities/routines will be based on skills that are taught.</p> <p>For the type of yoga to be taught and practiced in class (e.g., from the gentle form of Viniyoga and Kripaul to the more vigorous Ashtanga and Power Yoga) the teacher/instructor will take into consideration the following:</p> <ul style="list-style-type: none"> <li>▪ fitness and flexibility levels of the students in the class</li> <li>▪ experience the class has had with yoga</li> <li>▪ the teacher's/instructor's knowledge/experience/ability/certification to teach the various forms of yoga and know the potential risks involved</li> </ul>	<p>On-site supervision is required.</p> <p>Any teacher who is unfamiliar with yoga will:</p> <ul style="list-style-type: none"> <li>▪ seek assistance from appropriate sport personnel, and or</li> <li>▪ refrain from teaching until help is received</li> </ul> <p>A 200-hour yoga teacher certificate is recommended for teaching Yoga 11.</p> <p><b>Note:</b> Intramural situations require teachers who have been trained to teach yoga.</p>

Equipment	Clothing/Footwear	Facilities	Special Rules/Instructions	Supervision
			<p>and how to minimize those risks.</p> <p>Bikram Yoga or Hot Yoga where the facility is heated from 95 to 102 degrees will not be done as a curricular activity.</p> <p>Bikram, Ashtanga, and Power Yoga are generally too vigorous for beginners and inflexible people; may be considered for end of term introduction within Yoga 11.</p> <p>Encourage students to work at personal levels, recognizing that adolescents are vulnerable to mirroring their peers when unsure. As such, students will be instructed not to attempt:</p> <ul style="list-style-type: none"> <li>▪ headstands</li> <li>▪ handstands</li> <li>▪ plow</li> <li>▪ crow</li> <li>▪ full shoulder stands</li> <li>▪ full lotus</li> </ul>	

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

# Appendices



## Appendix A: Activity Consent Form

Please use the current form from your student insurance provider. Teachers will ensure that RCE/CSAP and Student Insurance Program policies and guidelines are followed when creating forms for physical education activities.

# 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 Appendix C: Emergency Action Plan.)
- Collect Medical Information forms from all participants and leaders.
- Collect 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.”

<b>One-third of time travelling</b>	<b>One-third of time maintenance</b>	<b>One-third of time rest and relaxation</b>
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.
- Plan 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 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 (e.g., book or fishing rod)

### **Canoeing Equipment**

- bailers
- canoe shoes (shoes that will get wet such as water shoes, sandals, old sneakers)
- 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 pairs 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.
- Location—Identify an area to do a clean-up. This phase of the trip will 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 (e.g., injury, behavioural issues) to principal.

# Emergency Procedures Plan

[Insert school name]

[Insert RCE/CSAP]

## TRIP DETAILS

<b>Trip destination:</b>		<b>Group size:</b>	
<b>Trained first aid instructors:</b>			
<b>Group leader:</b>		<b>Planned duration:</b>	
<b>Departure time:</b>		<b>Arrival time:</b>	

## 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 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 moved from the site, a group of no less than three persons will travel to the 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.

## Duty Roster

[Insert school name]

[Insert RCE/CSAP]

### 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			
	Other:			

## Route Card

[Insert school name]

[Insert RCE/CSAP]

### 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 (elevation, terrain, landmarks, dangers, etc.)

## Trip-at-a-Glance

[Insert Name of School]

[Insert RCE/CSAP]

### Outdoor Pursuit:

LOGISTICS	GROUP	PREPARATION
<p><b>Departure information:</b></p> <p>Date:</p> <p>Time:</p>	<p><b>Group leaders:</b></p>	<p><b>Pre-trip meeting dates:</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> </ol>
<p><b>Emergency procedures:</b></p>	<p><b>Participant names and phone numbers:</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> <li>7.</li> <li>8.</li> <li>9.</li> <li>10.</li> <li>11.</li> <li>12.</li> <li>13.</li> <li>14.</li> <li>15.</li> <li>16.</li> <li>17.</li> <li>18.</li> <li>19.</li> <li>20.</li> </ol>	<p><b>Equipment check:</b></p> <p>Date:</p> <p><b>Menu check:</b></p> <p>Date:</p> <p><b>First aid kit check:</b></p> <p>Date:</p> <p><b>First aid kit carriers:</b></p>

LOGISTICS	GROUP	PREPARATION
<b>General comments:</b>	<b>First aiders:</b>	<b>Map numbers / GPS points:</b>
	<b>Participants with related skills:</b>	<b>Final weather check:</b> Date: <b>Weather outlook:</b> Day 1: Day 2:
		<b>Medical information checked:</b>  Date: Medical points of interest:
		<b>Route Card checked:</b>  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
- dispersing of equipment
- first aid kit
- group health
  - fatigue
  - hygiene
  - nutrition/meals
  - water purification and water breaks
- repair kit
- student information

## 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](#):

### Duties and rights

**25 (1)** It is the duty of every student enrolled in a public school under the jurisdiction of a regional centre 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 school and the regional centre.

**(2)** A student is accountable to the student's teacher for the student's conduct while under the teacher's supervision.

Foolhardy behaviour, the use of alcohol, and the non-medical use of drugs, including performance enhancing drugs, are safety hazards and will be strictly forbidden.

This prohibition extends to all curricular activities, whether they take place inside school or off school property.

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

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

Responsibility for safety in physical education activities in grades 7 and 8 will 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

<b>Sample First Aid Kit Contents: Urban Setting (On-School Site)</b>	<b>Sample First Aid Kit Contents: Urban and Remote Setting (Off-School Site)</b>	<b>Outdoor Education Sample Kit Contents: Wilderness Settings</b>
<p>For in-school first aid kit contents, see school mandated kit 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> <ul style="list-style-type: none"> <li>▪ 24 antiseptic cleansing towelettes, individually packaged</li> <li>▪ 100 sterile adhesive dressings, individually packaged</li> <li>▪ 50 5 cm × 10 cm sterile gauze pads, individually packaged</li> <li>▪ 6 10 cm × 10 cm sterile compress dressings, with ties, individually packaged</li> <li>▪ 6 15 cm × 15 cm sterile compress dressings, with ties, individually packaged</li> <li>▪ 4 20 cm × 25 cm sterile abdominal dressings, individually packaged</li> <li>▪ 6 conform gauze bandages, 75 mm wide</li> <li>▪ 12 cotton triangular bandages</li> <li>▪ 12 safety pins, assorted sizes</li> <li>▪ 1 pair of scissors</li> <li>▪ 1 pair of tweezers</li> <li>▪ 2 25 mm × 4.5 m rolls of adhesive tape</li> <li>▪ 4 crepe tension bandages, 75 mm wide</li> <li>▪ 1 resuscitation barrier device with a one-way valve</li> <li>▪ 12 pairs of disposable surgical gloves</li> <li>▪ 2 sterile, dry-eye dressings, individually packaged</li> </ul>	<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> <ul style="list-style-type: none"> <li>▪ 16 bandages, adhesive, fabric, 2.5 cm × 7.6 cm</li> <li>▪ 1 bandage, adhesive, fabric, 5 cm × 11.4 cm</li> <li>▪ 4 bandages, adhesive, fabric, knuckle</li> <li>▪ 12 bandages, adhesive, plastic, 1 cm × 4 cm</li> <li>▪ 4 bandages, butterfly closure</li> <li>▪ 4 dressings, gauze, sterile, 10 cm × 10 cm, pkg. of 2</li> <li>▪ 4 dressings, gauze, sterile, 5 cm × 5 cm, pkg. of 2</li> <li>▪ 4 dressings, gauze, sterile, 7.6 cm × 7.6 cm, pkg. of 2</li> <li>▪ 2 dressings, non-adherent, sterile, 5 cm × 7.6 cm</li> <li>▪ 1 gloves, nitrile (pair), hand wipe</li> <li>▪ 1 trauma pad, 13 cm × 23 cm</li> <li>▪ 1 moleskin, pre-cut and shaped (11 pieces)</li> <li>▪ 1 bandage, elastic with clips, 2 in.</li> <li>▪ 1 cold pack</li> <li>▪ 2 safety pins</li> <li>▪ 1 scissors, bandage with blunt tip</li> <li>▪ 1 splinter picker / tick remover forceps</li> <li>▪ 2 thermometers, disposable</li> <li>▪ 1 Patient Assessment Form (SOAP Note)</li> </ul>	<p>Recommended for wilderness 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><b>Ideal Uses</b></p> <ul style="list-style-type: none"> <li>▪ 72-hour home emergency kit</li> <li>▪ backcountry guide (small group)</li> <li>▪ backpacking/hiking</li> <li>▪ camping</li> <li>▪ group leaders</li> </ul> <p><b>Features</b></p> <ul style="list-style-type: none"> <li>▪ clearview urethane windows with –20°F/–28°C cold crack rating</li> <li>▪ wound irrigation system to clean and close wounds</li> <li>▪ trauma supplies (e.g., Laerdal, SAM)</li> <li>▪ water-resistant zipper</li> </ul> <p><b>Contents</b></p> <ul style="list-style-type: none"> <li>▪ 8 bandages, adhesive, fabric, 2.5 cm × 7.6 cm</li> <li>▪ 5 bandages, adhesive, fabric, knuckle</li> <li>▪ 2 bandages, conforming gauze, 7.6 cm</li> <li>▪ 1 bandage, stockinette tubular, 2.5 cm × 10 cm</li> <li>▪ 2 dressings, gauze, sterile, 5 cm × 5 cm, pkg. of 2</li> <li>▪ 3 dressings, gauze, sterile, 10 cm × 10 cm, pkg. of 2</li> </ul>

Sample First Aid Kit Contents: Urban Setting (On-School Site)	Sample First Aid Kit Contents: Urban and Remote Setting (Off-School Site)	Outdoor Education Sample Kit Contents: Wilderness Settings
<ul style="list-style-type: none"> <li>▪ 1 tubular finger bandage with applicator</li> <li>▪ 1 first aid instruction manual (condensed)</li> <li>▪ 1 inventory of kit contents</li> <li>▪ 2 waterproof waste bags</li> </ul>	<ul style="list-style-type: none"> <li>▪ 3 acetaminophen (500 mg), pkg. of 2</li> <li>▪ 3 antihistamines (diphenhydramine 25 mg)</li> <li>▪ 3 ibuprofen (200 mg), pkg. of 2</li> <li>▪ 1 Aspirin (325 mg), pkg. of 2</li> <li>▪ 1 After Bite Insect Relief</li> <li>▪ 12 antiseptic wipes</li> <li>▪ 2 cotton tip applicators, pkg. of 2</li> <li>▪ 1 tape, 1.2 cm × 9 m</li> <li>▪ 4 triple antibiotic ointments, single use</li> </ul>	<ul style="list-style-type: none"> <li>▪ 3 dressings, non-adherent, sterile, 5 cm × 10 cm</li> <li>▪ 2 gloves, nitrile (pair), hand wipe</li> <li>▪ 1 trauma pad, 13 cm × 23 cm</li> <li>▪ 1 trauma pad, 20 cm × 25 cm</li> <li>▪ 1 aloe vera gel with lidocaine, 1 oz.</li> <li>▪ 2 glacier gels (small rectangular)</li> <li>▪ 11 moleskin; 2, pre-cut and shaped</li> <li>▪ 1 CPR face shield, Laerdal</li> <li>▪ 1 duct tape, 5 cm × 4.6 cm</li> <li>▪ 1 bandage, elastic with Velcro, 7.6 cm.</li> <li>▪ 8–12 bandages, triangular</li> <li>▪ 1 SAM splint, 10 cm × 91.4 cm</li> <li>▪ 1 EMT shears, 10 cm</li> <li>▪ 1 pencil</li> <li>▪ 3 safety pins</li> <li>▪ 1 splinter picker / tick remover forceps</li> <li>▪ 1 thermometer, digital</li> <li>▪ 1 needle-nose tweezers</li> <li>▪ 1 razor</li> <li>▪ 1 <i>Canadian Red Cross Wilderness and Remote First Aid Field Guide</i></li> <li>▪ 1 Patient Assessment Form (SOAP Notes)</li> <li>▪ 4 acetaminophen (500 mg), pkg. of 2</li> <li>▪ 4 antihistamines (diphenhydramine 25 mg)</li> <li>▪ 1 Aspirin (325 mg), pkg. of 2</li> <li>▪ 4 ibuprofen (200 mg), pkg. of 2</li> <li>▪ 2 plastic vials, flip-top, large</li> <li>▪ 6 after cuts and scrapes anesthetic/antiseptic wipes</li> <li>▪ 2 cotton tip applicators, pkg. of 2</li> </ul>

Sample First Aid Kit Contents: Urban Setting (On-School Site)	Sample First Aid Kit Contents: Urban and Remote Setting (Off-School Site)	Outdoor Education Sample Kit Contents: Wilderness Settings
		<ul style="list-style-type: none"> <li>▪ 1 povidone iodine, 0.75 oz.</li> <li>▪ 1 syringe, irrigation, 20 cc, 18-gauge tip</li> <li>▪ 1 tape, 2 cm × 9 m</li> <li>▪ 2 tincture of benzoin topical adhesives</li> <li>▪ 3 triple antibiotic ointments, single use</li> <li>▪ 1 wound closure strips, 0.5 cm × 10 cm, pkg. of 10</li> </ul>

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 will 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 will be waterproof. Very large zipper-type storage bags are inexpensive and function well for this purpose. They can also be used to carry water. Every year, remember to check/replenish over-the-counter medications and sterile bandages that may have been torn open. 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, injury or illness is highly possible. Recognizing this fact, it is necessary to establish a plan of action. An Emergency Action Plan (EAP) assists in getting professional care to the injured/ill student as quickly as possible. For that to happen efficiently and effectively, teachers will prepare an EAP tailored to the specified physical activity (in some cases, RCEs/CSAP may have standard procedures, policies, and/or forms. For emergencies that are beyond Intermediate 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 the 30-minute mark, refer to Wilderness and Remote First Aid Advanced (both Canadian Red Cross) procedures.

### 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
- 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 best practices 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 further assistance is required or if medication is needed.
- Administer medication according to RCE/CSAP 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 another person (e.g., teacher/administrator/parent)
  - have the other person call an ambulance with the following information:
    - > The nature of the emergency.
    - > The location and closest cross-streets or landmarks.
    - > The telephone number from where the call is being placed.
  - have the 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 will 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 will be contacted as soon as possible.
- Complete an accident report and file it with the appropriate RCE/CSAP official and school administrator.

### **WILDERNESS AND REMOTE PROCEDURES**

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.

# 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 will be planned in advance of the outdoor activity. The following will be taken into consideration:

### *Weather Conditions*

Monitor weather conditions prior to any outdoor activity or event. Be aware of potential thunderstorms that may form during scheduled outdoor physical education activities (e.g., local weather forecasts, Nova Scotia Weather Office [[www.weatheroffice.gc.ca](http://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
- 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 will 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 RCE/CSAP 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 will comply with Canadian Standards Association (CSA) and/or Underwriters Laboratories Ltd. (UL) or Underwriters’ Laboratories of Canada (ULC) standards.
- Equipment installation will be done by qualified personnel (e.g., manufacturer/vendor) in accordance with the CSA and/or UL or ULC standards. Volunteer installations will not be permitted unless supervised by qualified personnel.
- All used equipment will 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 will 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	
<b>ADJUSTABLE STAGE</b>			
▪ rollers run smoothly			
▪ locking mechanism secure			
<b>ARCHERY ARROW CURTAIN ASSEMBLY</b>			
▪ cable and bracket are in good condition			
<b>BASKETBALL BACKSTOP</b>			
▪ backboard in good condition			
▪ cable and attachment from backboard to wall secure			
▪ rims attached and straight			
▪ Velcro strips on walls behind backboard in good condition to hold mats where run-off space is inadequate			
▪ winch 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			
<b>BENCHES</b>			
▪ top and supports free from cracks and splinters			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
<ul style="list-style-type: none"> <li>▪ benches stable, not loose</li> </ul>			
<b>BLEACHERS</b>			
<ul style="list-style-type: none"> <li>▪ secured to wall</li> </ul>			
<ul style="list-style-type: none"> <li>▪ seats and risers free from cracks and splinters</li> </ul>			
<b>CEILING</b>			
<ul style="list-style-type: none"> <li>▪ tiles and panels in place</li> </ul>			
<ul style="list-style-type: none"> <li>▪ lights, diffusers, fans, speakers and their guards attached</li> </ul>			
<b>CHANGE ROOMS</b>			
<ul style="list-style-type: none"> <li>▪ free of objects that create a hazard (e.g., tables, chairs, pianos)</li> </ul>			
<ul style="list-style-type: none"> <li>▪ floor provides safe traction</li> </ul>			
<ul style="list-style-type: none"> <li>▪ benches free from cracks and splinters</li> </ul>			
<b>CHINNING BARS AND PEGBOARD</b>			
<ul style="list-style-type: none"> <li>▪ attachment is secure to wall</li> </ul>			
<ul style="list-style-type: none"> <li>▪ adjustable parts in good condition</li> </ul>			
<ul style="list-style-type: none"> <li>▪ peg holes and pegs in good condition</li> </ul>			
<b>CLIMBING WALLS: PERMANENT</b>			
<ul style="list-style-type: none"> <li>▪ securely locked/enclosed when not in use</li> </ul>			
<ul style="list-style-type: none"> <li>▪ guide wires secure</li> </ul>			
<ul style="list-style-type: none"> <li>▪ wall anchors secure</li> </ul>			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
<ul style="list-style-type: none"> <li>▪ platforms properly secured</li> </ul>			
<b>ENTRANCES/EXITS</b>			
<ul style="list-style-type: none"> <li>▪ free of obstructions</li> </ul>			
<ul style="list-style-type: none"> <li>▪ no doorknobs/protruding handles on gym side of door</li> </ul>			
<ul style="list-style-type: none"> <li>▪ doors open away from gym area</li> </ul>			
<ul style="list-style-type: none"> <li>▪ exit signs in working order</li> </ul>			
<b>FLOORS</b>			
<ul style="list-style-type: none"> <li>▪ clean and dry</li> </ul>			
<ul style="list-style-type: none"> <li>▪ provide good traction</li> </ul>			
<ul style="list-style-type: none"> <li>▪ clear of objects that may cause tripping/slipping</li> </ul>			
<ul style="list-style-type: none"> <li>▪ sockets covered and flush with floor</li> </ul>			
<ul style="list-style-type: none"> <li>▪ plates flush with floor and in good condition</li> </ul>			
<b>FOLDING DOORS, SUSPENDED CURTAIN</b>			
<ul style="list-style-type: none"> <li>▪ switches or controls working as designed</li> </ul>			
<ul style="list-style-type: none"> <li>▪ run smoothly</li> </ul>			
<ul style="list-style-type: none"> <li>▪ fabric in good condition (check for rips and tears)</li> </ul>			
<ul style="list-style-type: none"> <li>▪ storage pocket clear of equipment</li> </ul>			
<b>FITNESS CENTRE / WEIGHT ROOM</b>			
<ul style="list-style-type: none"> <li>▪ chin-up/dip bars secure</li> </ul>			

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			
<b>GYMNASIUM SPACE (AND ADJACENT STAGE IF IN USE)</b>			
▪ free of “stored” furniture, boxes, equipment along perimeter walls and corners			
<b>ROPES</b>			
▪ not frayed			
<b>STAIRS</b>			
▪ clear of obstacles			
▪ treads in good condition			
▪ railings secure			
▪ free of protruding nails, cracks, and splinters			
<b>STORAGE ROOM</b>			
▪ floor clean and walking area clear of equipment			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
▪ equipment stored on designated shelves			
▪ volleyball/badminton poles secured to prevent injuries from tripping and from falling poles			
<b>WALLS</b>			
▪ all outlets/switches/registers, etc., which pose a hazard, will 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	
<b>BADMINTON</b>			
▪ rackets useable (no splinters or broken strings)			
<b>BADMINTON NET</b>			
▪ free of exposed wires along top and frayed wires along poles			
▪ free of tears and holes			
▪ no sharp edges			
<b>BADMINTON POSTS</b>			
▪ hooks, pulleys, and ratchet in good condition			
<b>BALL HOCKEY / FLOOR HOCKEY</b>			
▪ goals have welds and frames in good condition			
▪ plastic ball hockey sticks free of cracks and broken edges/ends			
▪ stick blades secure to shaft			
<b>EMERGENCY EQUIPMENT</b>			
▪ first aid kit fully stocked and accessible			
▪ emergency phone numbers posted			
▪ access to phone/office via PA System			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
<b>GYMNASTICS EQUIPMENT</b>			
<b>Balance Beam</b>			
▪ no tears in covering (rips may be glued down)			
▪ height-adjustment mechanism functional and in good condition			
▪ balance beam is stable, level			
<b>Floor Exercise Tumbling Mats</b>			
▪ no holes (rips may be taped)			
▪ uniform thickness and compaction throughout			
▪ Velcro in good condition			
<b>Pommel Horse</b>			
▪ 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			
<b>Rings</b>			
▪ 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			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
<b>Take-off board (not a springboard)</b>			
▪ 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			
<b>Uneven Parallel Bars / High Bar / Parallel Bars</b>			
▪ floor hooks in good condition			
▪ no “S” hooks			
▪ if quick-links are used, will 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			
<b>Vault and Box Horse</b>			
▪ pad and cover free from tears and wearing			
▪ sufficient padding to absorb impact			
▪ inner posts solid (box horse)			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
▪ height-adjustment mechanism in good condition			
▪ free of cracks and splinters			
▪ nuts, bolts, and screws tight			
<b>Mats (e.g., gymnastics, wrestling)</b>			
▪ covers free of tears and wearing			
▪ foam in good condition			
▪ Velcro fasteners functional			
<b>HIGH JUMP</b>			
▪ 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			
<b>HOOPS</b>			
▪ free of cracks and bends			
<b>PERMANENT CLIMBING WALLS</b>			
▪ inspect all climbing elements (e.g., ropes, zip lines, harnesses, carabiners, helmets, and ladders)			
<b>POOL EQUIPMENT</b>			
▪ reaching assists in working order			
▪ lane ropes in working order			
▪ life jackets in good condition			

Item	Meets Safe Guidelines		Comments / Follow-up Action
	Yes	No	
▪ spinal board			
▪ 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			
<b>SCOOTER BOARDS</b>			
▪ wheels secure			
▪ boards free of cracks and broken edges			
<b>SOFTBALL</b>			
▪ wooden and metal bats not cracked			
▪ good grip end to prevent slippage			
<b>VOLLEYBALL NET</b>			
▪ free of exposed wires along top and frayed wires along poles			
▪ free of tears and holes			
<b>VOLLEYBALL POSTS</b>			
▪ hooks, pulleys, and ratchet in good condition			

# References

- Brain Injury Association of Nova Scotia. 2020. *Brain Injury Association of Nova Scotia*. [www.braininjuryns.com](http://www.braininjuryns.com).
- Canadian Red Cross. 2013. *Canadian Red Cross Wilderness and Remote First Aid Field Guide*. Guelph, ON: The StayWell Health Company Ltd.
- canfitpro. 2020. *canfitpro*. [www.canfitpro.com](http://www.canfitpro.com).
- CanLII. 2017. *Health Protection and Promotion Act, R.R.O. 1990, Regulation 568, Recreational Camps*. Canadian Legal Information Institute. [www.canlii.org/en/on/laws/regu/rro-1990-reg-568/latest/rro-1990-reg-568.html](http://www.canlii.org/en/on/laws/regu/rro-1990-reg-568/latest/rro-1990-reg-568.html).
- CanTRA. 2020. *CanTRA*. [www.cantra.ca](http://www.cantra.ca).
- Concussion Nova Scotia. 2020. *Concussion Nova Scotia*. <https://concussionns.com/>.
- Dragon Boat Canada. 2020. *Dragon Boat Canada*. [www.dragonboat.ca](http://www.dragonboat.ca).
- Ecology Action Centre. 2020. "Making Tracks." *Ecology Action Centre*. <https://ecologyaction.ca/making-tracks>.
- Environment Canada. 2020. "Canada's Wind Chill Index." *Government of Canada*. [www.ec.gc.ca/meteo-weather/default.asp?lang=En&n=5FBF816A-1](http://www.ec.gc.ca/meteo-weather/default.asp?lang=En&n=5FBF816A-1).
- Go Sailing LTD. 2020. "Sail Canada (CYA) Learn to Cruise Standards" [Overview of Standards as set out in the Sail Canada International Log Book]. Edmonton AB: Go Sailing. <http://gosailing.info/cya-learn-to-cruise-standards/>.
- Hunter, Andria. 2020. *The Women's Hockey Web*. [www.whokey.com](http://www.whokey.com).
- International Dragon Boat Federation. 2020. *IDBF*. [www.idbf.org](http://www.idbf.org).
- International Mountain Bicycling Association. 2020. *International Mountain Bicycling Association*. [www.imba.com](http://www.imba.com).
- Kin-Ball Canada. 2020. *Kin-Ball Canada*. [www.kin-ball.ca](http://www.kin-ball.ca).
- Lacrosse Nova Scotia. 2020. *Lacrosse Nova Scotia*. [www.lacrossens.ca](http://www.lacrossens.ca).
- Leave No Trace. 2020. *Leave No Trace*. [www.lnt.org](http://www.lnt.org).
- Lifesaving Society Canada. 2013. *Public Pool Safety Standards for Canadian Public Swimming Pools*. Ottawa, ON: Lifesaving Society Canada. [www.lifesaving.org/public/download/documents/54128](http://www.lifesaving.org/public/download/documents/54128).
- Nova Scotia. 2025. *Communicable Disease Prevention and Control*. <https://novascotia.ca/dhw/cdpc/>.
- Nova Scotia. 2018. *Education Act*. Statutes of Nova Scotia, c.1. <https://nslegislature.ca/sites/default/files/legc/statutes/education.pdf>.
- Nova Scotia. 2014. *Nova Scotia Operational Guidelines for Aquatic Facilities*. Halifax, NS: Province of Nova Scotia. <https://novascotia.ca/nse/environmental-health/docs/Nova-Scotia-Operational-Aquatic-Guidelines.pdf>.
- Nova Scotia. 1996. *Occupational Health and Safety Act*. Statutes of Nova Scotia, c.7. <https://nslegislature.ca/sites/default/files/legc/statutes/occupational%20health%20and%20safety.pdf>.

Nova Scotia Department of Education and Early Childhood Development. 2014. *Guidelines Supporting Transgender and Gender Non-Conforming Students*. Halifax, NS: Province of Nova Scotia.  
[www.studentservices.ednet.ns.ca/sites/default/files/Guidelines%20for%20Supporting%20Transgender%20Students\\_0.pdf](http://www.studentservices.ednet.ns.ca/sites/default/files/Guidelines%20for%20Supporting%20Transgender%20Students_0.pdf).

Nova Scotia Equestrian Federation. 2020. *Nova Scotia Equestrian Federation*. [www.horsenovascotia.ca](http://www.horsenovascotia.ca).

Nova Scotia Golf Association. 2020. *Nova Scotia Golf Association*. [www.nsga.ns.ca](http://www.nsga.ns.ca).

Ontario Physical Activity Safety Standards in Education. 2020. *OPHEA*. <https://safety.ophea.net>.

Parachute. 2020. *Parachute*. [www.parachutecanada.org](http://www.parachutecanada.org).

Physical and Health Education Canada. 2015. *Moving to Inclusion*. Ottawa, ON: Physical and Health Education Canada. [www.phecanada.ca](http://www.phecanada.ca).

Rugby Canada. 2020. *Rookie Rugby*. <https://rookierugby.ca/en/>.

School Sport Nova Scotia. "SSNS Online Handbook." <https://sites.google.com/gnspes.ca/nssaf/resources/handbook>.

Transport Canada. 2020a. "Office of Boating Safety." *Government of Canada*. [www.tc.gc.ca/eng/marinesafety/debs-obs-menu-1362.htm](http://www.tc.gc.ca/eng/marinesafety/debs-obs-menu-1362.htm).

———. 2020b. *Government of Canada*. [www.tc.gc.ca](http://www.tc.gc.ca).

Triathlon Canada. 2020. *Triathlon Canada*. [www.triathloncanada.com/en/](http://www.triathloncanada.com/en/).