

# Sample S.A.F.E Student Check-In

Ask students to check-in on the four S.A.F.E. (Self/Area/Feelings/Equipment) areas prior to each activity:

## Self

I am ready to participate, I am wearing appropriate clothing and footwear for the activity, I have access to water to hydrate and any necessary medication.

Examples of prompts for Teachers:

- For clothing: check that your clothing allows for full movement (for example, shorts, sweatpants, t-shirt, sweatshirt).
- For footwear: check to make sure your footwear is designed for physical activity and that your footwear is tied with laces or fastened with Velcro.
- For jewellery: check that you have removed jewellery that may inhibit movement or cause self injury. Where jewellery can not be removed, secure it with an appropriate covering (for additional information about jewellery, consult [General Safety Standards for Clothing, Footwear and Jewellery](#)).
- For medication: check that you have the necessary medication for safe participation (for example, asthma inhaler, epi-pen, test-kit and fast-acting sugar).

## Area

My activity area is in a safe location, I have enough room to move, I have removed obstacles and hazards from my area.

Examples of prompts for Teachers:

- For outdoor areas: check for and remove potential obstacles (for example, lawn furniture, debris), avoid areas that may not be safe to move (for example, holes, hills, close to traffic), and make sure the area

has safe footing (for example, not slippery, even terrain).

- For indoor areas: check for and move potential obstacles (for example, tables, chairs), avoid areas that may not be safe (for example, close to doorways/stairs) and make sure the area has safe footing (for example, without small area rugs).
- For supervision: check that your parent/guardian/caregiver will provide the required supervision for my physical education remote class.

## Feelings

I am feeling well, I am not hurt, I am not injured, I know what to do if I get hurt or injured.

Examples of prompts for Teachers:

- For feeling well: check to make sure you are feeling physically healthy and emotionally comfortable and confident to fully participate in the physical activity; ask questions and communicate your concerns.
- For feeling hurt or injured: Check if you are hurt or injured in any way that would prevent you from fully participating, if so, inform your Teacher and parent/guardian, if they are not already aware.

## Equipment

I/my parent/guardian/caregiver has checked my equipment and it works properly and is appropriate for my size and ability/strength as described by my Teacher.

Examples of prompts for Teachers:

- For working properly: Check to make sure the equipment is not broken or cracked.
- For appropriate size: Check to make sure the equipment is the right size for you and that you can lift, control and use the equipment properly.