

Ontario Physical Education Safety Guidelines Revisions for the 2018/2019 School Year

The following document contains a **high-level summary*** of the changes to the Safety Guidelines for the 2018/2019 school year (2018/2019 Ontario Physical Education Safety Guidelines).

***Note:** *This document is not an exhaustive summary of all changes and is not to replace reviewing the Fundamentals of Safety, activity pages and appendices. You are advised to consult these sections and activity pages prior to commencing an activity.*

Legend:

E_C = Elementary Curricular
E_IS = Elementary Interschool
E_IM = Elementary Intramural
S_C = Secondary Curricular
S_IS = Secondary Interschool
S_IM = Secondary Intramural

Revised Section/Page Names:

- Generic section revised, condensed and renamed “Fundamentals of Safety”
- E_C, E_IM, S_C, S_IM Martial Arts name changed to “Combatives (Martial Arts)”

New Sections:

- Principal/Designate: This section provides resources and tools specific to the principal/designate role in ensuring the health and safety of their students during physical activities
- About: New section summarizing the background, impact and scope, and partners

New Appendices/Activity Pages:

- E_C Daily Physical Activity (DPA)

- S_C Outdoor Education – Camping (Back-Country)
- E_C Ice Hockey
- E_C Track and Field - Hurdles
- S_C Outdoor Education – Camping (Back-Country)
- Appendix F-2 – Sample Air Quality Health Index Preparedness Guide
- Appendix F-3 – Sample Temperature (Hot/Cold) Preparedness Guide
- Appendix F-4 – Sample Tornado Preparedness Guide
- Appendix F-5 – Sample UV Index Preparedness Guide
- Appendix F-6 – Sample Wind Velocity Preparedness Guide

Concussion Appendices:

All concussion appendices have been revised and new appendices added:

- Appendix C-1 - Concussion Protocol: Prevention, Identification and Management Procedures [here](#).
- Appendix C-2 - Sample Tool to Identify a Suspected Concussion
- Appendix C-3 - Sample Documentation of Medical Assessment
- Appendix C-4 - Sample Documentation for Concussion Management - Home Preparation for Return to School (RTS) and Return to Physical Activity (RTPA) Plan
- Appendix C-5 - Sample Documentation for School Concussion Management – Return to School (RTS) and Return to Physical Activity (RTPA) Plan
- Appendix C-6 - Sample Documentation for Medical Clearance
- Appendix C-7 - Sample Concussion Prevention Strategies

[Click here](#) for a high level summary of *What's Changed in the Ontario Physical Education Safety Guidelines Concussion Protocol (OPESGCP) and Implementation Tools?*

Revisions:

Appendices and Generic Sections

- All modules – Fundamentals of Safety – Replaces Generic Section in all modules, content revised and significantly reduced
- All modules - Appendix E – Sample First Aid Plan and Sample First Aid Emergency Response – Appendix revised to include a sample first aid plan and sample first aid response
- All modules - Appendix F-1 – Sample Lightning Preparedness Guide – expanded information and renumbered

Updates Reflecting Revisions to Ontario Public Pools Regulation 565 - all pages with a Swim Test - Diving, Dragon Boat, Outdoor Education - Canoe Tripping/Canoeing/Canoeing Moving Water/Flat Water Kayaking/Paddle Rafting, Sailing/ Swimming, Rowing, Scuba Diving, Snorkeling, Swimming and Synchronized Swimming, Triathlon, Water Polo, Wind Surfing

- E_C, S_C, E_IS, S_IS – update to/addition of requirement to have accessible standard safety equipment as detailed in Ontario Public Pools Regulation 565, July 1, 2018; swim test must now be administered by a certified aquatic instructor; results of swim test must be documented and communicated as per school board policy (e.g., to the student, teacher, principal, parents/guardians, trip guide(s), lifeguards, aquatic instructor, and outside provider); instructor certifications replaced with aquatic instructor certifications, lifeguard certifications and assistance lifeguard certifications; aquatic instructors are required to also have a lifeguard, or assistant lifeguard certificate, or an additional person with a certified lifeguard certificate on deck for all instructional and coaching activities (There always has to be more lifeguards than assistant lifeguards on deck); supervision for recreational swims updated; added current first aid certification requirement statement; clarification of skill application statements; for those teachers acting as aquatic instructor and/or lifeguard and/or lifeguard assistant additional requirement related to school board's procedures for emergency, accident or injury; swim test now delineated as Swim Test for Shallow and Deep Water; Swim Test for Water Activities and Swim Test for Watercraft; supervision for all swim tests revised; requirements for aquatic instructor certification, lifeguard certification and assistant lifeguard certification delineated for swim tests administered at pools and for those administered at waterfronts; new requirements added for supervision for pool swim tests and waterfront swim tests

Outdoor Education - Canoe Tripping/Canoeing/Canoeing Moving Water/Flat Water Kayaking/Paddle Rafting, Sailing/ Swimming

- E_C, S_C, E_IS, S_IS – – revision and addition to requirements for communication device including phone number, emergency service and school contact people phone numbers; new requirements related to parent/guardian communications

Ball Hockey/Cosom Hockey

- E_C, E_IS, S_C – revised description of permissible hockey sticks

Blanket Toss

- E_C, S_C – revised statements related to student position around the blanket, student position when being tossed, student comfort level statement

Cheerleading - Spirit/Dance

- E_IM, S_IM – revised examples of gymnastics elements typically used; addition of skills students must not attempt

Climbing - Challenge Course - Low Elements

- E_C, S_C – removed supervision ratio for initial instruction

Climbing - Outdoor Rock Climbing

- E_C, S_C – additional direction related to ground anchor use

Clothing, Footwear and Jewellery

- All activity/sport pages – addition or clarification of statement related to securing long hair

Curling

- E_C – clarification of headgear statement

Dragon Boat

- E_C, S_C – update to number of audible alarm signals required; addition of a requirement for a Lifeguard; new statement requiring parents/guardians to be informed of the requirements for students to wear a pfd on/near the water; statement revised requiring PFD's to be worn when on or near water; clarification of supervision ratios; addition of statements relating to use of safety craft in controlled areas (e.g., a confined location, such as a pool, shallow waters, lakefront, or slow moving river)

- S_IS - update to number of audible alarm signals required; clarification of supervision ratios; addition of a requirement for a Lifeguard; addition of statements relating to use of safety craft in controlled areas (e.g., a confined location, such as a pool, shallow waters, lakefront, or slow moving river)

Equipment

- All pages – statement added to encourage students to report equipment problems to the teacher

Facilities

- All pages – statement added to encourage students to report facility problems to the teacher; requirements added for warm-up run taking place off-school site
- E_C - Archery, Badminton/Speed Badminton, Ball Hockey/Speed Hockey, Ball Hockey/Cosom Hockey, Basketball/Bordenball/Endball/Benchball, Blanket Toss, Bowling/Lawn Bowling/BocceBall, Broomball, Combatives (Martial Arts), Cooperative Games, Cricket/Cricket Variation, Cross Country Running/Orienteering, Cross Country Skiing/Snowshoeing, Daily Physical Activity, Dancing/Rhythmic Activities, Dodgeball, Field Hockey, Fitness Activities, Floor Hockey/Gym Ringette, Floorball, Football – Flag/Touch, Gaelic Football, Goalball, Gymnastics – Bench and Chair Activities/Box Horse/Utility/Climber/Climbing Ropes/Mat Work/Mini Trampoline/Parallel Bars etc./Pyramid Building/Vaulting Boards, Handball – Wall, Hockey – Ice, Inuit Games, Jai Alai Lead Up Games, Kabaddi, Kinball, Kindergarten/Primary – Movement Activities/Playground Structures/Wheeled Activities, Lacrosse – Field/Inter (Soft), Paddleball, Paddle Tennis, Parachute, Pickleball, Raquetball, Relay/Tag Games, Ringette – Ice, Rugby – Flag/Touch, Scoop Ball, Scooter Boards, Sepak Takraw, Skating – Ice, Skipping, Soccer/Crab Soccer/Soccer Baseball, Spikeball, Squash, Table Tennis, Tchoukball, Team Handball, Tennis, Tetherball, Track and Field – Modified Javelin Activities/High Jump/Hurdles/Pole Vault/Shot Put/Track Events/Triple Jump/Long Jump, Tug of War, Ultimate Disc, Volleyball – Newcomb Ball, Wrestling, Yoga-Pilates - addition of statements relating to turning points, finish line, end zones and boundaries and identification of markers
- E_C - Archery, Badminton/Speed Badminton, Ball Hockey/Speed Hockey, Ball Hockey/Cosom Hockey, Basketball/Bordenball/Endball/Benchball, Blanket Toss, Bowling/Lawn Bowling/BocceBall, Broomball, Combatives (Martial Arts), Cooperative Games, Cricket/Cricket Variation, Daily Physical Activity, Dancing/Rhythmic Activities, Dodgeball, Field Hockey, Fitness Activities, Floor Hockey/Gym Ringette, Floorball, Football – Flag/Touch, Gaelic Football, Goalball, Gymnastics – Bench and Chair Activities/Box

- Horse/Utility/Climber/Climbing Ropes/Mat Work/Mini Trampoline/Parallel Bars etc./Pyramid Building/Vaulting Boards, Handball – Wall, Inuit Games, Jai Alai Lead Up Games, Kabaddi, Kinball, Kindergarten/Primary – Movement Activities/Wheeled Activities, Lacrosse – Field/Inter (Soft), Paddleball, Paddle Tennis, Parachute, Pickleball, Raquetball, Relay/Tag Games, Rugby – Flag/Touch, Scoop Ball, Scooter Boards, Sepak Takraw, Skipping, Soccer/Crab Soccer/Soccer Baseball, Spikeball, Squash, Table Tennis, Tchoukball, Team Handball, Tennis, Tetherball, Track and Field – Modified Javelin Activities/High Jump/Hurdles/Pole Vault/Shot Put/Track Events/Triple Jump/Long Jump, Tug of War, Ultimate Disc, Volleyball – Newcomb Ball, Wrestling, Yoga-Pilates – addition of statement related to opening/closing of gym divider doors/curtains
- E_C, S_C, E_IS, S_IS – Fitness Activities, Track and Field – Track Events – consultation reference added for safety precautions when using non-gym areas
 - E_C, S_C, E_IS, S_IS - Broomball, Hockey (Ice), Ringette, Skating, Speed Skating, Cross Country Skiing, Curling, Inuit Games – statements added on the use of natural ice locations (lakes, ponds, rivers)
 - E_C, S_C, E_IS, S_IS - Field Hockey, Gaelic Football , Lacrosse - Field, Soccer, Team Handball - clarification and revisions to portable goal requirements and new requirements added for permanent goals
 - S_C -Archery, Badminton/Speed Badminton, Ball Hockey/Cosom Hockey, Basketball, Blanket Toss, Bowling/Lawn Bowling/BocceBall, Broomball, Combatives (Martial Arts), Cooperative Games, Cricket, Cross Country Running/Orienteering, Cross Country Skiing/Snowshoeing, Dancing/Rythmic Activities, Dodgeball, Fencing, Field Hockey, Fitness Activities, Floor Hockey/Gym Ringette, Floorball, Football – Flag/Touch, Gaelic Football, Goalball, Gymnastics – Mini Trampoline/Parallel Bars etc./Pyramid Building, Handball – Wall, Hockey – Ice, Inuit Games, Jai Alai Lead Up Games, Kabaddi, Kinball, Lacrosse – Field/Inter (Soft), Paddleball, Paddle Tennis, Parachute, Pickleball, Raquetball, Relay and Tag Games, Ringette - Ice, Rugby – Flag/Touch, Scoop Ball, Scooter Boards, Self-Defense, Sepak Takraw, Skateboarding, Skating – Ice, Skipping, Soccer – Indoor/Outdoor, Spikeball, Squash, Table Tennis, Tchoukball, Team Handball, Tennis, Track and Field – Discus/High Jump/Hurdles/Javelin/Shot Put/Track Events/Triple Jump/Long Jump, Triathlon, Tug of War, Ultimate Disc, Volleyball, Wrestling, Yoga-Pilates - addition of statements relating to turning points, finish line, end zones and boundaries and identification of markers
 - S_C - Archery, Badminton/Speed Badminton, Ball Hockey/Cosom Hockey, Basketball, Blanket Toss, Bowling/Lawn Bowling/BocceBall, Broomball, Combatives (Martial Arts), Cooperative Games, Cricket, Dancing/Rythmic

- Activities, Dodgeball, Fencing, Field Hockey, Fitness Activities, Floor Hockey/Gym Ringette, Floorball, Football – Flag/Touch, Gaelic Football, Goalball, Gymnastics – Mini Trampoline/Parallel Bars etc./Pyramid Building, Handball – Wall, Inuit Games, Jai Alai Lead Up Games, Kabaddi, Kinball, Lacrosse – Field/Inter (Soft), Paddleball, Paddle Tennis, Parachute, Pickleball, Raquetball, Relay and Tag Games, Rugby – Flag/Touch, Scoop Ball, Scooter Boards, Self-Defense, Sepak Takraw, Skipping, Soccer – Indoor/Outdoor, Spikeball, Squash, Table Tennis, Tchoukball, Team Handball, Tennis, Track and Field – Discus/High Jump/Hurdles/Javelin/Shot Put/Track Events/Triple Jump/Long Jump, Triathlon, Ultimate Disc, Volleyball, Wrestling, Yoga-Pilates - addition of statement related to opening/closing of gym divider doors/curtains
- E_IS - Badminton, Ball Hockey/Cosom Hockey, Baseball, Basketball, Bowling/Lawn Bowling/BocceBall, Broomball, Cheerleading – Acrobatic, Cricket, Cross Country Running/Orienteering, Cross Country Skiing, Field Hockey, Floorball, Football – Flag/Touch, Gymnastics, Handball – Wall, Lacrosse – Field/Inter (Soft), Rugby – Flag/Touch, Skipping, Soccer, Softball, Team Handball, Tennis, Track and Field – High Jump/Hurdles/Shot Put/Track Events/Triple Jump Long Jump, Tug of War, Ultimate Disc, Volleyball, Wrestling - addition of statements relating to turning points, finish line, end zones and boundaries and identification of markers
 - E_IS - Badminton, Ball Hockey/Cosom Hockey, Basketball, Broomball, Cheerleading – Acrobatic, Fencing, Floorball, Football Flag/Touch, Gymnastics, Handball, Skipping, Soccer, Squash, Table Tennis, Team Handball, Tug of War, Ultimate Disc, Volleyball, Wrestling- addition of statements relating to turning points, finish line, end zones and boundaries and identification of markers; addition of statement related to opening/closing of gym divider doors/curtains
 - S_IS - Badminton, Baseball, Basketball, Bowling/Lawn Bowling/BocceBall, Broomball, Cheerleading – Acrobatic, Cricket, Cross Country Running/Orienteering, Cross Country Skiing, Fencing, Field Hockey, Floorball, Football – Flag/Touch, Football – Tackle, Gymnastics, Handball, Lacrosse – Box/Field, Rugby – Flag/Touch, Soccer, Softball – Fast Pitch, Softball – Lob Ball/Slo Pitch/Three Ptich, Squash, Table Tennis, Team Handball, Tennis, Track and Field – Discus/High Jump/Hurdles/Javelin/Pole Vault/Shot Put/Steeplchase/Track Events/Triple Jump Long Jump, Triathlon, Tug of War, Ultimate Disc, Volleyball, Wrestling- addition of statements relating to turning points, finish line, end zones and boundaries and identification of markers
 - S_IS - Badminton, Baseball, Basketball, Bowling/Lawn Bowling/BocceBall, Broomball, Cheerleading – Acrobatic, Cricket, Fencing, Field Hockey, Floorball, Football – Flag/Touch, Football – Tackle, Gymnastics, Handball,

Lacrosse – Box/Field, Rugby – Flag/Touch, Soccer, Softball – Fast Pitch, Softball – Lob Ball/Slo Pitch/Three Ptich, Squash, Table Tennis, Team Handball, Tennis, Track and Field – Discus/High Jump/Hurdles/Javelin/Pole Vault/Shot Put/Steeplchase/Track Events/Triple Jump Long Jump, Tug of War, Ultimate Disc, Volleyball, Wrestling - addition of statement related to opening/closing of gym divider doors/curtains

- E_IM, S_IM – All activity pages – addition of statement related to opening/closing of gym divider doors/curtains

Football - Tackle

- S_IS – revisions to requirements for helmet inspections, reconditioning and recertification and certification; revisions to requirements for shoulder pad inspections

Gymnastics - Box Horse/Utility Box

- E_C – revision for mats to be used for landing surface for one section of box horse and mats for two or more sections of the box horse

Gymnastics - General Procedures

- E_C, S_C – revisions and additions for mats to be used for elevated inverted skills, controlled feet-first landing and for vaulting

Gymnastics - Parallel Bars/Still Rings/Balance Beam/Uneven Parallel Bars/Vault Table/Flatback Vaulting

- E_C,S_C – clarification of landing surfaces

Hockey

- E_IS, S_IS – added statement that cracked or splintered sticks must not be used; outside facilities includes check for hazards

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

- S_C - added statement that cracked or splintered sticks must not be used; outside facilities includes check for hazards

Horseback Riding

- E_C, S_C - clarification of supervision ratios; updated trail guide certifications

Outdoor Education - Camping

- E_C - clarification of activity definition – local only (within 2 hours from the arrival of emergency medical assistance); definition of instructor added; new equipment statements added related to reporting equipment problems; maps; signalling device; water purification system; weather; animal repellent; tarps and saw; new facilities statements added related to disposal of food, open flames, tent location, emergency route and procedures, cooking area, supervision for filling and lighting campstoves, lighting campfires, use of saws; revised first aid certification statement

Outdoor Education - Camping (Local)

- S_C - clarification of activity definition; definition of instructor added; new equipment statements added related to reporting equipment problems; maps; signalling device; water purification system; weather; animal repellent; tarps and saw; new facilities statements added related to disposal of food, open flames, tent location, emergency route and procedures, cooking area, use of axes, camp knives and saws; supervision for filling and lighting campstoves, lighting campfires, use of saws, camp knives, axes, overnight supervision ratios; requirements for tent camping; revised first aid certification statement

Outdoor Education - Canoeing

- E_C - statement revised requiring PFD's to be worn when on or near water; new statement requiring parents/guardians to be informed of the requirements for students to wear a pfd on/near the water

Outdoor Education - Canoe Tripping

- S_C - clarification of trip definitions; new requirement for assigning a lead boat sweep boat and signal system between boats

Outdoor Education - Swimming

- E_C, S_C - addition of statement requiring boundary markers to establish the designated swimming area

Relay and Tag Game

- E_C, E_IM, S_C, S_IM- new facilities statement relating to turning points, finish lines and boundaries; new statement related to identification when more than one tagger

Rowing

- E_C, S_C - revised First Aid certification statement

Rugby - Tackle

- S_IS - new requirement for 8 days of contact practice to occur prior to first league game

Soccer

- E_C, E_IS - Clarification of the size of allowable balls by age, clarification of type of ball by facility; new statement that heading skills are not to be taught or permitted during skills, drills, or games.
- S_C - new statement defining ball to be used for heading drills; clarification of appropriate ball for games; clarification of type of ball by facility; clarification and revisions to portable goal requirements and new requirements added for permanent goals; special rules added related to heading ball and heading drill repetitions
- S_IS - clarification of type of ball by facility; clarification and revisions to portable goal requirements and new requirements added for permanent goals

Softball

- E_IS - clarification of athletic support required for catchers

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

- E_C - clarification of the size of allowable balls

Special Rules/Instructions

- All pages - addition/update of statement related to the use of outside activity providers; update to concussion statement: information on concussion prevention must be specific to the activity, must include inherent risks of the activity and procedures and rules for safe play. Student must now also receive instruction on the importance of reported symptoms related to a suspected concussion; addition/update of statement relating to communication, permissions and transportation to off-site locations; addition/update of statement relating to teacher taking into account age, ability level, language of students and facility available as well as previous training, fitness level and length of time and intensity of the activity; addition/update requiring a proper warm-up and cool-down inclusion for all activities; addition of statement requiring adequate accessible liquid replacement for students
- E_C, S_C - Archery, Alpine Skiing Snowblading Snowboarding, Blanket Toss, Bowling/Lawn Bowling/Bocce Ball, Broomball, Climbing – Aerial Parks/Ascending Lines/Challenge Course Low Elements/Challenge Course Tower High Elements/Climbing Wall and Related Activities/Outdoor Rock Climbing/Zipline Tyrolean Travers Equivalent, Cricket/Cricket Variation, Cross Country Running/Orienteering, Cross Country Skiing, Snowshoeing, Curling, Cycling, Dodgeball, Dragon Boat, Field Hockey, Football, Gaelic Football, Golf, Hockey, Horseback Riding, In-Line Skating Quad Roller Skating, Inuit Games, Kabaddi, Kinball, Kindergarten Primary Grades – Wheeled Activities/Playground Structures, Lacrosse - Field, Lacrosse-Inter (Soft), Mountain Biking, Outdoor Education – Backpacking Hiking/Camping/Canoe Tripping/Canoeing/In Water Kayaking/Paddle Rafting/Swimming, Relay Tag Games, Rugby - Flag/Touch, Sepak Takraw, Skateboarding, Skating Ice, Snow Tubing, Soccer/Flag Soccer/Soccer Baseball, Softball, Speed Skating, Spikeball, Tennis, Tetherball, Tobogganing Sledding, Track and Field – High Jump/Hurdles/Modified Javelin Activities/Triple Jump Long Jump/Track Events, Tug of War, Ultimate Disc, Volleyball, Volleyball Beach – revised environmental conditions statement
- E_IS – Alpine Skiing Snowboarding, Bowling/Lawn Bowling/Bocce Ball, Broomball, Cricket, Cross Country Running Orienteering, Cross Country skiing snowshoeing, Curling, Field Hockey, Football, Golf, Lacrosse-Field, Lacrosse-Inter (Soft), Ringette, Rugby Flag Touch, Soccer, Softball, Tennis, Track and Field – High Jump/Hurdles/Turbo Javelin Turbo Jav/Shot Put/Track Events/Triple Jump Long Jump, Tug of War, Ultimate Disc, Volleyball Beach – revised environmental conditions statement

- S_IS – Alpine Skiing Snowboarding, Archery, Baseball, Bowling/Lawn Bowling/Bocce Ball, Broomball, Cricket, Cross Country Running Orienteering, Cross Country Skiing, Curling, Cycling, Dragon Boat, Field Hockey, Football Flag Touch, Football Tackle, Golf, Hockey, Lacrosse-Box Field, Mountain Biking, Ringette, Roller (Inline) Hockey, Rowing, Rugby Tackle, Soccer, Softball-Fast Pitch, Softball – Lob Ball Slopitch Three Pitch, Tennis, Track and Field – Discus/High Jump/Hurdles/Javelin/Pole Vault/Shot Put/Steeplechase/Track Events/Triple Jump Long Jump, Triathlon, Tug of War, Ultimate Disc, Volleyball Beach – revised environmental conditions statement
- E_C - Dragon Boat, Outdoor Education – Canoe Tripping/Flat Water Kayaking/Paddle Rafting, Rowing – new statement requiring parents/guardians to be informed of the requirements for students to wear a pfd on/near the water
- S_C - Dragon Boat, Outdoor Education – Canoe Tripping/Canoe Moving Water/Flat Water Kayaking/Paddle Rafting, Rowing, Sailing, Wind Surfing – new statement requiring parents/guardians to be informed of the requirements for students to wear a pfd on/near the water

Supervision

- All pages – revision to emergency action plan and response statement to deal with student injuries, evacuations, fire alarms, and lock downs
- E_C, S_C – Dragon Boat, Outdoor Education – Backpacking Hiking/Camping/Canoeing/Canoeing Moving Water/Flat Water Kayaking, Paddle Rafting/Sailing/Swimming/Winter Camping – revised first aid certification requirements to ensure consistency
- E_IS – Alpine Skiing Snowboard, Badminton, Ball Hockey Cosom Hockey, Baseball, Basketball, Bowling Lawn Bowling, Broomball IceCricket, Cheerleading, Cross Country Running Orienteering, Cross Country Skiing, Curling, Field Hockey, Floorball, Football Flag Touch, Golf, Gymnastics, Handball Wall, Hockey Ice, Lacrosse Field, Lacrosse-Inter (Soft), Mountain Biking, Ringette Ice, Rugby Flag Touch, Skipping, Soccer, Softball, Swimming and Synchronized Swimming, Team Handball, Tennis, Track and Field – High Jump/Hurdles/Shot Put/Track Events/Triple Jump Long Jump, Tug of War, Ultimate Disc, Volleyball, Volleyball Beach, Water Polo, Wrestling – revised statement related to responsibility for providing first id to injured athletes
- S_IS – Alpine Skiing Snowboarding, Archery, Badminton, Baseball, Basketball, Bowling Lawn Bowling, Broomball Ice, Cheerleading, Cricket,

Cross Country Running Orienteering, Cross Country Skiing, cycling, Curling, Diving Springboard Tower, Dragon Boat, Fencing, Field Hockey, Floorball, Football Flag Touch, Football Tackle, Golf, Gymnastics, Handball Wall, Hockey Ice, Lacrosse Field Box, Mountain Biking, Ringette Ice, Roller (inline) Hockey, Rowing, Rugby, Soccer, Softball Fast Pitch, Softball – Lob Ball Slo-Pitch Three Pitch, Squash, Swimming and Synchronized Swimming, Table Tennis, Team Handball, Tennis, Track and Field – Discus/High Jump/Hurdles/Javelin/Pole Vault/Shot Put/Steeplechase/Track Events/Triple Jump Long Jump, Triathlon, Tug of War, Ultimate Disc, Volleyball, Volleyball Beach, Water Polo, Weightlifting, Wrestling – revised statement related to responsibility for providing first aid to injured athletes

- E_C, S_C - Archery, Badminton/Speed Badminton, Ball Hockey/Speed Hockey, Ball Hockey/Cosom Hockey, Basketball/Bordenball/Endball/Benchball, Blanket Toss, Bowling/Lawn Bowling/BocceBall, Broomball, Climbing – Ariel Parks/Ascending Lines/Bouldering Travers Climbing Wall/ Challenge Course – Low Elements/Challenge Course Towers – High Elements/Climbing Wall and Related Activities/Outdoor Rock Climbing/Zipline Tyrolean Traverse, Combatives (Martial Arts), Cooperative Games, Cricket/Cricket Variation, Daily Physical Activity, Dancing/Rhythmic Activities, Dodgeball, Field Hockey, Fitness Activities, Floor Hockey/Gym Ringette, Floorball, Football – Flag/Touch, Gaelic Football, Goalball, Gymnastics – Bench and Chair Activities/Box Horse/Utility/Climber/Climbing Ropes/Mat Work/Mini Trampoline/Parallel Bars etc./Pyramid Building/Vaulting Boards, Handball – Wall, Inuit Games, Jai Alai Lead Up Games, Kabaddi, Kinball, Kindergarten/Primary – Movement Activities/Playground Structures/Wheeled Activities, Lacrosse – Field/Inter (Soft), Paddleball, Paddle Tennis, Parachute, Pickleball, Raquetball, Relay/Tag Games, Rugby – Flag/Touch, Scoop Ball, Scooter Boards, Sepak Takraw, Skipping, Soccer/Crab Soccer/Soccer Baseball, Spikeball, Squash, Table Tennis, Tchoukball, Team Handball, Tennis, Tetherball, Track and Field – Modified Javelin Activities/High Jump/Hurdles/Pole Vault/Shot Put/Track Events/Triple Jump/Long Jump, Tug of War, Ultimate Disc, Volleyball – Newcomb Ball, Wrestling, Yoga-Pilates – addition of statement requiring students to be informed that the use of equipment and the gymnasium are prohibited without supervision
- E_IS - Badminton, Ball Hockey/Cosom Hockey, Baseball, Basketball, Bowling/Lawn Bowling/BocceBall, Broomball, Cheerleading – Acrobatic, Cricket, Field Hockey, Floorball, Football – Flag/Touch, Gymnastics, Handball – Wall, Lacrosse – Field/Inter (Soft), Rugby – Flag/Touch, Skipping, Soccer, Softball, Team Handball, Tennis, Track and Field – High

- Jump/Hurdles/Shot Put/Track Events/Triple Jump Long Jump, Tug of War, Ultimate Disc, Volleyball, Wrestling – addition of statement requiring students to be informed that the use of equipment and the gymnasium are prohibited without supervision
- S_IS - Badminton, Baseball, Basketball, Bowling/Lawn Bowling/BocceBall, Broomball, Cheerleading – Acrobatic, Cricket, Fencing, Field Hockey, Floorball, Football – Flag/Touch, Football – Tackle, Gymnastics, Handball, Lacrosse – Box/Field, Rugby – Flag/Touch, Soccer, Softball – Fast Pitch, Softball – Lob Ball/Slo Pitch/Three Ptich, Squash, Table Tennis, Team Handball, Tennis, Track and Field – Discus/High Jump/Hurdles/Javelin/Pole Vault/Shot Put/Steeplchase/Track Events/Triple Jump Long Jump, Triathlon, Ultimate Disc, Volleyball, Wrestling – addition of statement requiring students to be informed that the use of equipment and the gymnasium are prohibited without supervision
 - S_C - Outdoor Education - Backpacking/Hiking (Backcountry)/Camping (Backcountry)/Canoe Tripping/ Winter Camping - revised First Aid certification statement
 - E_IS, S_IS – All pages – addition of statement requiring coaches to be familiar with and implement where applicable the criteria outlined in Appendix P – Coaching Expectations.

Swimming

- E_C,E_IS, S_C, S_IS – added blocks to statement related to water depth where diving is not permitted

Track and Field - Turbo Javelin/Turbo Jav

- E_IS – maximum weight for junior and intermediate students added

Volleyball

- E_C ,E_IS, S_C, S_IS – revised statement related to instructing students on setting up and taking down of nets

Volleyball - Beach

- E_C ,E_IS, S_C, S_IS – revised statement related to instructing students on setting up and taking down of nets

Yoga and Pilates

- S_C – updated statement for teacher who is unfamiliar