

Safety Guidelines Revisions for the 2013/2014 School Year

Note: Module names in the Table of Contents are hyperlinked to revision summary below.

Elementary Curricular	10
Generic Section	10
Appendix A - Sample Parent/Guardian Information Letter and Medical Information Form ..	10
Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses .	10
Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical Activity	10
Appendix C-2 - Tool to Identify a Suspected Concussion	11
Appendix C-3 - Documentation of Medical Examination	11
Appendix C-4 - Documentation for a Diagnosed Concussion - Return to Learn/Return to Physical Activity Plan	11
Appendix E - Emergency Action Plan	11
Appendix H - Fitness Equipment - Existing, Newly Purchased or Donated	11
Appendix L - Sample Management of Asthma Protocol	11
Appendix M - Sudden Arrhythmia Death Syndrome (SADS)	11
Alpine Skiing/Snowboarding/Snowblading	11
Archery	11
Bowling/Lawn Bowling/Bocce Ball	12
Broomball	12
Climbing - Ascending Lines	12
Climbing - Bouldering	12
Climbing - Challenge Courses - Low Elements	12
Climbing - Challenge Courses - Towers/High Elements	12
Climbing - Climbing Wall and Related Activities	12
Climbing - Ice Climbing	12
Climbing - Outdoor Rock Climbing	12
Climbing - Zipline/Tyrolean Traverse	12
Cricket/Cricket Variations	13
Cross Country Running/Orienteering	13
Cross Country Skiing/Snowshoeing	13
Curling	13
Cycling	13
Dodgeball	13
Dragon Boating	13
Field Hockey	13

Fitness Activities	13
Floor Hockey/Gym Ringette	13
Football - Flag/Touch.....	14
Goalball	14
Golf	14
Gymnastics - General Procedures	14
Gymnastics - Parallel Bars, etc	14
Horseback Riding - English/Western/Therapeutic.....	14
In-line Skating/Quad Roller Skating.....	14
Kinball	14
Lacrosse - Field	14
Lacrosse - Inter (Soft)	14
Mountain Biking.....	14
Outdoor Education - Backpacking/Hiking	15
Outdoor Education - Camping (No Canoeing)	15
Outdoor Education - Canoeing	15
Outdoor Education - Flatwater Kayaking.....	15
Outdoor Education - General Procedures	15
Outdoor Education - Paddle Rafting	15
Outdoor Education - Swimming	15
Relay and Tag Games	15
Rowing (including Viking Boats).....	15
Rugby - Flag/Touch	16
Sepak Takraw	16
Skateboarding	16
Skating - Ice	16
Snow Tubing	16
Soccer/Crab Soccer/Soccer Baseball	16
Softball - Lead-Up Games.....	16
Softball - Lob Ball/Slo Pitch/Three Pitch	16
Speed Skating	17
Swimming/Synchronized Swimming.....	17
Tennis	17
Tetherball.....	17
Tchoukball	17
Tobogganing/Sledding	17
Track and Field - High Jump.....	17

Track and Field - Modified Javelin Activities (Foam/Plastic).....	17
Track and Field - Shot Put	18
Track and Field - Track Events.....	18
Track and Field - Triple Jump/Long Jump.....	18
Track and Field - Turbo Javelin.....	18
Tricycles	18
Tug of War	18
Ultimate Disc.....	18
Volleyball - Beach	18
Water Polo.....	18
Wrestling.....	19
Yoga/Pilates.....	19
Elementary Interschool	19
Generic Section	19
Appendix A - Interschool Athletic Participation Form	19
Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Innnesses .	19
Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical Activity	19
Appendix C-2 - Tool to Identify a Suspected Concussion.....	20
Appendix C-3 - Documentation of Medical Examination.....	20
Appendix C-4 - Documentation for a Diagnosed Concussion - Return to Learn/Return to20 Physical Activity Plan	20
Appendix E - Emergency Action Plan	20
Appendix H - Fitness Equipment - Existing, Newly Purchased or Donated	20
Appendix L - Sample Management of Asthma Protocol	20
Appendix M - Sudden Arrhythmia Death Syndrome (SADS)	20
Alpine Skiing/Snowboarding	21
Baseball - Fastball.....	21
Bowling/Lawn Bowling/Bocce Ball	21
Broomball - Ice.....	21
Cricket.....	21
Cross Country Running/Orienteering.....	21
Cross Country Skiing	21
Field Hockey.....	21
Football - Flag/Touch.....	21
Golf	21
Hockey - Ice	22

Lacrosse - Field	22
Lacrosse - Inter (Soft)	22
Ringette - Ice.....	22
Rugby - Flag/Touch	22
Soccer - Indoor/Outdoor	22
Softball - Fast Pitch.....	22
Softball - Lob Ball/Slo Pitch/Three Pitch	22
Swimming/Synchronized Swimming.....	22
Tennis	22
Track and Field - High Jump.....	23
Track and Field - Hurdles	23
Track and Field - Shot Put	23
Track and Field - Track Events.....	23
Track and Field - Triple Jump/Long Jump.....	23
Track and Field - Turbo Javelin/Turbojav	23
Tug of War	23
Ultimate Disc.....	24
Volleyball - Beach	24
Water Polo.....	24
Elementary Intramural	24
Generic Section.....	24
Appendix A - Sample Parent/Guardian Information Letter and Medical Information Form ..	24
Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses .	24
Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical	
Activity Plan.....	24
Appendix C-2 - Tool to Identify a Suspected Concussion.....	25
Appendix C-3 - Documentation of Medical Examination.....	25
Appendix C-4 - Documentation for a Diagnosed Concussion - Return to Learn/Return to	
Physical Activity Plan.....	25
Appendix E - Emergency Action Plan	25
Appendix H - Fitness Equipment - Existing, Newly Purchased or Donated	25
Appendix L - Sample Management of Asthma Protocol	25
Appendix M - Sudden Arrhythmia Death Syndrome (SADS)	25
Secondary Curricular	26
Generic Section.....	26
Appendix A - Sample Parent/Guardian Information Letter and Medical Information Form ..	26
Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses .	26

Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical Activity	26
Appendix C-2 - Tool to Identify a Suspected Concussion	27
Appendix C-3 - Documentation of Medical Examination	27
Appendix C-4 - Documentation for a Diagnosed Concussion - Return to Learn/Return to Physical Activity Plan	27
Appendix E - Emergency Action Plan	27
Appendix H - Fitness Equipment - Existing, Newly Purchased or Donated	27
Appendix L - Sample Management of Asthma Protocol	27
Appendix M - Sudden Arrhythmia Death Syndrome (SADS)	27
Alpine Skiing/Snowboarding/Snowblading	27
Archery	27
Bowling/Lawn Bowling/Bocce Ball	28
Broomball	28
Climbing - Ascending Lines	28
Climbing - Bouldering	28
Climbing - Challenge Courses - Low Elements	28
Climbing - Challenge Courses - Towers/High Elements	28
Climbing - Climbing Wall and Related Activities	28
Climbing - Ice Climbing	28
Climbing - Outdoor Rock Climbing	28
Climbing - Zipline/Tyrolean Traverse	28
Cricket	29
Cross Country Running/Orienteering	29
Cross Country Skiing/Snowshoeing	29
Curling	29
Cycling	29
Diving - Springboard/Tower	29
Dodgeball	29
Dragon Boating	29
Field Hockey	29
Fitness Activities	29
Floor Hockey/Gym Ringette	30
Football - Flag/Touch	30
Goalball	30
Golf	30
Gymnastics - General Procedures	30

Gymnastics - Parallel Bars, etc	30
Hockey - Ice/Lead-Up Games	30
Horseback Riding - English/Western/Therapeutic	30
In-line Skating/Quad Roller Skating	30
Kinball	30
Lacrosse - Box/Field	30
Lacrosse - Inter (Soft)	31
Mountain Biking	31
Outdoor Education - Backpacking/Hiking	31
Outdoor Education - Camping	31
Outdoor Education - Canoeing	31
Outdoor Education - Canoeing - Moving Water	31
Outdoor Education - Canoe Tripping	31
Outdoor Education - Flatwater Kayaking	32
Outdoor Education - General Procedures	32
Outdoor Education - Paddle Rafting	32
Outdoor Education - Sailing	32
Outdoor Education - Swimming	32
Outdoor Education - Winter Camping	32
Relay and Tag Games	32
Ringette - Ice	33
Rowing (including Viking Boats)	33
Rugby - Contact/Non-Contact	33
Scuba Diving	33
Sepak Takraw	33
Skateboarding	33
Skating - Ice	33
Snorkeling	33
Snow Tubing	34
Soccer - Indoor/Outdoor	34
Softball - Lob Ball/Slo Pitch/Three Pitch	34
Speed Skating	34
Swimming/Synchronized Swimming	34
Tchoukball	34
Tennis	34
Tobogganing/Sledding	34
Track and Field - Discus	34

Track and Field - High Jump.....	35
Track and Field - Hurdles	35
Track and Field - Javelin.....	35
Track and Field - Shot Put	35
Track and Field - Track Events.....	35
Track and Field - Triple Jump/Long Jump.....	35
Track and Field - Turbo Javelin.....	35
Triathlon - Swimming, Running, Cycling	36
Tug of War	36
Ultimate Disc.....	36
Volleyball	36
Volleyball - Beach	36
Water Polo.....	36
Weight Training.....	36
Wind Surfing.....	36
Wrestling.....	36
Yoga/Pilates.....	37
Secondary Interschool	37
Generic Section	37
Appendix A - Interschool Athletic Participation Form	37
Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses ..	37
Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical	
Activity	37
Appendix C-2 - Tool to Identify a Suspected Concussion.....	38
Appendix C-3 - Documentation of Medical Examination.....	38
Appendix C-4 - Documentation for a Diagnosed Concussion - Return to Learn/Return to	
Physical Activity Plan.....	38
Appendix E - Emergency Action Plan	38
Appendix H - Fitness Equipment - Existing, Newly Purchased or Donated	38
Appendix L - Sample Management of Asthma Protocol.....	38
Appendix M - Sudden Arrhythmia Death Syndrome (SADS)	38
Alpine Skiing/Snowboarding	38
Archery	39
Baseball - Hardball	39
Bowling/Lawn Bowling/Bocce Ball	39
Broomball - Ice.....	39
Cricket.....	39

Cross Country Running/Orienteering.....	39
Cross Country Skiing	39
Cycling/Mountain Biking	39
Diving - Springboard/Tower	39
Dragon Boat Racing	40
Field Hockey.....	40
Football - Flag/Touch.....	40
Football - Tackle	40
Golf	40
Hockey - Ice	40
Lacrosse - Box/Field	40
Ringette - Ice.....	40
Roller (Inline) Hockey.....	40
Rowing.....	40
Rugby	41
Soccer - Indoor/Outdoor	41
Softball - Fast Pitch	41
Softball - Lob Ball/Slo Pitch/Three Pitch	41
Swimming/Synchronized Swimming.....	41
Tennis	41
Track and Field - Discus.....	41
Track and Field - High Jump.....	41
Track and Field - Hurdles	42
Track and Field - Javelin.....	42
Track and Field - Pole Vault	42
Track and Field - Shot Put	42
Track and Field - Steeplechase	42
Track and Field - Track Events.....	42
Track and Field - Triple Jump/Long Jump.....	42
Triathlon - Swimming, Running, Cycling	43
Tug of War	43
Ultimate Disc.....	43
Volleyball - Beach	43
Water Polo.....	43
Secondary Intramural.....	43
Generic Section.....	43
Appendix A - Sample Parent/Guardian Information Letter and Medical Information Form ..	43

Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses .	43
Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical Activity	44
Appendix C-2 - Tool to Identify a Suspected Concussion	44
Appendix C-3 - Documentation of Medical Examination	44
Appendix C-4 - Documentation for a Diagnosed Concussion - Return to Learn/Return to Physical Activity Plan	44
Appendix E - Emergency Action Plan	44
Appendix H - Fitness Equipment - Existing, Newly Purchased or Donated	45
Appendix L - Sample Management of Asthma Protocol	45
Appendix M - Sudden Arrhythmia Death Syndrome (SADS)	45

Elementary Curricular

Generic Section

- Medical Conditions section updated to include process to follow for common medical conditions as well as asthma and SADS.
- Concussion definition updated.
- Management procedures for a suspected concussion removed from this document (see Appendix C-1 for full procedure).
- Process for returning to physical activity following a non-concussion injury updated.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was revised.
- Procedures for use of gym divider doors or curtains were revised.

Appendix A - Sample Parent/Guardian Information Letter and Medical Information Form

- This Appendix is now split into two parts: an information sheet to be kept by parents/guardians and a form to be filled in by parents/guardians and returned to the school.
- Statement regarding student accident insurance added.
- Information added regarding Sudden Arrhythmia Death Syndrome and procedures for handling fainting episodes due to a possible cardiac disorder.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was revised.
- New information requested: date of last medical examination and tetanus shot; use of prescription drugs, eyeglasses, contact lenses, orthodontic appliance or presence of other dental modifications; diagnosed concussion in the last two years; any other medical conditions which may limit participation.

Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses

- New appendix

Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical Activity

- *This appendix is a significantly revised version of Appendix D-1 - Physical Activity and Sport Related Concussion (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Context updated.
- Concussion definition updated.
- Medical doctor/nurse practitioner must diagnose.
- Possible signs and symptoms expanded.
- Initial response for concussion identification updated for both unconscious and conscious students updated.
- Appendix C-2 - Tool to Identify a Suspected Concussion to be used to conduct an initial assessment of a conscious student, which must be provided to parents/guardians signed by the teacher regardless of whether a concussion is suspected or not.
- Student may now return to activity if receives a blow but concussion is **not** suspected signs are **not** observed and symptoms are **not** reported, however parents must be notified of incident.
- Expanded information and procedures to follow for parents/guardians prior to seeking a diagnosis.
- Specific responsibilities of school principal outlined prior to seeking a diagnosis.
- Procedures outlined for documenting/reporting concussion diagnosis for both parents/guardians and school principals.
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Roles/responsibilities, importance and members of Collaborative Team outlined (especially parent/guardian, teacher/coach and school principal).
- Special circumstances to consider added (e.g., timing and location of concussion management procedures).
- Return to Learn Strategies table added.
- Objective of each step in the Return to Learn/Return to Physical Activity Plan added.
- Important information specific to each step revised and added.

Appendix C-2 – Tool to Identify a Suspected Concussion

- New appendix.

Appendix C-3 – Documentation of Medical Examination

- *This appendix is a revised version of the first part of Appendix D-2 – Sample Request to Resume Physical Education – Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- This appendix now only used to document results of a medical examination. If no concussion is diagnosed, physical activity resumes. If a concussion is diagnosed, refer to Appendix C-1 and C-4.
- Medical doctor/nurse practitioner does not sign form; parent/guardian signs form.

Appendix C-4 – Documentation for a Diagnosed Concussion – Return to Learn/Return to Physical Activity Plan

- *This appendix is a significantly revised version of the second part of Appendix D-2 – Sample Request to Resume Physical Education – Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Duration and restrictions of each step removed – see Appendix C-1 for more information.
- Separate pathways added following results of Step 1.
 - Symptoms improving – parent/guardian signature before moving to Step 2a – Return to Learn. Additional parent/guardian signature before proceeding to Step 2 – Return to Physical Activity.
 - Symptom free – parent/guardian signature before moving directly to Step 2b – Return to Learn and Step 2 – Return to Physical Activity.
- If symptoms return, student is to visit medical doctor/nurse practitioner who specifies to which step the student must return (no longer must return to step 1). Parent/guardian signs form.

Appendix E – Emergency Action Plan

- Statement regarding administering medication revised.
- Sudden Arrhythmia Death Syndrome information revised.
- 911 emergency medical situations revised.

Appendix H – Fitness Equipment – Existing, Newly Purchased or Donated

- Revised title
- #5 (inspection of existing equipment) expanded

Appendix L – Sample Management of Asthma Protocol

- New appendix

Appendix M – Sudden Arrhythmia Death Syndrome (SADS)

- New appendix

Alpine Skiing/Snowboarding/Snowblading

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Archery

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Bowling/Lawn Bowling/Bocce Ball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Broomball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Climbing - Ascending Lines

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Insect repellent or sunscreen must not be applied to palm of hands.

Climbing - Bouldering

- Mats must extend minimum of 6 feet from outward most point from the wall.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Insect repellent or sunscreen must not be applied to palm of hands.

Climbing - Challenge Courses - Low Elements

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Sunscreen must not be applied to palm of hands.

Climbing - Challenge Courses - Towers/High Elements

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Sunscreen must not be applied to palm of hands.

Climbing - Climbing Wall and Related Activities

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Insect repellent or sunscreen must not be applied to palm of hands.

Climbing - Ice Climbing

- This activity is not appropriate at this level.

Climbing - Outdoor Rock Climbing

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Sunscreen must not be applied to palm of hands.

Climbing - Zipline/Tyrolean Traverse

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Insect repellent or sunscreen must not be applied to palm of hands.

Cricket/Cricket Variations

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Cross Country Running/Orienteering

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Cross Country Skiing/Snowshoeing

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Curling

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Cycling

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Dodgeball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Dragon Boating

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Metric-imperial conversions were corrected.

Field Hockey

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Fitness Activities

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Floor Hockey/Gym Ringette

- Subtitle added to clarify activity.
- Rings and sticks to be used clarified.

Football - Flag/Touch

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Goalball

- New activity

Golf

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Gymnastics - General Procedures

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Gymnastics - Parallel Bars, etc

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Horseback Riding - English/Western/Therapeutic

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Trail riding ratios were clarified.

In-line Skating/Quad Roller Skating

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Kinball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Lacrosse - Field

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Lacrosse - Inter (Soft)

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Mountain Biking

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Outdoor Education - Backpacking/Hiking

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Outdoor Education - Camping (No Canoeing)

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Outdoor Education - Canoeing

- Metric-imperial conversions were corrected.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Outdoor Education - Flatwater Kayaking

- Metric-imperial conversions were corrected.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Outdoor Education - General Procedures

- Wilderness is now defined as 2 hours for emergency medical services to arrive.

Outdoor Education - Paddle Rafting

- Metric-imperial conversions were corrected.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Outdoor Education - Swimming

- Metric-imperial conversions were corrected.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Relay and Tag Games

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Students must receive instruction on safety procedures related to severe weather conditions.

Rowing (including Viking Boats)

- Metric-imperial conversions were corrected.

- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Cold water rules specific to the facility must be followed.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Rugby - Flag/Touch

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Metric-imperial conversions were corrected.

Sepak Takraw

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Skateboarding

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Skating - Ice

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Snow Tubing

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Soccer/Crab Soccer/Soccer Baseball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Softball - Lead-Up Games

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Softball - Lob Ball/Slo Pitch/Three Pitch

- Examples of appropriate balls added.
- Chinstraps to be done up if on helmet; helmet must stay on head if no chinstraps.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- No sliding allowed.

Speed Skating

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Swimming/Synchronized Swimming

- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Tchoukball

- New activity

Tennis

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Tetherball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Tobogganing/Sledding

- Safe Kids Canada reference was changed to Parachute Canada.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Track and Field - High Jump

- Check high jump standards for damage, repairing/replacing as needed.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Track and Field - Modified Javelin Activities (Foam/Plastic)

- Revised page name.
- Grades 4-8 only.
- Permissible commercially made foam/plastic javelins stated.
- Maximum javelin weight stated.
- Ensure equipment joints and noses are tight before throwing.
- Track spikes must not be worn.
- The importance of throwing techniques must be emphasized.
- Establish a safe routine for transporting equipment to and from throwing area.
- Equipment must never be thrown back to throwing area.
- Participants must receive instruction on importance of safety procedures when throwing, retrieving equipment after a throw and return to the safety zone or area prior to anyone throwing.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

- Proper warm ups and cool downs must be included.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Track and Field – Shot Put

- Ontario Track and Field Association reference was changed to Athletics Ontario.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Track and Field – Track Events

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field – Triple Jump/Long Jump

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Metric-imperial conversions were corrected.

Track and Field – Turbo Javelin

- For Track and Field – Turbo Javelin see Track and Field – Modified Javelin Activities (Foam/Plastic) page.

Tricycles

- For tricycles, please see the Elementary Curricular Cycling activity page

Tug of War

- Metric-imperial conversions were corrected.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Insect repellent or sunscreen must not be applied to palm of hands.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Ultimate Disc

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Volleyball – Beach

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Water Polo

- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Wrestling

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Yoga/Pilates

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Elementary Interschool

Generic Section

- Medical Conditions section updated to include process to follow for common medical conditions as well as asthma and SADS.
- Concussion definition updated.
- Management procedures for a suspected concussion removed from this document (see Appendix C-1 for full procedure).
- Process for returning to physical activity following a non-concussion injury updated.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was revised.
- A working communication device must be accessible.
- Wording revised for coach/designate/convenor responsibility for providing for first aid coverage when hosting a competition.
- Procedures for use of gym divider doors or curtains were revised.

Appendix A - Interschool Athletic Participation Form

- This Appendix is now split into two parts: an information sheet to be kept by parents/guardians and a form to be filled in by parents/guardians and returned to the school.
- Student accident insurance notice revised.
- Information added regarding Sudden Arrhythmia Death Syndrome and procedures for handling fainting episodes due to a possible cardiac disorder.
- Safety recommendations added pertaining to: annual medical examination; having emergency medications on hand; removing eyeglasses; protection from environmental conditions; home safety inspection of personal sports equipment.
- New information requested: diagnosed concussion in the last two years or any other medical conditions which may limit participation.

Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses

- Form is now filled out by the parent/guardian instead of medical professional/parent/guardian.
- Form now provides options for results of medical examination: no limiting features remain, therefore can return to physical activity; some limiting features remain and therefore accommodations are required for physical activity; no participation in physical activity until future notice; see comments/attached documents.

Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical Activity

- *This appendix is a significantly revised version of Appendix C - Physical Activity and Sport Related Concussion (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Context updated.
- Concussion definition updated.
- Medical doctor/nurse practitioner must diagnose.
- Possible signs and symptoms expanded.
- Initial response for concussion identification updated for both unconscious and conscious students updated.

- Appendix C-2 – Tool to Identify a Suspected Concussion to be used to conduct an initial assessment of a conscious student, which must be provided to parents/guardians signed by the coach regardless of whether a concussion is suspected or not.
- Student may now return to activity if receives a blow but concussion is **not** suspected signs are **not** observed and symptoms are **not** reported, however parents must be notified of incident.
- Expanded information and procedures to follow for parents/guardians prior to seeking a diagnosis.
- Specific responsibilities of school principal outlined prior to seeking a diagnosis.
- Procedures outlined for documenting/reporting concussion diagnosis for both parents/guardians and school principals.
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Roles/responsibilities, importance and members of Collaborative Team outlined (especially parent/guardian, teacher/coach and school principal).
- Special circumstances to consider added (e.g., timing and location of concussion management procedures).
- Return to Learn Strategies table added.
- Objective of each step in the Return to Learn/Return to Physical Activity Plan added.
- Important information specific to each step revised and added.

Appendix C-2 – Tool to Identify a Suspected Concussion

- New appendix

Appendix C-3 – Documentation of Medical Examination

- *This appendix is a revised version of the first part of Appendix B-2 – Sample Request to Resume Athletic Participation – Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- This appendix now only used to document results of a medical examination. If no concussion is diagnosed, physical activity resumes. If a concussion is diagnosed, refer to Appendix C-1 and C-4.
- Medical doctor/nurse practitioner does not sign form; parent/guardian signs form.

Appendix C-4 – Documentation for a Diagnosed Concussion – Return to Learn/Return to Physical Activity Plan

- *This appendix is a significantly revised version of the second part of Appendix B-2 – Sample Request to Resume Athletic Participation – Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Duration and restrictions of each step removed – see Appendix C-1 for more information.
- Separate pathways added following results of Step 1.
 - Symptoms improving – parent/guardian signature before moving to Step 2a – Return to Learn. Additional parent/guardian signature before proceeding to Step 2 – Return to Physical Activity.
 - Symptom free – parent/guardian signature before moving directly to Step 2b – Return to Learn and Step 2 – Return to Physical Activity.
- If symptoms return, athlete is to visit medical doctor/nurse practitioner who specifies to which step the student must return (no longer must return to step 1). Parent/guardian signs form.

Appendix E – Emergency Action Plan

- Statement regarding administering medication revised.
- Sudden Arrhythmia Death Syndrome information revised.
- 911 emergency medical situations revised.

Appendix H – Fitness Equipment – Existing, Newly Purchased or Donated

- Revised title
- #5 (inspection of existing equipment) expanded

Appendix L – Sample Management of Asthma Protocol

- New appendix

Appendix M – Sudden Arrhythmia Death Syndrome (SADS)

- New appendix

Alpine Skiing/Snowboarding

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Baseball - Fastball

- Wearing of helmet chinstraps now only mandatory at primary and junior level.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Bowling/Lawn Bowling/Bocce Ball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Broomball - Ice

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Cricket

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Cross Country Running/Orienteering

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Cross Country Skiing

- Reference to Asthma Appendix added.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Field Hockey

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Football - Flag/Touch

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Golf

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Hockey - Ice

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Lacrosse - Field

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Lacrosse - Inter (Soft)

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Ringette - Ice

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Rugby - Flag/Touch

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Metric-imperial conversions were corrected.

Soccer - Indoor/Outdoor

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Softball - Fast Pitch

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Softball - Lob Ball/Slo Pitch/Three Pitch

- Chinstraps to be done up if on helmet; helmet must stay on head if no chinstraps.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Swimming/Synchronized Swimming

- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Tennis

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - High Jump

- Bar types for practice and competition specified.
- Check high jump standards for damage, repairing/replacing as needed.
- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Hurdles

- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Shot Put

- Ontario Track and Field Association reference was changed to Athletics Ontario.
- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Track Events

- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Triple Jump/Long Jump

- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Turbo Javelin/Turbojav

- Revised page name.
- Now permissible for grades 4 to 8.
- Maximum javelin weight stated.
- Only equipment purchased from sport equipment supplier can be used. No homemade equipment.
- Ensure equipment joints and noses are tight before throwing.
- Importance of throwing techniques must be emphasized.
- Turbo javelin/turbojav must never be thrown back to throwing area.
- All participants must receive instruction on the importance of safety procedures when throwing, retrieving the javelin after a throw and return to the safety zone or area prior to anyone throwing.
- No student may participate in a competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Tug of War

- Metric-imperial conversions were corrected.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Insect repellent or sunscreen must not be applied to palms of hands.
- Activities which may require skills or knowledge beyond that of the average teacher coach now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Ultimate Disc

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Volleyball - Beach

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Water Polo

- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Metric-imperial conversions were corrected.

Elementary Intramural

Generic Section

- Medical Conditions section updated to include process to follow for common medical conditions as well as asthma and SADS.
- Concussion definition updated.
- Management procedures for a suspected concussion removed from this document (see Appendix C-1 for full procedure).
- Process for returning to physical activity following a non-concussion injury updated.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was revised.
- Procedures for use of gym divider doors or curtains were revised.

Appendix A - Sample Parent/Guardian Information Letter and Medical Information Form

- This Appendix is now split into two parts: an information sheet to be kept by parents/guardians and a form to be filled in by parents/guardians and returned to the school.
- Statement regarding student accident insurance added.
- Information added regarding Sudden Arrhythmia Death Syndrome and procedures for handling fainting episodes due to a possible cardiac disorder.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was revised.
- New information requested: date of last medical examination-and tetanus shot; use of prescription drugs, eyeglasses, contact lenses, orthodontic appliance or presence of other dental modifications; diagnosed concussion in the last two years; any other medical conditions which may limit participation.

Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses

- New appendix

Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical Activity

- *This appendix is a significantly revised version of Appendix D-1 - Physical Activity and Sport Related Concussion (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Context updated.
- Concussion definition updated.
- Medical doctor/nurse practitioner must diagnose.
- Possible signs and symptoms expanded.
- Initial response for concussion identification updated for both unconscious and conscious students updated.

- Appendix C-2 – Tool to Identify a Suspected Concussion to be used to conduct an initial assessment of a conscious student, which must be provided to parents/guardians signed by the intramural supervisor regardless of whether a concussion is suspected or not.
- Student may now return to activity if receives a blow but concussion is **not** suspected signs are **not** observed and symptoms are **not** reported, however parents must be notified of incident.
- Expanded information and procedures to follow for parents/guardians prior to seeking a diagnosis.
- Specific responsibilities of school principal outlined prior to seeking a diagnosis.
- Procedures outlined for documenting/reporting concussion diagnosis for both parents/guardians and school principals.
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Roles/responsibilities, importance and members of Collaborative Team outlined (especially parent/guardian, teacher/coach and school principal).
- Special circumstances to consider added (e.g., timing and location of concussion management procedures).
- Return to Learn Strategies table added.
- Objective of each step in the Return to Learn/Return to Physical Activity Plan added.
- Important information specific to each step revised and added.

Appendix C-2 – Tool to Identify a Suspected Concussion

- New appendix

Appendix C-3 – Documentation of Medical Examination

- *This appendix is a revised version of the first part of Appendix D-2 – Sample Request to Resume Physical Education – Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- This appendix now only used to document results of a medical examination. If no concussion is diagnosed, physical activity resumes. If a concussion is diagnosed, refer to Appendix C-1 and C-4.
- Medical doctor/nurse practitioner does not sign form; parent/guardian signs form.

Appendix C-4 – Documentation for a Diagnosed Concussion – Return to Learn/Return to Physical Activity Plan

- *This appendix is a significantly revised version of the second part of Appendix D-2 – Sample Request to Resume Physical Education – Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Duration and restrictions of each step removed – see Appendix C-1 for more information.
- Separate pathways added following results of Step 1.
 - Symptoms improving – parent/guardian signature before moving to Step 2a – Return to Learn. Additional parent/guardian signature before proceeding to Step 2 – Return to Physical Activity.
 - Symptom free – parent/guardian signature before moving directly to Step 2b – Return to Learn and Step 2 – Return to Physical Activity.
- If symptoms return, student is to visit medical doctor/nurse practitioner who specifies to which step the student must return (no longer must return to step 1). Parent/guardian signs form.

Appendix E – Emergency Action Plan

- Statement regarding administering medication revised.
- Sudden Arrhythmia Death Syndrome information revised.
- 911 emergency medical situations revised.

Appendix H – Fitness Equipment – Existing, Newly Purchased or Donated

- Revised title
- #5 (inspection of existing equipment) expanded

Appendix L – Sample Management of Asthma Protocol

- New appendix

Appendix M – Sudden Arrhythmia Death Syndrome (SADS)

- New appendix

Secondary Curricular

Generic Section

- Medical Conditions section updated to include process to follow for common medical conditions as well as asthma and SADS.
- Concussion definition updated.
- Management procedures for a suspected concussion removed from this document (see Appendix C-1 for full procedure).
- Process for returning to physical activity following a non-concussion injury updated.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was revised.
- Procedures for use of gym divider doors or curtains were revised.

Appendix A - Sample Parent/Guardian Information Letter and Medical Information Form

- This Appendix is now split into two parts: an information sheet to be kept by parents/guardians and a form to be filled in by parents/guardians and returned to the school.
- Statement regarding student accident insurance added.
- Information added regarding Sudden Arrhythmia Death Syndrome and procedures for handling fainting episodes due to a possible cardiac disorder.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was revised.
- New information requested: date of last medical examination and tetanus shot; use of prescription drugs, eyeglasses, contact lenses, orthodontic appliance or presence of other dental modifications; diagnosed concussion in the last two years; any other medical conditions which may limit participation.

Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses

- New appendix

Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical Activity

- *This appendix is a significantly revised version of Appendix D-1 - Physical Activity and Sport Related Concussion (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Context updated.
- Concussion definition updated.
- Medical doctor/nurse practitioner must diagnose.
- Possible signs and symptoms expanded.
- Initial response for concussion identification updated for both unconscious and conscious students updated.
- Appendix C-2 - Tool to Identify a Suspected Concussion to be used to conduct an initial assessment of a conscious student, which must be provided to parents/guardians signed by the teacher regardless of whether a concussion is suspected or not.
- Student may now return to activity if receives a blow but concussion is **not** suspected signs are **not** observed and symptoms are **not** reported, however parents must be notified of incident.
- Expanded information and procedures to follow for parents/guardians prior to seeking a diagnosis.
- Specific responsibilities of school principal outlined prior to seeking a diagnosis.
- Procedures outlined for documenting/reporting concussion diagnosis for both parents/guardians and school principals.
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Roles/responsibilities, importance and members of Collaborative Team outlined (especially parent/guardian, teacher/coach and school principal).
- Special circumstances to consider added (e.g., timing and location of concussion management procedures).
- Return to Learn Strategies table added.
- Objective of each step in the Return to Learn/Return to Physical Activity Plan added.
- Important information specific to each step revised and added.

Appendix C-2 – Tool to Identify a Suspected Concussion

- New appendix

Appendix C-3 – Documentation of Medical Examination

- *This appendix is a revised version of the first part of Appendix D-2 – Sample Request to Resume Physical Education – Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- This appendix now only used to document results of a medical examination. If no concussion is diagnosed, physical activity resumes. If a concussion is diagnosed, refer to Appendix C-1 and C-4.
- Medical doctor/nurse practitioner does not sign form; parent/guardian signs form.

Appendix C-4 – Documentation for a Diagnosed Concussion – Return to Learn/Return to Physical Activity Plan

- *This appendix is a significantly revised version of the second part of Appendix D-2 – Sample Request to Resume Physical Education – Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Duration and restrictions of each step removed – see Appendix C-1 for more information.
- Separate pathways added following results of Step 1.
 - Symptoms improving – parent/guardian signature before moving to Step 2a – Return to Learn. Additional parent/guardian signature before proceeding to Step 2 – Return to Physical Activity.
 - Symptom free – parent/guardian signature before moving directly to Step 2b – Return to Learn and Step 2 – Return to Physical Activity.
- If symptoms return, student is to visit medical doctor/nurse practitioner who specifies to which step the student must return (no longer must return to step 1). Parent/guardian signs form.

Appendix E – Emergency Action Plan

- Statement regarding administering medication revised.
- Sudden Arrhythmia Death Syndrome information revised.
- 911 emergency medical situations revised.

Appendix H – Fitness Equipment – Existing, Newly Purchased or Donated

- Revised title
- #5 (inspection of existing equipment) expanded

Appendix L – Sample Management of Asthma Protocol

- New appendix

Appendix M – Sudden Arrhythmia Death Syndrome (SADS)

- New appendix

Alpine Skiing/Snowboarding/Snowblading

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Archery

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Bowling/Lawn Bowling/Bocce Ball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Broomball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Climbing - Ascending Lines

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Insect repellent or sunscreen must not be applied to palm of hands.

Climbing - Bouldering

- Mats must extend minimum of 6 feet from outward most point from the wall.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Insect repellent or sunscreen must not be applied to palm of hands.

Climbing - Challenge Courses - Low Elements

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Sunscreen must not be applied to palm of hands.

Climbing - Challenge Courses - Towers/High Elements

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Sunscreen must not be applied to palm of hands.

Climbing - Climbing Wall and Related Activities

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Insect repellent or sunscreen must not be applied to palm of hands.

Climbing - Ice Climbing

- This activity is not appropriate at this level.

Climbing - Outdoor Rock Climbing

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Sunscreen must not be applied to palm of hands.

Climbing - Zipline/Tyrolean Traverse

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Insect repellent or sunscreen must not be applied to palm of hands.

Cricket

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Cross Country Running/Orienteering

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Cross Country Skiing/Snowshoeing

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Curling

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Cycling

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Diving - Springboard/Tower

- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Dodgeball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Students must receive instruction on safety procedures related to severe weather conditions.

Dragon Boating

- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Metric-imperial conversions were corrected.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Field Hockey

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Fitness Activities

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Floor Hockey/Gym Ringette

- Subtitle added to clarify activity.
- Rings and sticks to be used clarified.

Football - Flag/Touch

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Students must receive instruction on safety procedures related to severe weather conditions.

Goalball

- New activity

Golf

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Gymnastics - General Procedures

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Gymnastics - Parallel Bars, etc

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Hockey - Ice/Lead-Up Games

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Horseback Riding - English/Western/Therapeutic

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Trail riding ratios were clarified.

In-line Skating/Quad Roller Skating

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Kinball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Lacrosse - Box/Field

- No aggressive checking with stick or body in women's field lacrosse.

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Lacrosse - Inter (Soft)

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Mountain Biking

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Outdoor Education - Backpacking/Hiking

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Outdoor Education - Camping (No Canoeing)

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Outdoor Education - Canoeing

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Metric-imperial conversions were corrected.

Outdoor Education - Canoeing - Moving Water

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Metric-imperial conversions were corrected.

Outdoor Education - Canoe Tripping

- PFD, heaving line, flashlight, pump, whistle and compass content take from Transport Canada.
- Footwear and clothing must be appropriate to canoe tripping.
- Canoe route must be appropriate to age/ability of students and trip leaders.
- Skills for the safe manoeuvring of a canoe must be taught in the proper progression.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- All supervisors are now referred to as Trip Leaders.
- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Factors which Trip Leaders must take into account before going on the water have been revised.
- Manoeuvres and strokes are no longer required to be demonstrated.

- Trip Leader must no longer have experience with bug season, cold water rapids and cooking over an open fire without a grate.
- Paddle Canada Advanced Tripping Skills qualifications were modified.
- Trip Leader qualifications can now be equivalent to any of the certifications listed.
- At least one Trip Leader must now have an NLS certificate.
- Wilderness is now defined as 2 hours for emergency medical services to arrive.
- First Aid Certification no longer included (fulfilled under NLS and potentially Wilderness [Advanced] First Aid).

Outdoor Education – Flatwater Kayaking

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Metric-imperial conversions were corrected.

Outdoor Education – General Procedures

- Wilderness is now defined as 2 hours for emergency medical services to arrive.

Outdoor Education – Paddle Rafting

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Metric-imperial conversions were corrected.

Outdoor Education – Sailing

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Metric-imperial conversions were corrected.
- Attention must be given to visibility and water conditions.

Outdoor Education – Swimming

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Metric-imperial conversions were corrected.

Outdoor Education – Winter Camping

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Relay and Tag Games

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Students must receive instruction on safety procedures related to severe weather conditions.

Ringette - Ice

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Rowing (including Viking Boats)

- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Cold water rules specific to the facility must be followed.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Rugby - Contact/Non-Contact

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Students must receive instruction on safety procedures related to severe weather conditions.

Scuba Diving

- Commercial pool facilities are permissible.
- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Sepak Takraw

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Skateboarding

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Skating - Ice

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Snorkeling

- Metric-imperial conversions were corrected.
- Commercial pool facilities are permissible.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Snow Tubing

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Soccer – Indoor/Outdoor

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Softball – Lob Ball/Slo Pitch/Three Pitch

- Incrediball™ added as a regulation ball equivalent.
- Chinstraps to be done up if on helmet; helmet must stay on head if no chinstraps.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Before sliding is permitted, appropriate sliding techniques must be taught.

Speed Skating

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Swimming/Synchronized Swimming

- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Students must receive instruction on safety procedures related to severe weather conditions.

Tchoukball

- New activity

Tennis

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Tobogganing/Sledding

- Safe Kids Canada reference was changed to Parachute Canada.
- Discs and inner tubes must not be used.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Track and Field - Discus

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Track and Field - High Jump

- Metric-imperial conversions were corrected.
- Check high jump standards for damage, repairing/replacing as needed.
- Check cross bars for cracks.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Track and Field - Hurdles

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Javelin

- Appropriate javelin weights for age and sex of student added.
- Types of commercially made javelins stated; no homemade equipment.
- Javelin must be in good condition and checked regularly.
- Ensure equipment joints and noses are tight before throwing.
- The importance of throwing techniques must be emphasized.
- Javelin must never be thrown back to throwing area.
- All participants must receive instruction on the importance of safety procedures when throwing, retrieving the javelin after a throw and return to the safety zone or area prior to anyone throwing.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Track and Field - Shot Put

- Ontario Track and Field Association reference was changed to Athletics Ontario.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Track and Field - Track Events

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Triple Jump/Long Jump

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Turbo Javelin

- For Track and Field - Turbo Javelin please refer to Track and Field - Javelin activity page

Triathlon - Swimming, Running, Cycling

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Tug of War

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.
- Insect repellent and sun screen must not be applied to palms of hands.

Ultimate Disc

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Volleyball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Volleyball - Beach

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Water Polo

- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Weight Training

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Wind Surfing

- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Wrestling

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Yoga/Pilates

- Curricular activities which may require skills or knowledge beyond that of the average H&PE teacher now contain a harmonized statement relating to seeking assistance or training before instructing in that activity.

Secondary Interschool

Generic Section

- Medical Conditions section updated to include process to follow for common medical conditions as well as asthma and SADS.
- Concussion definition updated.
- Management procedures for a suspected concussion removed from this document (see Appendix C-1 for full procedure).
- Process for returning to physical activity following a non-concussion injury updated.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was revised.
- A working communication device must be accessible.
- First aid coverage for higher and lower risk activities, including practices and competitions, on and off school site added.
- Procedures for use of gym divider doors or curtains were revised.
- Knowledge of location of coach liaison no longer qualifies as a criterion for “in-the-area” supervision.

Appendix A - Interschool Athletic Participation Form

- This Appendix is now split into two parts: an information sheet to be kept by parents/guardians and a form to be filled in by parents/guardians and returned to the school.
- Information added regarding Sudden Arrhythmia Death Syndrome and procedures for handling fainting episodes due to a possible cardiac disorder.
- Student accident insurance notice revised.
- Safety recommendations added pertaining to: annual medical examination; having emergency medications on hand; removing eyeglasses; protection from environmental conditions; home safety inspection of personal sports equipment.
- New information requested: use of orthodontic appliance; presence of dental modifications; diagnosed concussion in the last two years; any other medical conditions which may limit participation.

Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses

- Form is now filled out by the parent/guardian instead of medical professional/parent/guardian.
- Form now provides options for results of medical examination: no limiting features remain, therefore can return to physical activity; some limiting features remain and therefore accommodations are required for physical activity; no participation in physical activity until future notice; see comments/attached documents.

Appendix C-1 - Concussion Management Procedures - Return to Learn and Return to Physical Activity

- *This appendix is a significantly revised version of Appendix C - Physical Activity and Sport Related Concussion (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Context updated.
- Concussion definition updated.
- Medical doctor/nurse practitioner must diagnose.
- Possible signs and symptoms expanded.
- Initial response for concussion identification updated for both unconscious and conscious students updated.
- Appendix C-2 - Tool to Identify a Suspected Concussion to be used to conduct an initial assessment of a conscious student, which must be provided to parents/guardians signed by the coach regardless of whether a concussion is suspected or not.
- Student may now return to activity if receives a blow but concussion is **not** suspected signs are **not** observed and symptoms are **not** reported, however parents must be notified of incident.

- Expanded information and procedures to follow for parents/guardians prior to seeking a diagnosis.
- Specific responsibilities of school principal outlined prior to seeking a diagnosis.
- Procedures outlined for documenting/reporting concussion diagnosis for both parents/guardians and school principals.
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Roles/responsibilities, importance and members of Collaborative Team outlined (especially parent/guardian, teacher/coach and school principal).
- Special circumstances to consider added (e.g., timing and location of concussion management procedures).
- Return to Learn Strategies table added.
- Objective of each step in the Return to Learn/Return to Physical Activity Plan added.
- Important information specific to each step revised and added.

Appendix C-2 - Tool to Identify a Suspected Concussion

- New appendix

Appendix C-3 - Documentation of Medical Examination

- *This appendix is a revised version of the first part of Appendix B-2 - Sample Request to Resume Athletic Participation - Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- This appendix now only used to document results of a medical examination. If no concussion is diagnosed, physical activity resumes. If a concussion is diagnosed, refer to Appendix C-1 and C-4.
- Medical doctor/nurse practitioner does not sign form; parent/guardian signs form.

Appendix C-4 - Documentation for a Diagnosed Concussion - Return to Learn/Return to Physical Activity Plan

- *This appendix is a significantly revised version of the second part of Appendix B-2 - Sample Request to Resume Athletic Participation - Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Duration and restrictions of each step removed - see Appendix C-1 for more information.
- Separate pathways added following results of Step 1.
 - Symptoms improving - parent/guardian signature before moving to Step 2a - Return to Learn. Additional parent/guardian signature before proceeding to Step 2 - Return to Physical Activity.
 - Symptom free - parent/guardian signature before moving directly to Step 2b - Return to Learn and Step 2 - Return to Physical Activity.
- If symptoms return, athlete is to visit medical doctor/nurse practitioner who specifies to which step the student must return (no longer must return to step 1). Parent/guardian signs form.

Appendix E - Emergency Action Plan

- Statement regarding administering medication revised.
- Sudden Arrhythmia Death Syndrome information revised.
- 911 emergency medical situations revised.

Appendix H - Fitness Equipment - Existing, Newly Purchased or Donated

- Revised title
- #5 (inspection of existing equipment) expanded

Appendix L - Sample Management of Asthma Protocol

- New appendix

Appendix M - Sudden Arrhythmia Death Syndrome (SADS)

- New appendix

Alpine Skiing/Snowboarding

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Archery

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Baseball - Hardball

- Wearing of helmet chinstraps no longer mandatory.
- Head-first sliding is now permitted in any game situation, provided appropriate sliding techniques to minimize the risk of injury have been taught prior to using sliding techniques in game situations.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Bowling/Lawn Bowling/Bocce Ball

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Broomball - Ice

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Cricket

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Cross Country Running/Orienteering

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Cross Country Skiing

- Reference to Asthma Appendix added.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Cycling/Mountain Biking

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Diving - Springboard/Tower

- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Dragon Boat Racing

- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Field Hockey

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Football - Flag/Touch

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Football - Tackle

- Head-up tackling added as a sample safe tackling technique.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Golf

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Hockey - Ice

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Lacrosse - Box/Field

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Ringette - Ice

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Statement relating to safe procedures in cold weather conditions was harmonized across all winter activities.

Roller (Inline) Hockey

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Students must receive instruction on safety procedures related to severe weather conditions.

Rowing

- Metric-imperial conversions were corrected.

- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.
- Cold water rules specific to the facility must be followed.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Rugby

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Soccer - Indoor/Outdoor

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Softball - Fast Pitch

- Head-first sliding is now permitted in any game situation, provided appropriate sliding techniques to minimize the risk of injury have been taught prior to using sliding techniques in game situations.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Softball - Lob Ball/Slo Pitch/Three Pitch

- Chinstraps to be done up if on helmet; helmet must stay on head if no chinstraps.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Head-first sliding is now permitted in any game situation, provided appropriate sliding techniques to minimize the risk of injury have been taught prior to using sliding techniques in game situations.
- Players must be instructed to drop or lay the bat down after hitting, not release it during the follow through of the swing.

Swimming/Synchronized Swimming

- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Tennis

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Discus

- No students may participate in competition without prior skill development and practice.
- Metric-imperial conversions were corrected.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - High Jump

- Metric-imperial conversions were corrected.
- Check high jump standards for damage, repairing/replacing as needed.
- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Hurdles

- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Javelin

- Appropriate javelin weights for age and sex of athlete added.
- No homemade equipment.
- Ensure equipment joints and noses are tight before throwing.
- The importance of throwing techniques must be emphasized.
- Javelin must never be thrown back to throwing area.
- All participants must receive instruction on the importance of safety procedures when throwing, retrieving the javelin after a throw and return to the safety zone or area prior to anyone throwing.
- No student may participate in a competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Proper warm ups and cool down must be included in all practices and competitions.

Track and Field - Pole Vault

- Mat size specified as per IAAF standards.
- Check pole vault standards for damage, repairing/replacing as needed.
- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Shot Put

- Ontario Track and Field Association reference was changed to Athletics Ontario.
- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Steeplechase

- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Students must receive instruction on safety procedures related to severe weather conditions.

Track and Field - Track Events

- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Track and Field - Triple Jump/Long Jump

- Metric-imperial conversions were corrected.
- No students may participate in competition without prior skill development and practice.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Triathlon - Swimming, Running, Cycling

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.
- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Tug of War

- New activity

Ultimate Disc

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Volleyball - Beach

- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was combined and harmonized across all outdoor activities.

Water Polo

- Metric-imperial conversions were corrected.
- Proof of Bronze Medallion certification or higher may now be used in lieu of completing the swim test in all water activities.

Secondary Intramural

Generic Section

- Medical Conditions section updated to include process to follow for common medical conditions as well as asthma and SADS.
- Concussion definition updated.
- Management procedures for a suspected concussion removed from this document (see Appendix C-1 for full procedure).
- Process for returning to physical activity following a non-concussion injury updated.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was revised.
- Procedures for use of gym divider doors or curtains were revised.

Appendix A - Sample Parent/Guardian Information Letter and Medical Information Form

- This Appendix is now split into two parts: an information sheet to be kept by parents/guardians and a form to be filled in by parents/guardians and returned to the school.
- Statement regarding student accident insurance added.
- Information added regarding Sudden Arrhythmia Death Syndrome and procedures for handling fainting episodes due to a possible cardiac disorder.
- Content relating to: environmental conditions; access to adequate liquid replacement; previous training; fitness level; intensity and length of time being vigorously active; and means of protection from environmental conditions was revised.
- New information requested: date of last medical examination and tetanus shot; use of prescription drugs, eyeglasses, contact lenses, orthodontic appliance or presence of other dental modifications; diagnosed concussion in the last two years; any other medical conditions which may limit participation.

Appendix B - Return to Physical Activity Plan - Non-Concussion Medical Injuries/Illnesses

- New appendix

Appendix C-1 – Concussion Management Procedures – Return to Learn and Return to Physical Activity

- *This appendix is a significantly revised version of Appendix D-1 – Physical Activity and Sport Related Concussion (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Context updated.
- Concussion definition updated.
- Medical doctor/nurse practitioner must diagnose.
- Possible signs and symptoms expanded.
- Initial response for concussion identification updated for both unconscious and conscious students updated.
- Appendix C-2 – Tool to Identify a Suspected Concussion to be used to conduct an initial assessment of a conscious student, which must be provided to parents/guardians signed by the intramural supervisor regardless of whether a concussion is suspected or not.
- Student may now return to activity if receives a blow but concussion is **not** suspected signs are **not** observed and symptoms are **not** reported, however parents must be notified of incident.
- Expanded information and procedures to follow for parents/guardians prior to seeking a diagnosis.
- Specific responsibilities of school principal outlined prior to seeking a diagnosis.
- Procedures outlined for documenting/reporting concussion diagnosis for both parents/guardians and school principals.
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Roles/responsibilities, importance and members of Collaborative Team outlined (especially parent/guardian, teacher/coach and school principal).
- Special circumstances to consider added (e.g., timing and location of concussion management procedures).
- Return to Learn Strategies table added.
- Objective of each step in the Return to Learn/Return to Physical Activity Plan added.
- Important information specific to each step revised and added.

Appendix C-2 – Tool to Identify a Suspected Concussion

- New appendix

Appendix C-3 – Documentation of Medical Examination

- *This appendix is a revised version of the first part of Appendix D-2 – Sample Request to Resume Physical Education – Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- This appendix now only used to document results of a medical examination. If no concussion is diagnosed, physical activity resumes. If a concussion is diagnosed, refer to Appendix C-1 and C-4.

Appendix C-4 – Documentation for a Diagnosed Concussion – Return to Learn/Return to Physical Activity Plan

- *This appendix is a significantly revised version of the second part of Appendix D-2 – Sample Request to Resume Physical Education – Concussion-Related Injuries (2012). You are strongly advised to review all four concussion appendices as content and procedures have been significantly updated.*
- Return to Learn pathway included for Management Procedures for a Diagnosed Concussion.
- Duration and restrictions of each step removed – see Appendix C-1 for more information.
- Separate pathways added following results of Step 1.
 - Symptoms improving – parent/guardian signature before moving to Step 2a – Return to Learn. Additional parent/guardian signature before proceeding to Step 2 – Return to Physical Activity.
 - Symptom free – parent/guardian signature before moving directly to Step 2b – Return to Learn and Step 2 – Return to Physical Activity.
- If symptoms return, student is to visit medical doctor/nurse practitioner who specifies to which step the student must return (no longer must return to step 1). Parent/guardian signs form.

Appendix E – Emergency Action Plan

- Statement regarding administering medication revised.
- Sudden Arrhythmia Death Syndrome information revised.
- 911 emergency medical situations revised.

Appendix H - Fitness Equipment - Existing, Newly Purchased or Donated

- Revised title
- #5 (inspection of existing equipment) expanded

Appendix L - Sample Management of Asthma Protocol

- New appendix

Appendix M - Sudden Arrhythmia Death Syndrome (SADS)

- New appendix

