

# Summary of the 2019-2020 revisions to the Ontario Physical Activity Safety Standards in Education (OPASSE)

The following document contains a **summary\*** of the changes to the OPASSE for the 2019-2020 school year.

**\*Note:** This document is not an exhaustive summary of all changes and is not to replace reviewing all information related to the activity prior to commencing an activity.

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## Legend

E\_C = Elementary Curricular

E\_IS = Elementary Interschool

E\_IM = Elementary Intramural

S\_C = Secondary Curricular

S\_IS = Secondary Interschool

S\_IM = Secondary Intramural

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## Coaches Expectations

### Game Protocol

**Added:** The school board, in consultation with the athletic association, is responsible for determining the individual (for example, coach) accountable for supervising volunteers and/or spectators.

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## Climbing – Bouldering/Traverse Climbing Wall (E\_C, S\_C)

### Equipment – Mats

*Traverse Wall Mats: A mat surface (solid or cross-linked foam or equivalent) must be in place under the traverse area. If spotters are not used, the mats must extend a minimum of 6 feet (approx. 1.83 m.) from the outward most point from the wall.*

**Changed to:** Traverse Wall Mats: A mat surface (solid or cross-linked foam or equivalent) or an impact attenuating surface as per the manufacturer recommendations must be in place under the traverse area.

### Special Rules/Instructions

#### Elementary

*Grades 6 and below: the hands of the students must not be more than 2.4m (7'10") above the ground. Grades 7 and 8: the hands of the students must not be more than 3.5m (11'6") above the ground.*

**Changed to:** *Grades 6 and below: the hands of the students must not be more than 2.4m (7'10") above the landing surface. Grades 7 and 8: the hands of the students must not be more than 3.5m (11'6") above the landing surface.*

#### Secondary

*The hands of the student must not be more than 3.5m (11'6") above the ground.*

**Changed to:** The hands of the student must not be more than 3.5m (11'6") above the landing surface.

## Fencing (S\_C, S\_IS)

### Equipment

*Mask, vest, gloves, foil with rubber tips.*

**Changed to:** Mask, vest, gloves, foil, and epee with rubber tips or functioning electric tips, and saber with a curved tip. If any anomalies are spotted, a change of equipment is required.

### Clothing/Footwear/Jewellery

*Students must wear long-sleeved shirt or sweatshirt and long pants.*

**Changed to:** Students must wear a fencing jacket and long pants. In the absence of a long sleeve fencing jacket, a long-sleeve shirt or sweatshirt must be worn.

### Special Rules/Instructions

*All equipment must be worn before fencing an opponent.*

**Changed to:** All equipment must be worn before taking a sword (foil, saber, or epee). When taking a sword, the student must take it by the tip with their thumb on it. Once everyone around is fully equipped and ready to fence, the instructor can give the go signal.

### Supervision

*On-site supervision for instruction. Constant visual supervision when fencing an opponent.*

**Changed to:** Constant visual supervision is required when fencing.

### Qualifications

#### Interschool

**Added:** NCCP Community Instructor & Instructor Beginner

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## Football (Tackle) (S\_IS)

### Special Rules/Instructions

**Added:** There must be a minimum of two full days in between each team's scheduled playoff games (for example, if a team has a playoff game on Monday, their next game can be as early as Thursday).

### Qualifications

**Added: As of September 1, 2020,** all coaches providing instruction must successfully complete the Making Head Way – Football e-learning course prior to coaching.

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## Hockey (Ice) (E\_C)

### Special Rules/Instructions

*No slap shots.*

**Changed to:** Slap shots are not allowed for grades 1-6. However, slap shots may be taught in an instructional setting for grades 7-8. Slap shots are not allowed during games.

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## Soccer (E\_IS, S\_IS)

### Clothing/Footwear/Jewellery

*Molded cleats only. No metal or compound cleats permitted.*

**Changed to:** Consult your school board/governing body in regard to appropriate footwear. No metal cleats permitted.

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## Outdoor Education (Canoe Tripping) (E\_C, S\_C)

### Supervision Ratios for Instructional Time

*Personnel and qualifications required for 9-16 students when the group is travelling and camping together: 2 supervisors and 1 trip guide, a first aid certification and a lifeguard certification. These qualifications can be fulfilled by one or more supervisors.*

**Changed to:** 9-16 Students: personnel and qualifications required are 2 supervisors and 1 trip guide, 1 first aid certification, and 1 lifeguard certification. These qualifications can be fulfilled by one or more supervisors.

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## Outdoor Education (Swimming) (E\_C, S\_C)

### Swim Test for Shallow and Deep Water

*To be designated “a swimmer” students must be able to tread water for 1 minute and swim 50m (164’).*

**Changed to:** Students must successfully complete the following swim test, with or without a personal flotation device (PFD):

- tread water for 1 minute
- swim 50 m (164’)

**Added:** Students who pass the swim test wearing a PFD must wear a PFD (a lifejacket is recommended) when on a dock or when at a shoreline where the depth of the water is deemed a risk.

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## Outdoor Education (Winter Camping) (S\_C)

### Facilities

**Added:** Standards for Sleeping in a Quinzee

- The temperature must be a maximum of -4 degrees C.
- All sleeping bags must be rated to the coldest predicted temperatures for the duration of the trip.
- All students must sleep on a foam or inflatable sleeping mat to preserve body warmth.
- Snow that is piled for the quinzee is to be taken from various layers of the snow pack and left to sinter for a minimum of two hours prior to digging out the quinzee.
- Sticks to a depth of a minimum of 6” must be placed around the top of the quinzee snow pile to guide the depth of digging out the quinzee.
- When digging out the quinzee, a minimum of one student must be watching the student who is digging out at all times.
- Once dug out, light a candle in each quinzee for a minimum of 30 minutes to allow an ice glaze to form inside the quinzee.
- Ensure that if the door is to be covered over, that it is blocked by something easy to remove in an emergency (for example, light weight sled, foam sleeping mat, backpack).
- There must be at least one tent for every four students, or another emergency shelter large enough to sleep the group, available in case of a collapse, or other reasons causing the students to vacate (such as claustrophobia, cold).
- Establish a system for determining times when students must vacate the quinzee, (for example, buddy system; if more than half of the students assigned to each quinzee want to leave due to cold/claustrophobia, everyone must leave.)

- The supervisor is responsible for checking in with students prior to going to bed, and first thing in the morning upon waking.
- At least two shovels must be left outside of each quinzee during the night in case of collapse.
- Establish a system to signal to supervisors checking on the quinzees that the quinzee has been abandoned during the night (for example, flag, shovel over the door).
- A final inspection of each quinzee is to be conducted by the site supervisor, prior to students sleeping in the quinzee.

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## Sailing (S\_C)

### Lifeguard Qualifications

**Added:** (The lifeguard is applicable for the swim test only.)

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## Swimming (E\_C, E\_IS, S\_C, S\_IS)

### Synchronized Swimming (E\_C, E\_IS, S\_C, S\_IS)

### Swim Test for Shallow and Deep Water

*An initial screening/testing of swimming ability must be done in shallow water.*

**Changed to:** An initial screening/testing of swimming ability must be done in shallow water prior to the activity.

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## Outdoor Education (Swimming) (E\_C, S\_C)

### Swimming (E\_C, S\_C)

### Synchronized Swimming (E\_C, S\_C)

### Swim Test for Shallow and Deep Water

*Non-swimmers must be identified and wear a properly fastened Personal Flotation Device (PFD) for recreational swims and instructional swims. The PFD can be removed during instructional swims when the non-swimmer is under constant visual supervision by the instructor during learn-to-swim skill instruction and/or practice.*

**Changed to:** Students who pass the swim test with a PFD, must wear a properly fastened PFD. The PFD can be removed during instructional swims when students are under constant visual supervision by the instructor during learn-to-swim skill instruction and/or practice.

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**Swimming (E\_C, S\_C)**  
**Synchronized Swimming (E\_C, S\_C)**  
**Water Polo (E\_C, S\_C)**

### **Aquatic Instructor Qualifications**

*Aquatic instructors must hold one current (to be current, the date on the certificate must not be older than two years) aquatic instructor certificate and one current assistant lifeguard or lifeguard certificate. If the aquatic instructor does not hold a lifeguard certificate or an assistant lifeguard certificate, a certified lifeguard must also be on deck during the aquatic instruction and/or swim test.*

**Changed to:** An aquatic instructor must hold an Aquatic Instructor Certificate, and a Lifeguard certificate/Assistant Lifeguard certificate that are not dated more than two years old. If the aquatic instructor does not hold a lifeguard certificate or an assistant lifeguard certificate, a certified lifeguard must also be on deck during the aquatic instruction and/or swim test.

**Removed:** Lifesaving Society - Swim Instructor Certificate

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**Outdoor Education (Canoeing Moving Water) (S\_C)**  
**Outdoor Education (Flat Water Kayaking) (E\_C, S\_C)**  
**Outdoor Education (Paddle Rafting) (E\_C, S\_C)**  
**Sailing (S\_C)**

### **Lifeguard Qualifications**

*A teacher, trip guide or instructor over the age of 18 must have a current lifeguard certificate.*

**Changed to:** An individual over the age of 18 (e.g., teacher, instructor, trip guide, volunteer) must have a current (to be current, the date on the certificate must not be older than two years) lifeguard certificate issued by one of the following organizations:

- Canadian Red Cross – Pool/Waterfront Lifeguard
- Lifesaving Society – National Lifeguard – Pool/Waterfront
- Equivalent certificate approved by Minister of Health and Long Term Care

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Cross Country Running (E\_IS, S\_IS)  
Cycling (S\_IS)  
Mountain Biking (S\_IS)  
Skiing (Cross Country) (E\_IS, S\_IS)  
Triathlon (S\_IS)

### Special Rules/Instructions

**Added:** Teachers must do a final sweep of the competition route in order to ensure all students are finished prior to removing any route markers or packing up.

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Outdoor Education (Backpacking/Hiking) (E\_C, S\_C)  
Outdoor Education (Camping) (E\_C, S\_C)  
Outdoor Education (Canoeing) (E\_C, S\_C)  
Outdoor Education (Canoe Tripping) (E\_C, S\_C)  
Outdoor Education (Flat Water Kayaking) (E\_C, S\_C)

### Special Rules/Instructions

**Added:** Students that aren't required to take a swim test or students that have not passed the swim test without a personal flotation device (PFD) must not enter the water (including bathing).

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Crab Soccer (E\_C)  
Gaelic Football (E\_C, S\_C)  
Hockey (Field) (E\_C, E\_IS, S\_C, S\_IS)  
Lacrosse (Box/Field) (S\_C, S\_IS)  
Lacrosse (Field) (E\_C, E\_IS)  
Soccer (E\_C, E\_IS, S\_C, S\_IS)  
Team Handball (E\_C, E\_IS, S\_C, S\_IS)

### Facilities

#### **Portable Goalposts**

*A portable goal is described as a freestanding structure consisting of at least two upright posts, a cross bar and support bars. It is designed to be used as a goal and can be moved to different locations.*

*A portable goal must be located on a level surface and securely anchored in accordance with the manufacturer's instructions. When there are no instructions:*

- *attach the goals securely to the ground, if the goal is located outdoors; or*

- *attach the goals securely to the floor or the wall, securing them with weights, if the goal is inside.*

*The netting on goal posts must conform to the sport governing organization or the local athletic association regulations.*

*Portable goals must be inspected on a regular basis for anything that would hinder effective movement (for example, defective wheels).*

*Prior to use, goals must be checked to determine that they are secure in such a way that they will not tip over.*

*Students must be instructed to not climb, hang, or swing on the goals.*

### **The Moving of Portable Goalposts**

*The teacher must provide instructions to the students regarding the safe movement of the portable goals. Only students who have been properly trained can assist the teacher with moving portable goals. Constant visual supervision is required.*

*The teacher must designate an area a safe distance from the path of the moving of portable goals in which other students must stay. Check that the path is clear (no obstructions and/or students in the way).*

*Portable goals that are not in use or are in storage must be secured in such a way that they do not pose a risk of tipping and do not otherwise present a hazard (e.g. taken apart, chained face to face).*

### **Changed to: Portable Goalposts**

A portable goal is described as a freestanding structure that can be moved to different locations.

A portable goal used on a natural ground surface, artificial turf, or a hard surface (for example, black top) must be located on a level surface and securely anchored in accordance with the manufacturer's instructions.

When there are no instructions:

- attach the goals securely to the ground, if the goal is located outdoors; or
- attach the goals securely to the floor or the wall, securing them with weights, if the goal is inside.

If there are no straps/clamps, use another system to secure portable goals to the ground to prevent tipping (for example, weighted material).

The netting on goal posts must conform to the sport governing organization or the local athletic association regulations.

Portable goals must be inspected on a regular basis for anything that would hinder effective movement (for example, defective wheels).

Prior to use, goals must be checked to determine that they are secure in such a way that they will not tip over.

Students must be instructed to not climb, hang, or swing on the goals.

Portable goals that are not in use or are in storage must be secured in such a way that they do not pose a risk of tipping and do not present a hazard (for example, taken apart, chained face to face).

### **The Moving of Portable Goalposts**

The teacher must provide instructions to the students regarding the safe movement of the portable goals. Only students who have been properly trained can assist the teacher with moving portable goals. Constant visual supervision is required.

The teacher must designate an area a safe distance from the path of the moving of portable goals in which other students must stay. Check that the path is clear (no obstructions and/or students in the way).

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### **Diving (S\_C)**

**Outdoor Education (Swimming) (E\_C, S\_C)**

**Scuba Diving (S\_C), Snorkeling (S\_C)**

**Swimming (E\_C, E\_IS, S\_C, S\_IS)**

**Synchronized Swimming (E\_C, E\_IS, S\_C, S\_IS)**

**Water Polo (E\_C, S\_C)**

### **Definitions**

**Added:** Recreational time is defined as time during which there are not any organized activities or instruction.

Dragon Boat (E\_C, S\_C, S\_IS)  
Outdoor Education (Canoe Tripping) (E\_C, S\_C)  
Outdoor Education (Canoeing Moving Water) (S\_C)  
Outdoor Education (Flat Water Kayaking) (E\_C, S\_C)  
Outdoor Education (Paddle Rafting) (E\_C, S\_C)  
Outdoor Education (Swimming) (E\_C, S\_C)  
Rowing (E\_C, S\_C, S\_IS), Snorkeling (S\_C)  
Triathlon (S\_C, S\_IS)  
Wind Surfing (S\_C)

### Lifeguard Qualifications

**Added:** A student may not act as a lifeguard if they are participating in the activity.

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Diving (S\_C, S\_IS)  
Dragon Boat (E\_C, S\_C, S\_IS)  
Outdoor Education (Canoeing) (E\_C, S\_C)  
Outdoor Education (Canoe Tripping) (E\_C, S\_C)  
Outdoor Education (Canoeing Moving Water) (S\_C)  
Outdoor Education (Flat Water Kayaking) (E\_C, S\_C)  
Outdoor Education (Paddle Rafting) (E\_C, S\_C)  
Outdoor Education (Swimming) (E\_C, S\_C)  
Rowing (E\_C, S\_C, S\_IS)  
Scuba Diving (S\_C)  
Snorkeling (S\_C)  
Swimming (E\_C, E\_IS, S\_C, S\_IS)  
Synchronized Swimming (E\_C, E\_IS, S\_C, S\_IS)  
Triathlon (S\_C, S\_IS)  
Water Polo (E\_C, E\_IS, S\_C, S\_IS)  
Wind Surfing (S\_C)

### Definitions

**Added:** Instructional time is defined as time during which there are organized activities or instructions. Examples of instructional time are lessons, events, practice, and games.

Diving (S\_C, S\_IS)  
Dragon Boat (E\_C, S\_C, S\_IS)  
Outdoor Education (Canoe Tripping) (E\_C, S\_C)  
Outdoor Education (Canoeing) (E\_C, S\_C)  
Outdoor Education (Canoeing Moving Water) (S\_C)  
Outdoor Education (Flat Water Kayaking) (E\_C, S\_C)  
Outdoor Education (Paddle Rafting) (E\_C, S\_C)  
Outdoor Education (Swimming) (E\_C, S\_C)  
Rowing (E\_C, S\_C, S\_IS)  
Sailing (S\_C), Scuba Diving (S\_C)  
Snorkeling (S\_C)  
Swimming (E\_C, E\_IS, S\_C, S\_IS)  
Synchronized Swimming (E\_C, E\_IS, S\_C, S\_IS)  
Triathlon (S\_C, I\_IS)  
Water Polo (E\_C, E\_IS, S\_C, S\_IS)  
Wind Surfing (S\_C)

## Definitions

**Added:** Personal Flotation Device (PFD): According to [Canadian Red Cross](#), “A Canadian approved PFD is designed to keep you afloat in the water. PFDs were designed for use in recreational boating and are generally smaller, less bulky and more comfortable than lifejackets. They have less flotation than lifejackets, and have limited turning capacity, but are available in a variety of styles and colours.”