

Ontario Physical Education Safety Guidelines Revisions for the 2016/17 School Year

The following document contains a **high-level summary*** of the changes to the Safety Guidelines for the 2016/2017 school year (2016 Ontario Physical Education Safety Guidelines).

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

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

New Appendices/Activity Pages:

- E_C Appendix O - Outside Activity Providers
- E_IM, S_IM Appendix P - Outside Activity Providers
- S_C Appendix N - Outside Activity Providers
- E_C - Outdoor Education - Canoe Tripping (permissible for Grades 7-8 only)
- E_C/S_C - Spikeball
- S_C - Self Defense

Revisions:

Revised page names:

- E_IS Appendix A - Sample Interschool Athletics Package for Parents/Guardians
- S_IS Appendix A - Sample Interschool Athletics Package for Parents/Guardians and Students of the Age of Majority
- E_C Baseball - Hardball
- E_C/S_C - Climbing - Bouldering/Traverse Climbing Wall
- S_C - Gymnastics - Above Ground Trampoline
- S_C - Outdoor Education - Backpacking/Hiking - Local
- S_C - Outdoor Education - Backpacking/Hiking - Back Country

Redirect pages removed

- E_C/S_C - Outdoor Education - Ropes Courses/Rappel Towers
- E_C/S_C - Outdoor Education - Outdoor Rock Climbing
- E_C/S_C - Track and Field - Turbo Javelin

Appendices and Generic Sections

- **All modules - Appendix L - Sample Asthma Management Protocol** - Revised language to reflect Ryan's Law; revision of content relating to types of asthma triggers and types of physical activity; revised Managing Asthma Attacks poster added.
- **E_IS Appendix A - Sample Interschool Athletics Package for Parents/Guardians** - Revised appendix structure (*Part A: Sample Information Letter to Parents/Guardians Part B: Emergency Contact/Medical Information, Acknowledgment of Risks and Permission to Participate Form*); added concussion prevention and awareness procedures for parents/guardians.

- **S_IS Appendix A - Sample Interschool Athletics Package for Parents/Guardians and Students of the Age of Majority** - Revised appendix structure (*Part A: Sample Information Letter to Parents/Guardians or Students of the Age of Majority Part B: Emergency Contact/Medical Information, Acknowledgment of Risks and Permission to Participate Form*); added concussion prevention and awareness procedures for parents/guardians or students of the age of majority.
- **E_IS/S_IS - Appendix P - Suggested Criteria for Non-Teacher Coaches** - Removed experience as a player or coach within the last 10 years as a coaching qualification option.
- **All modules - Generic Section** - Added concussion prevention and awareness procedures for parents/guardians; revised guidelines on moving portable goals; revised statements on occasional teacher/coach/intramural supervisor abilities.
- **E_C/S_C - Generic Section** - Revised guidelines on teacher awareness of peer pressure and selection of challenges at student comfort level.
- **E_IM/S_IM - Generic Section** - Added minimum first aid requirement.
- **E_IS/S_IS - Generic Section** - Removed experience as a player or coach within the last 10 years as a coaching qualification option; revised higher risk first aid certification statement.

Baseball/Softball

- **E_IS - Baseball - Hardball** - Added statement that this activity is not appropriate for grades 1-3.
- **E_C - Softball - Lead-up Games** - Added statement that regulation softballs must not be used.
- **E_C - Softball - Lob Ball/Slo Pitch/Three Pitch** - Added statements that regulation softballs must not be used; helmets no longer required; students must keep eye on the ball when running bases and playing defense.
- **S_C - Softball - Lob Ball/Slo Pitch/Three Pitch** - Added statement when using regulation softballs, helmets and gloves are required; when using a modified softball, students must keep eye on the ball when running bases and playing defense.

Basketball

- **E_C/S_C** - Addition of statement that dunking is not permitted
- **E_IS/S_IS** - The wearing of jewellery, wrist bands and hard hair accessories is not permitted.

Cheerleading

- **E_IM** - Added coaching qualifications; added stipulation of safe cheering environment.
- **S_IM** - Stunting and tumbling lines are now not permitted; added coaching qualifications

Climbing Activities

- **E_C/S_C** - Revised First Aid statement; revised guidelines on teacher awareness of peer pressure and selection of challenges at student comfort level; clarified definition of "relevant skill set"
- **E_C/S_C Bouldering/Traverse Climbing Wall** - Activity page now includes separate guidelines for bouldering and traverse climbing walls; added spotting risk management guidelines; clarified outside provider vs. teacher qualification requirements
- **General Procedures - Clarified school/commercial and portable/permanent installation types.**

Concussions

- **E_C/S_C, E_IS/S_IS** - Students must receive concussion awareness and prevention information prior to participating for all activities/sports.

Field-based activities

- **E_C/S_C, E_IS/S_IS Bowling/Lawn Bowling/Bocce, Cricket, Field Hockey, Football - Flag/Touch, Lacrosse (Inter (Soft), Box and Field), Rugby - Flag/Touch, Soccer, Ultimate Disc, Tug of War (as applicable to the module)** - Inclusion of statement to bring to the

attention of teacher, student and principal holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces.

Football - Tackle

- S_IS - Clarification of coaching qualification statement; added requirement of safe footing and traction for playing areas

Helmets

- E_C/S_C, E_IS/S_IS Alpine Skiing/Snowblading/Snowboarding, Ball Hockey/Cosom Hockey, Broomball / - Ice, Climbing (Aerial Parks, Ascending Lines, Challenge Courses/Towers - High Elements, Climbing Wall, Outdoor Rock Climbing, Zipline/Tyrolean Traverse, Cricket, Cycling, Field Hockey, Floor Hockey/Gym Ringette, Floorball, Hockey - Ice, Horseback Riding, Inline Skating/Quad Roller Skating, Lacrosse, Mountain Biking, Outdoor Education - Canoeing Moving Water, Ringette - Ice, Skateboarding, Skating - Ice, Snow Tubing, Softball, Speed Skating, Tobogganing/Sledding, Triathlon - Swimming/Cycling/Running), (*as appropriate to the module*) - Statement clarified: Helmets, as required by the activity, must be properly fitted (as per manufacturer's guidelines) and properly worn

Hockey - Ice

- S_C - Regulation puck is now not permitted for shinny/lead-up games; slap shots and sticks above the waist now only not permitted in shinny/lead-up games.

Higher Risk Interschool Sports

- E_IS/S_IS - Removed "experience as a player or coach within the last 10 years" as a coaching qualification option
- E_IS/S_IS - Revised higher risk first aid certification statement.

Injured student transportation procedures

- All pages E_C/S_C, E_IS/S_IS - Statement revised: Determine and follow school board procedures for when a student requires transportation to hospital.

Lacrosse

- E_C - Lacrosse - Field - Helmet must now be worn by goalie.
- E_C/S_C, E_IS - Lacrosse - Inter (Soft) - Revised stick type permissible.

Lower Risk Interschool Sports

- E_IS/S_IS - Added from Generic Section to activity pages, "An individual who takes responsibility for providing first aid to injured athletes must be present during the entire practice/competition."

Moving Portable Goals

- E_C/S_C, E_IS/S_IS - Field hockey, lacrosse box and field, soccer, team handball - added/revised statements on moving portable goals

Outdoor Education

- Added supervisory definitions.
- Added/universalized statement on changing weather conditions and alteration/cancellation/postponement of trip.
- Universalized the following statements: equipment; first aid kit; communication device; clothing, footwear and rain gear; hydration and food; route safety; washroom practices; environmental considerations; student information and communications; supervision statements (overnight trips, male/female supervisors, division of trips into multiple groups).

Backpacking

- E_C/S_C - Clarified definition of backpacking; added tarps and animal repellent; revised footwear; added backpack to body weight statement; revised emergency procedures; clarified supervision ratios (single night vs multi-night vs back country).
- S_C - Distinguished between local and back country backpacking with separated activity pages.

Camping

- E_C/S_C - Revised emergency procedures; added campfire safety procedures.

Canoeing

- E_C - Replacement paddles now required; revised overturned/swamped canoe procedures;
- E_C/S_C - Revised PFD/lifejacket statements (Equipment and Special rules/instructions for those who passed the swim test wearing a PFD); clarified swim test procedures; clarified "current" Bronze Cross.

Canoeing - Moving Water

- S_C - Revised emergency weather procedures; added teacher, trip guide, instructor or supervisor lifeguard qualification requirement.

Canoe Tripping

- E_C - New activity page as permissible for Grades 7-8.
- S_C - Added statement on clothing/equipment check; revised emergency procedures; added first aid requirements for multi-day trips within 2 hours of emergency medical assistance arrival.

Flat Water Kayaking

- E_C/S_C - Added teacher, trip guide or instructor lifeguard qualification requirement.

Paddle Rafting

- E_C/S_C - Added teacher, trip guide or instructor lifeguard qualification requirement; clarified that ORCKA Camp Canoe Instructor is not appropriate for non-OCA sites.

Swimming

- E_C/S_C - Clarified appropriate swimming areas and safety check of non-designated swimming areas; inclusion of statement that diving is not permitted in non-commercial areas; added lifeguard awareness of swim test results

Winter Camping

- S_C - Added local/distant definitions; clarified electric tent heater statement; revised clothing layering statement; revised emergency procedures; clarified first aid certifications required for local/distant camping;

Outside Activity Providers

- Various E_C/S_C, E_IM/S_IM pages - Added statement on presenting activity page to outside provider and referencing new Outside Activity Provider appendix.

Rugby

- S_IS - Added requirement of safe footing and traction for playing areas; revised potential hazards statement to include sprinkler heads and sewer grates; specified required height for the padding of goal posts; added World Rugby coaching qualification equivalencies.

Running Activities (Track and Field; Cross County Running/Orienteering; Triathlon)

- E_C/S_C, E_IS_S_IS - Included statement that as part of safety check walk-through, hazards and severely uneven surfaces must be brought to the attention of teachers, coaches, convenors, officials, students and principal.

Self-Defense/Martial Arts

- E_IM/S_IM, S_C Martial Arts - Revised qualifications for outside providers; revised first aid statements for on or off school site

- **E_C Self Defense** - Revised supervision type; revised teacher qualification statement; revised first aid statements for on or off school site

Volleyball

- **E_IS/S_IS** - Revised protective padding statement

Water Activities

- **S_C Diving** - Clarification of qualifications for swim test and instructional swim
- **S_IS Diving** - Removal of C.A.D.A NCCP Certification Level I as a coaching qualification; clarification of qualifications for swim test and instructional swim
- **E_C/S_C Dragon Boating** - Clarification of swim test instructor qualifications
- **S_IS Dragon Boat Racing** - Removal of ORCKA Canadian Style Paddling Level 1 (tandem) or Basic Canoeing Instructor or demonstrated competencies listed for steersperson in Special Rules/Instructions column as appropriate coaching qualifications; clarification of swim test instructor qualifications
- **E_C/S_C Outdoor Education - Swimming** - See Outdoor Education section
- **E_C/S_C, S_IS Rowing** - Clarification of swim test instructor qualifications
- **S_C Scuba** - Clarification of swim test instructor qualifications
- **S_C Snorkeling** - Clarification of swim test instructor qualifications
- **E_C/S_C Swimming/Synchronized Swimming** - Clarification of instructional swim qualifications
- **E_IS/S_IS Swimming/Synchronized Swimming** - Clarification of qualifications for swim test and instructional swim
- **S_C, S_IS Triathlon** - Clarification of qualifications for swim test and instructional swim
- **E_C/S_C Water Polo** - Clarification of qualifications for swim test and instructional swim
- **E_IS/S_IS Water Polo** - Clarification of qualifications for swim test and instructional swim; clarification of course name (NCCP Community Sport Coach - Community Club Coach (formerly "I love Water Polo" Course))
- **S_C Windsurfing** - Clarification of swim test instructor qualifications

Winter Activities

- **E_C/S_C Alpine Skiing/Snowblading/Snowboarding** - Helmet must now be worn within and outside of Ontario; helmet standards specified; additional parent/guardian information regarding helmets and inspections of personal/borrowed equipment; additional requirements for facility provider on equipment safety; be aware of snow conditions and visibility; additional student information prior to trip including helmet wearing, risks of the activity and ways to minimize them, and the importance of being only on designated hills/trails; clarification of teacher and volunteer supervisor qualifications, training and responsibilities including suggested resources from OSBIE/OSRA and Parachute.
- **E_C/S_C Cross Country Skiing/Snowshoeing** - Additional parent/guardian information regarding helmets and inspections of personal/borrowed equipment; additional requirements for facility provider on equipment safety; be aware of snow conditions and visibility; requirement of safety ski-through to notify students of hazards; student information added about risks of the activity and ways to avoid them; clarification of teacher and volunteer supervisor qualifications, training and responsibilities including suggested resources from OSBIE/OSRA.
- **E_C/S_C Snow Tubing** - Helmet must be worn within and outside of Ontario; helmet standards specified; clarification of individual lane/chute-use safety; additional student information prior to trip including helmet wearing; be aware of snow conditions and visibility; clarification of teacher and volunteer supervisor qualifications, training and responsibilities.
- **E_C/S_C Tobogganing/Sledding** - Safety standards for recommended helmet wearing specified; requirement of pre-activity inspection of site to identify hazards; be aware of snow conditions and visibility; revised risk management practices; added parent communication section; clarification of teacher and volunteer supervisor qualifications, training and responsibilities.

- **E_IS/S_IS Alpine Skiing/Snowboarding** - Added OFSAA playing regulations (S_IS only); helmet safety standards updated; additional parent/guardian information regarding helmets and inspections of personal/borrowed equipment; additional requirements for facility provider on equipment safety; review helmet wearing requirement with students prior to competition.
- **E_IS/S_IS Cross Country Skiing** - Additional parent/guardian information regarding inspections of personal/borrowed equipment; additional requirements for facility provider on equipment safety.