

## Appendix G

# Safety in Activity Rooms

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*Activity rooms are areas other than gymnasiums that are used for physical activities (for example, concourse, empty classroom, school basement, cafeteria, stage)*

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

- An activity room is best suited for activities which have a controlled amount of activity (for example, aerobics, mat work, fitness stations, skipping, wrestling, dance, beanbag activities, and chair activities). Avoid ball-throwing for distance, dodge ball-type games and games which are “action packed” and go end-to-end (for example, tag, soccer, floor hockey).
- In game activities, implement “no body contact” rule.
- Plan activities that engage a large number of participants in small spaces that will not jeopardize safety standards.
- If the activity “room” is an open area, student traffic should go around, not through, the class.
- Structure drills to provide as much organization as possible.
- Caution students not to throw objects (for example, beanbags) against the ceiling, thereby knocking down tiles dust, lights, etc.
- Keep activity away from drinking fountains, stage steps, trophy cases, etc. Centre all activities to allow for a “safety zone” of at least one metre around the perimeter. Create visual boundaries, if possible, with cones/pylons.

- Precautions are needed to guard against doors opening into the activity area.
- Do not allow students to be involved in an activity that requires constant visual or on-site supervision while the teacher goes to the gym or to a storage area in another part of the school to get equipment.
- Check to determine if the floor surface provides safe traction and is conducive to activity (for example, not slippery from water or dirt).
- Check to determine that the equipment/furniture does not present a hazard.