

Appendix G

Safety in Activity Rooms

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

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

1. An activity room is best suited for activities which have a controlled amount of activity, e.g., aerobics, mat work, fitness stations, skipping, wrestling, dance, etc. Avoid ball-throwing for distance, dodge ball-type games and games which are "action-packed" and go end-to-end (e.g., tag, soccer, floor hockey).
2. In game activities, implement the "no body contact" rule.
3. Limit the number of active participants in an activity area at one time, based on the size of the area, risk level of the activity, and maturity of the participants.
4. If the activity "room" is an open area, student traffic should go around, not through, the interschool activity.
5. Structure drills to provide as much organization as possible.
6. Caution athletes not to throw objects (e.g., balls, beanbags) against the ceiling, thereby knocking down tiles, dust, lights, etc.
7. Keep activity away from drinking fountains, stage steps, trophy cases, etc. Center all activities to allow for a "safety zone" of at least one metre around the perimeter. Create visual boundaries, if possible, with cones/pylons.
8. Precautions are needed to guard against doors opening into the activity area.
9. Do not allow athletes to be involved in activities requiring constant visual supervision or on-site supervision, while the coach goes to the gym or to a storage area in another part of school to get equipment.
10. Determine that the floor surface provides safe traction and is conducive to activity (e.g. not slippery from water or dirt).
11. Check to determine that the equipment/furniture does not present a hazard.