

SAFETY GUIDELINES FOR PHYSICAL ACTIVITY IN ALBERTA SCHOOLS

ADDENDUM



This is an addendum to the Safety Guidelines for Physical Activities in Alberta Schools and is to be used in conjunction with the document available at:
http://injurypreventioncentre.ca/documents/policies/SG_PA_Final_2014.pdf

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AERIAL ADVENTURE PARK

Suitable for Grades 4-12

The following sections must be consulted:

All Physical Activities and Outdoor Activities and Off-site Activities.

An aerial adventure park is a facility in which participants wear a harness to secure them to the structure while testing their abilities and agility to move over various types of elevated obstacles. No technical climbing skills are required. Participants challenge both their physical and mental abilities to deal with the park features.

Supervision

- » Constant visual supervision is recommended for initial use of harness and belay system.
- » On-site supervision is recommended for all other activities.
- » Fit and adjustment of harness must be checked by qualified park staff prior to entry onto aerial elements and each time harness is re-applied or re-fastened or other phrase if it is removed for any reason (i.e. bathroom break)
- » Suggested ratio of certified or qualified instructors to students while on elevated park features:
 - › Grades 4 to 6: 1:10
 - › Grades 7 to 9: 1:15
 - › Grades 10 to 12: 1:30

*with a minimum of two instructors per aerial park level.

Instructional Considerations

- » All students must receive formal instruction including:
 - › proper fitting and use of safety harness
 - › attachment of harness to climbing structure
 - › movement and climbing techniques
 - › operational procedures.
- » Students should be allowed to select the challenge of their choice, as long as they do not exceed their own limits.

Equipment/Facilities

- » The aerial adventure park to be used and harness and belay system must meet all design, performance and inspection standards of a certifying body such as ASTM or the Association for Challenge Course Technology (ACCT).
- » The park must have been certified by a 3rd party within the previous 12 months.
- » Students must wear a properly fitted harness, suitable for the activity.

FENCING

Suitable for Grades K-12

The following sections must also be considered:

All Physical Activities and Indoor Activities and, if applicable, Off-site Activities.

Supervision

- » On-site supervision is recommended during instruction.
- » Constant visual supervision is recommended when initially fencing with an opponent, thereafter, on-site supervision.

Instructional Considerations

- » Full equipment as listed below should be worn when fencing with an opponent.
- » Students should be taught the body areas where a “touch” can be scored for the type of weapon they are using and students should be instructed to aim only for these areas.
- » Teacher should emphasize the importance of appropriate aggression and the proper amount of force required to make a touch.
- » Body contact to make a touch or avoid being touched should not be allowed.
- » Teacher should be familiar with fencing rules, in particular scoring rules, cause of stoppages in bouts, yellow, red and black cards and actions that result in these penalties being awarded, and correct starting distance.

Equipment/Facilities

- » Full equipment for fencing with an opponent should include mask, jacket, glove, shoes with good grip. A plastic chest protector is optional.
- » A foil with a rubber tip or button for electric scoring should be used. The end of the sabre blade should be folded over to make a round tip.
- » Equipment should be worn to cover body so that no bare skin is exposed between pieces of equipment:
 - » Glove on sword hand should overlap cuff of jacket. (No glove is worn on the unarmed hand).
 - » Mask should fit snugly so that it does not fall off if the head is thrown forward quickly.
 - » Mask bib should cover the jacket neck.
 - » Jackets with zippers on the front should be worn so that the zipper is position on the side away from the armed hand.
- » Size-appropriate equipment should be used. Equipment made from lighter material is available and suitable for students in Grades K-2.
- » Manufacturers/suppliers recommendations should be followed regarding the age range and intensity of fencing for which their equipment is designed.
- » Floor surface should be clear of debris, smooth, level and dry.



ADDITIONAL INFORMATION

Alberta Fencing Association
www.fencing.ab.ca
780.427.9474

INFLATABLE PLAY STRUCTURES

Suitable for Grades K-12

The following sections must also be consulted:

All Physical Activities, Outdoor Activities, Indoor Activities, and, if applicable, Off-site Activities.

Supervision

- » Constant visual supervision is recommended.
- » Each play structure should have at least one supervisor.
- » All users of the inflatable structure must be within the recommended weight and height range for the structure.
- » Groups of users should be of similar ages and weights.
- » Follow capacity recommendations provided by the structure provider. These recommendations usually change with the age and size of the users, i.e., more small children than larger children may play at one time.

Instructional Considerations

- » Somersaults (flips), either forward or backward, must not be permitted.
- » Hanging inversions should be done under direct supervision of the teacher.
- » The landing surface under inversions should be equivalent to a 30.5 cm to 60.9 cm (12 in. to 24 in.) landing mat in its ability to absorb impact.
- » Inversion skills must be done so that a student hangs no higher than 1½ m (5 ft.) above the landing surface.
- » For ECS Program students, inversion skills must be done at a height that hands can reach the mat while hanging.
- » Students must not climb on the inside or outside walls of the structure.
- » No pushing or shoving should be allowed.
- » Shoes and sharp objects should be removed prior to entering play structure.
- » No foreign objects including food, gum, or drinks, should be allowed in the play structure.
- » Objects should not be thrown in the play structure.
- » Follow any additional instructions provided by structure provider.

Equipment/Facilities

- » Only use the play structure as intended by manufacturer.
- » Ensure that the blower is positioned at least 1.2m from the play structure.
- » Surround openings of play structure with gymnasium mats.
- » Ensure that the play structure is anchored securely with the maximum number of anchor points possible.
- » Do not use the play structure in high winds.
- » Ensure the structure is not deflated while in use.
- » Deflate structure when not in use to prevent unsupervised use.

SKIING (ALPINE) | SNOWBOARDING | TERRAIN PARKS

Suitable for Grades K-12

Terrain Parks (Suitable for Grades 6-12)

The following sections must also be considered:

All Physical Activities and Outdoor Activities and Winter Outdoor Activities and Off-site Activities.

Supervision

- » For Grades 4-12, in-the- area supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- » For Grades K-3, on-site supervision is recommended i.e., students stay in a group with supervisor.
- » Suggested guidelines:
 - › 1:8 ratio (Grades K-3) of certified instructors/supervisors to students.
 - › 1:15 ratio (Grades 4-6) of certified instructors/supervisors to students.
 - › 1:20 ratio (Grades 7-9) of certified instructors/supervisors to students.
 - › 1:30 ratio (grades 10-12) of certified instructors/supervisors to students.
- » Teacher or supervisor from school should carry a cell phone and leave the number with the ski school and ski patrol so they may be contacted in case of an incident.
- » Teacher or supervisor should establish check-in times during day for all students.
- » Lifts and appropriate runs should be specified for each group.
- » Supervisors' duties should be clearly outlined, e.g. circulating to all areas that students are using for skiing and snowboarding.
- » Teacher/instructor must postpone activity if there is inclement weather severe enough to put student safety at risk.

Terrain Park Supervision

- » A certified instructor should be supervising the terrain park at all times. Terrain park should be closed to students when supervision by a certified instructor is not available.
- » Instructor should have a CSIA Snow Park certification or a CASI Park Instructor certification or a CFSa Club Coach certification. A regular CSIA certification plus in-house training for teaching in terrain parks is also acceptable.

Instructional Considerations

- » Students should be informed of the ski area boundaries.
- » Students should be familiar with and be instructed to follow the Alpine Responsibility Code (including lift procedures), slope ratings and the role of the ski patrol.
- » Students should be taught the importance of skiing/snowboarding in control at all times.
- » Students should be taught what to do if they or one of their fellow students is injured, i.e., assign someone to stay with injured student until ski patrol arrives, how to signal for help, how to contact ski patrol and how to contact teacher or supervisor.
- » Long hair should be tied back or tucked in. Loose articles such as scarves, long hats, or toggles should be removed or tucked in.
- » Students should be in groups of similar ability and must participate in a lesson.
- » Students should ski in areas identified as appropriate by the ski instructor.
- » Students should ski with others, preferably in groups of 3 or 4.
- » Students should not engage in freestyle moves or jumping activities unless properly skilled and supervised in a terrain park.

Terrain Park Instructional Considerations

- » Students should be instructed to read and follow all posted rules in the terrain park.
- » Use of half-pipes, jumps larger than 1 m and inversion moves (flips) must not be permitted.
- » Students should be introduced to basic skills related to safe participation in the terrain park. A progression-based teaching method should be used.
- » Students should only use features that are identified as appropriate by a qualified instructor.
- » Students should inspect all aspects of a feature before using it.
- » Only one person should use a feature at a time. Instruct students to wait their turn. If view of the landing area is obscured, position a spotter to watch and indicate when a feature is clear to use.

Equipment/Facilities

- » Bindings must meet with current approved guidelines, e.g., be in working order and set to the proper tension.
- » Students must use boards, skis and poles of the proper length and in good condition.
- » Boots and bindings must be thoroughly compatible.
- » Students must wear approved ski/snowboard helmets when skiing or snowboarding.
- » Only commercially operated ski facilities with suitable teaching areas (gentle slopes) should be used.

Terrain Park Equipment/Facilities

- » Features must be inspected and maintained on a daily basis.
- » Instructor should inspect features throughout the day for changing conditions. Features should be closed to students if they become unsafe.
- » Take offs should be clearly marked with dye.

TUBING

Suitable for Grades 1-12

The following sections must also be consulted:

All Physical Activities and Outdoor Activities, Winter Outdoor Activities and Off-Site Activities

Supervision

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

Instructional Considerations

- » Tubing position - sitting on tube holding onto handles - should be practiced on flat terrain before starting the sliding activity.
- » Students should be introduced to basic skills related to safe participation in the activity. This should include:
 - » Standard sliding position.
 - » Getting off of tube and moving away for sliding area.
- » A safe procedure for students to clear the bottom area and return to the top of the hill should be established.
- » Students should be instructed to leave sufficient space between tubes starting down the slope to minimize collisions.

Equipment/Facilities

- » An approved ski/snowboard helmet must be worn.
- » Tubing is recommended only in a commercial tubing operation.
- » Only tubes designed for commercial operations with handles should be used. Tube pressure should be checked on a regular schedule.
- » The designed capacity of the tubes should not be exceeded. Tubes are either single rider or double rider.
- » Tube lanes should be groomed daily and visually inspected for hazards throughout the day.
- » Tube lanes should be tested on a daily basis. Lower the take off point if conditions lead to speeds too great to allow tubes to stop safely in run out area.
- » The run out at the bottom of the sliding area should have a zone clear of objects and space to allow tubes to come to a safe stop. Speed reduction strategies, i.e., burlap, straw, or other techniques, should be in place at the bottom of the sliding lanes if or when necessary.
- » The lanes should be divided by snow berms which do not allow tubes to enter the adjoining lanes.
- » Walking paths for access to sliding area should be groomed to allow for safe walking.
- » Warm, snugly fitting outerwear should be worn.
- » Warm, snugly fitting gloves or mitts, preferably made of a non-absorbent fabric should be worn.
- » Warm winter boots should be worn.

WALL CLIMBING - BOULDERING

Suitable for Grades K-12

The following sections must also be consulted:

All Physical Activities and Indoor Activities or Outdoor Activities and, if applicable, Off-site Activities.

A boulder wall (or bouldering wall) is usually 2.5 m to 3 m in height. Movement is mostly horizontal, traversing the wall. Some are located over swimming pools.

Supervision

- » On-site supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.
- » Suggested ratio 1:15 ratio of teacher/instructor to students on the wall.

Instructional Considerations

- » All students must receive formal instruction in wall safety and moving and climbing techniques.
- » Students should be allowed to select the challenge of their choice, as long as they do not exceed their own limits.
- » Instruct students to not climb over, under or within arm length of another climber.
- » Instruct students to climb down to exit wall, not jump.
- » Inversion moves where feet are above head should not be allowed.
- » The maximum height for Grades K-2 should be set at 2 m and marked with a line on the wall.
- » Proper spotting techniques should be taught:
 - » Spotter should be standing with one leg forward and the other leg back with both arms raised toward the back of the climber.
 - » When the climber is ready to climb he/she says "Ready to climb".
 - » When ready the spotter replies "Ready to spot" after which the climber may begin climbing.
 - » When the climber falls off the wall the spotter does not catch the climber but rather moves arms and directs the fall to stay in front of their body and on the mat.
- » Each climber should have one student partner as a spotter.
- » In the case of Kindergarten students, students from older grades may be used as spotters.

Equipment/Facilities

- » 5 cm mats should extend approximately 2 m from the base of the climbing wall.
- » Grips should be a maximum of 3 m from the mat.



ADDITIONAL INFORMATION

Association of Canadian Mountain Guides
www.acmg.ca
403.678.2885