

Ontario Physical Education Safety Guidelines Revisions for the 2017/2018 School Year

The following document contains a **high-level summary*** of the changes to the Safety Guidelines for the 2017/2018 school year (2017/2018 Ontario Physical Education Safety Guidelines).

**Note: This document is not an exhaustive summary of all changes and is not to replace reviewing the revised Generic Sections, 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

New Appendices/Activity Pages:

- E_C/S_C - Kabaddi
- E_C/S_C - Gaelic Football
- E_C/S_C - Inuit Games
- E_C/S_C - Blanket Toss

Revisions:

Revised page names

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

Redirect pages removed

- E_C/S_C - Football - Tackle

- E_C - Rugby - Tackle
- E_C/S_C/E_IS - Softball - Fast Pitch
- E_C - Softball Lead-Up Games - Soccer-Baseball/Volley-Baseball/T-Ball

Appendices and Generic Sections

- **All modules - Generic Section** - Addition of a statement related to the purchasing of protective eyewear; in the area definition revised; appropriate footwear definition revised.
- **All modules - Appendix D - Sample First Aid Kit** - Inclusion of a Concussion Identification Tool.
- **E_IS/S_IS - Appendix O - Coaching Expectations** - Inclusion of the requirement for coaches to be aware of, and implement the school board's concussion protocol.

Broomball

- E_C/S_C - Equipment revisions for both non-ice and ice broomball balls, brooms, goalies and players. Non-ice and ice facility revisions. Clarification of the safety rules of play.

Cheerleading - Acrobatic

- E_IS/S_IS - Revised name of OCF policies and procedures manual. Revised coaching qualifications required for all coaches and addition of coaching qualifications required for teams incorporating any and all tumbling elements.

Climbing Activities

- E_C/S_C - Climbing - Challenge Courses/Towers - High Elements - Addition of the role of the Course Manager.

Concussions

- **All pages E_C/S_C, E_IS/S_IS** - Addition of the requirement that all students must receive training or information on concussion prevention and awareness specific to the activity prior to participating. And those students must not participate in the activity until this instruction has been received.

Cross Country Running/Orienteering

- E_IS - Revision for Grades 7-8 allowing spikes/cleats.

Dodgeball

- E_C/S_C - Addition of requirements related to padding of goal posts for outdoor dodgeball. Clarification of where contact with the ball must be and special rules/instructions when students are targets.

Emergency Action Plan

- All pages E_C/S_C, E_IS/S_IS - Revised statement relating to school's emergency action plan including transportation of an injured student to hospital.

Fitness Activities

- E_C/S_C - Revised jewellery statement to allow students to wear soft/flexible bands on fitness monitors.

Football - Tackle

- S_IS - Coaching supervision clarified specifying it must be the NCCP Safe Contact trained coach who supervises all contact drills and all competitions. New coaching qualification being phased in to require as of September 1, 2020 any individual providing instruction must be Safe Contact trained. A new coach must become Safe Contact trained within one year in addition to the coaching qualification requirements.
- Football helmets whether provided by the school or by the student must now be recertified by an accredited equipment re-conditioner within a time frame a per manufacturer's requirements (i.e., no longer simply after three years of use).

Gymnastics

- E_C/S_C - Added statement requiring a teacher who is providing instruction and is unfamiliar with the activity must refrain from teaching the activity until assistance is provided by an appropriately trained staff or training is received.
- In-ground Trampoline
 - E_C/S_C - Updated required instructor qualifications for trampoline skills focus programs
 - S_C - For trampoline skills focus programs addition of instructor qualification for teaching inversion skills.
- Above Ground Trampoline

- S_C - Updated required instructor qualifications for non-inversion skills and instructor qualifications required for teaching inversion skills.

Higher Risk Interschool Sports

- E_IS/S_IS - Clarification of required First Aid Certification for higher risk sports related to spinal injury training. Statement clarifies the requirement as training in head, neck and spinal injury management.

Hockey - Ice

- E_IS/S_IS - Clarification of required hockey helmet for both goalies and players.

Horseback Riding

- E_C/S_C - Revisions to required stirrups, helmets for therapeutic riding programs, footwear, jewellery, stable requirements for special needs students, trail ride requirements, riding instructor qualifications including first aid and therapeutic riding supervision ratios.

In-line Skating

- E_C/S_C - Facility revisions related to municipal sites, gymnasium and off school site locations including grades that are permitted to use off school sites.

Lower Risk Interschool Sports

- E_IS/S_IS - Added statement related to first aid to injured athletes. Added statement requiring head coach to demonstrate knowledge of game, skills and strategies to principal or designate.

Outdoor Education

- E_C/S_C - Revised Trip Guide definition to require identified certifications and/knowledge and skills of the route and activity.
- Backpacking/Hiking - Local
 - E_C/S_C - Removed the requirement that one of the teachers/trip guides must have backpacking experience.
- Camping
 - E_C - Definition of dormitory added.
- Canoeing

- E_C/S_C - Aluminum canoe ban has been removed. ORCKA Day Trip Leader has been added to and ORCKA Camp Canoe Instructor has been removed from the list of permitted instructor qualifications.
- S_C - First Aid certification requirement revised.
- Canoeing Moving Water
 - S_C - Competency assessment and canoeing skills clarified.
- Canoe Tripping
 - S_C - Types of trips have been defined (multi-day non-wilderness; single day wilderness; multi-day wilderness) along with phasing in of the required qualifications and supervisions ratios by September 1, 2019.
- Swimming
 - E_C/S_C - Statement added requiring all identified non-swimmers to wear a properly fastened Personal Flotation Device (PFD)
- Winter Camping
 - S_C - Removed the requirement that Trip guide must have previous winter camping experience.

Outdoor Facility Surfaces

- E_C - Basketball/Bordenball/Endball/Benchball, Blanket Toss, Bowling/Lawn Bowling/Bocce Ball, Cricket/Variations, Cross Country Running/Orienteering, Dodgeball, Field Hockey, Fitness Activities, Football - Flag/Touch, Gaelic Football, Kindergarten/Primary Grades - Playground Structures, Lacrosse - Field, Lacrosse - Inter (Soft), Relay/Tag Games, Rugby - Flag/Touch, Soccer/Crab Soccer/Soccer Baseball, Softball - Lob Ball/Slo Pitch/Three Pitch, Track and Field - Modified Javelin Activities/High Jump/Shot Put/Track Events/Triple Jump and Long Jump, Ultimate Disc - Enhanced content related to outdoor facility surfaces and required actions where hazards cannot be removed.
- S_C - Basketball, Bowling/Lawn Bowling/Bocce Ball, Cricket, Cross Country Running/Orienteering, Dodgeball, Field Hockey, Fitness Activities, Football - Flag/Touch, Gaelic Football, Lacrosse - Box/Field, Lacrosse - Inter (Soft), Relay and Tag Games, Rugby - Contact/Non Contact, Soccer - Indoor/Outdoor, Softball - Lob Ball/Slo Pitch/Three Pitch, Track and Field - Discus/High Jump/Hurdles/Javelin/Shot Put/Track Events/Triple Jump and Long Jump, Ultimate Disc - Enhanced content related to outdoor facility surfaces and required actions where hazards cannot be removed.
- E_IS - Bowling/Lawn Bowling/Bocce Ball, Cricket, Cross Country Running/Orienteering, Field Hockey, Football - Flag/Touch, Lacrosse - Field, Lacrosse - Inter (soft), Rugby - Flag/Touch, Soccer - Indoor/Outdoor, Softball - Fast Pitch, Softball - Lob Ball/Slo Pitch/Three Pitch, Track and Field - High

Jump, Hurdles, Turbo Javelin Turbojav, Shot Put, Track Events, Triple Jump/Long Jump, Tug of War, Ultimate Disc - Enhanced content related to outdoor facility surfaces and required actions where hazards cannot be removed for both practices and competitions.

- S_IS - Baseball - Hardball, Bowling/Lawn Bowling/Bocce Ball, Cricket, Cross Country Running/Orienteering, Field Hockey, Football - Flag/Touch, Football - Tackle, Lacrosse - Box/Field, Rugby, Soccer - Indoor/Outdoor, Softball - Fast Pitch, Softball - Lob Ball/Slo Pitch/Three Pitch, Track and Field - Discus/High Jump/Hurdles/Javelin/Pole Vault/Shot Put/Steeplechase/Track Events/Triple Jump Long Jump, Triathlon - Swimming/Running/Cycling, Tug of War, Ultimate Disc - Enhanced content related to outdoor facility surfaces and required actions where hazards cannot be removed for both practices and competitions.

Relay and Tag Games

- E_C - Related to relays, added statement that walls and doors must not be used for turning points or finish lines and the requirement to designate a safety or slow down zone.

Rugby - Contact

- S_C - Contact is no longer permitted.
- S_IS - Revisions to clothing and footwear. Statement addition requiring athletes be taught that head hits and high tackles are not permitted. Clarification of the number of contact practices required prior to the first league game and that all contact skill progressions must be taught and practiced prior to competition.
- New coaching qualification being phased in requiring one coach to have a minimum certification of NCCP Community Sport Coach - Community Initiation/World Rugby Level 1 by September 1, 2019.

Safety Boat

- E_C/S_C - Dragon Boating, Outdoor Education - Canoeing, Flatwater Kayaking, Paddle Rafting, Sailing (S_C) - Revised safety craft description including who must be in the safety craft;
- S_IS - Dragon Boat Racing - Revised safety craft description including who must be in the safety craft.

Sailing

- S_C - Sailing - Updated instructor qualifications.

Baseball/Softball

- **S_IS Baseball - Hardball** - Added statement that students are to be informed of the importance of keeping their eye on the flight of the ball both when playing offense and when playing defense.
- **E_C Softball - Lob Ball/Slo Pitch/Three Pitch/T-Ball** - T-ball content moved to this page; added statement specifying no wooden/aluminum bats are permitted for t-ball, only foam/plastic can be used. Clarified ball that are permitted.
- **E_IS/S_C Softball - Lob Ball/Slo Pitch/Three Pitch** - Added statement requiring pitcher, catcher, infielders and outfielders to wear softball/baseball gloves when a regulation/official or hard, flight-restricted softball is being used. Added statement that students are to be informed of the importance of keeping their eye on the flight of the ball both when playing offense and when playing defense.
- **S_C Softball - Lob Ball/Slo Pitch/Three Pitch** - Clarified balls that are permitted.
- **S_IS Softball Fast Pitch/S_IS Softball Lob Ball/Slo Pitch/Three Pitch** - Added statement that students are to be informed of the importance of keeping their eye on the flight of the ball both when playing offense and when playing defense.

Swimming/Synchronized Swimming

- **E_C/S_C** - Statement added requiring all identified non-swimmers to wear a properly fastened Personal Flotation Device (PFD). And that the PFD can be removed during instructional swims when the non-swimmer is under constant visual supervision by the instructor during learn-to-swim skill instruction and/or practice.