

Summary of the 2020-2021 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 2020-2021 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.

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

General Edits

Dragon Boat, Rowing, Swimming, Synchronized Swimming, Water Polo, Diving, Sailing, Scuba Diving, Snorkeling, Triathlon (E_C, E_IS, E_IM, S_C, S_IS, S_IM)

Swim Tests:

In lieu of completing the swim test, students may provide proof of a Bronze Medallion certification or higher.

Changed to: In lieu of completing the swim test, students may provide proof of Bronze Star certification or higher.

An aquatic instructor must possess both an aquatic instructor certificate and a lifeguard/assistant lifeguard certificate that are dated not more than two years prior to the date on which they are acting as an aquatic instructor and lifeguard. 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 swim test.

Changed to: An aquatic instructor must possess both an aquatic instructor certificate and a lifeguard/assistant lifeguard certificate that are dated not more than two years prior to the date on which they are required to instruct and lifeguard. 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 swim test.

Added: Assistant Lifeguard to Lifeguard whenever “lifeguard” is referenced.

Added: Clothing/Footwear/Jewellery for the Swim Test

- Appropriate attire must be worn

Dragon Boat (S_IS)

Clothing/Footwear/Jewellery:

Coach boat occupants are required to wear a personal flotation device (P.F.D.) at all times.

Changed to: Coaches are required to wear personal flotation devices (P.F.D.) while on the water at all times.

Rowing (E_C, E_IM, S_C, S_IS, S_IM)

Clothing/Footwear/Jewellery:

Coach boat occupants are required to wear a personal flotation device (P.F.D.) at all times.

Changed to: Coaches are required to wear personal flotation devices (P.F.D.) while on the water at all times.

Equipment:

Heel restraints on shoes must be in place and adjusted properly to permit effective extraction of feet during emergencies

Changed to: In all boats the foot stretchers, shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained to limit heel lift to a maximum of 7 cm for each shoe or type of foot gear fitted to the boat. In addition, where laces, Velcro or similar materials must be opened before the rower can remove his/her feet from the shoes or other device, all such materials must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap. Where shoes or other devices holding the feet will not remain in the boat, each shoe or device must be able to be released by the rower without using his/her hands or with a single quick hand action of pulling on one easily accessible strap or release device.

Must have bow and stern lights attached during poor visibility (for example, bike lights, flashlights).

Changed to: Must have navigation lights attached during poor visibility, as specified in the Transport Canada Safe Boating Guide

Regattas require dedicated safety boats with communication (for example, two way radios between boat and shore

Changed to: Regattas are required to be sanctioned by Rowing Canada Aviron and meet all sanction requirements, as governed by the provincial Sanctions Officer

Boat must be equipped with a 60cm life ring with 9m floating lines attached in addition to the 15m heaving line.

Changed to: A reboarding device is required where the vertical height that a person must climb to reboard the boat from the water (freeboard) is over 0.5m (1'8").

Facilities:

When using an indoor rowing facility, the rules and regulation of that facility must be followed.

Changed to: When using an indoor rowing facility or a rowing club, the rules and Codes of Conduct of that facility or club must be followed

Must have a phone with posted emergency number (for example, 911).

Changed to: Teachers must be aware of the site's Emergency Action Plan (EAP), including the site specific rescue plan, and share with all supervisors and participants.

- *Course must be inspected before each use*
- *Be aware of debris on course, especially after heavy rain*

Changed to: Constantly evaluate the practice/competition area addressing issues as they arise (for example, pulling out deadheads or alerting crews to avoid areas if there is debris).

Emergency Procedures:

Coxswain buddies with stern pair

Changed to: Coxswain buddies with stern pair in a stern-loaded coxed shell or bow-pair in a bow-loaded coxed shell

A log book must be provided on shore with all students and coaches required to sign out before launching and in upon returning.

Changed to: Procedures must be in place to ensure accountability for all shells and, coaches and athletes on the water at any given time, in case of an emergency

Qualifications:

Removed: Entire Lifeguard Qualifications section

Secondary Curricular

Equipment:

Added: A reboarding device is required where the vertical height that a person must climb to reboard the boat from the water (freeboard) is over 0.5m (1'8").

Swimming, Synchronized Swimming (E_C, E_IM)

Clothing/Footwear/Jewellery:

Appropriate clothing and footwear must be worn. Suitable swimwear must be worn.

Changed to: Appropriate swimwear must be worn.

Swimming, Synchronized Swimming (S_C, S_IM)

Clothing/Footwear/Jewellery:

Appropriate clothing and footwear must be worn. Suitable swimwear is permitted.

Changed to: Appropriate swimwear must be worn.

Swimming, Synchronized Swimming (E_IS, S_IS)

Clothing/Footwear/Jewellery:

Appropriate clothing and footwear must be worn.

Changed to: Appropriate swimwear must be worn.

Water Polo (E_C, E_IS, E_IM, S_C, S_IS, S_IM)

Clothing/Footwear/Jewellery:

Appropriate swimwear and footwear must be worn. Water polo caps with protective ear cups.

Changed to:

- Appropriate swimwear must be worn.
- Water polo caps with protective ear cups must be worn. Device to keep hair from obstructing vision (for example, elastic).

Diving (S_C, S_IM)

Clothing/Footwear/Jewellery:

Appropriate clothing and footwear must be worn. Appropriate swimming attire.

Changed to: Appropriate swimwear must be worn.

Diving (S_IS)

Clothing/Footwear/Jewellery:

Appropriate clothing and footwear must be worn.

Changed to: Appropriate swimwear must be worn.

Scuba Diving (S_C)

Clothing/Footwear/Jewellery:

Appropriate clothing and footwear must be worn. Appropriate swimming attire.

Changed to: Appropriate swimwear must be worn.

Snorkelling (S_C)

Clothing/Footwear/Jewellery:

Appropriate clothing and footwear must be worn. Suitable swimwear is required. Fins or suitable footwear to protect against protruding objects in lakes, rivers or ponds. Fins, if worn, must fit properly.

Changed to:

- Appropriate swimwear must be worn.
- Fins or suitable footwear to protect against protruding objects in lakes, rivers or ponds. Fins, if worn, must fit properly.

Triathlon (S_C, S_IS)

Clothing/Footwear/Jewellery:

Appropriate clothing and footwear must be worn. Appropriate swimwear. Swim caps must be worn during swim portion of the event. Proper running shoes in good condition must be worn for distance training. No open-toed shoes or sandals are permitted.

Changed to: Appropriate clothing and footwear must be worn. Appropriate swimwear must be worn during the swim test and the swim portion of the event. Swim caps must be worn during swim portion of the event. Proper running shoes in good condition must be worn for distance training. No open-toed shoes or sandals are permitted.

Rugby (Touch/Flag) (S_IS)

Added: A rugby (Touch/Flag) activity page was developed for S_IS

Volleyball (E_IS, S_IS)

Special Rules/Instructions:

Added:

During the warm-up:

- Students are not permitted to cross under the net into the receiving court after completing their attack;
- Students must remain on their side of the net immediately following an attack and only move to the opposite side of the net from outside the court (if necessary);
- Retrieved balls must be returned along the sidelines of the court at a safe distance from the net and not through the receiving court, under the net; and
- Students are not permitted on the receiving side of the court during a hitting warm up. They must remain outside the limits of the court.

Hockey (E_C, E_IM, S_C, S_IM)

Added: The Hockey (Ice) pages were divided into 2 different hockey pages to clear up any confusion of the safety standards between “hockey games” and “lead up games”.

There is now a page for:

- Hockey (Ice Hockey Games)
- Hockey (Ice – Lead-Up Games or Mini Games)

Hockey (Ice) (E_IS, S_IS)

Updated: The Hockey (Ice) activity page name was changed. Please note that the content has remained the same.

Changed to: Hockey (Ice Hockey Games)

Archery (E_C, E_IM, S_C, S_IS, S_IM)

Special Rules/Instructions:

- *Establish a “Start” and “Stop” shooting and retrieving system.*
- *Establish an emergency procedure, including whistle system.*
- *“Shooting” line must be established, appropriate for the skill level of the students.*
- *Sufficient spacing must be provided for each student on the shooting line.*
- *No one in front of shooting line.*
- *All students not involved in shooting must be positioned well behind the shooting line and away from the archers on the line.*
- *Students must be instructed that a loaded bow must never be pointed at anyone.*
- *Bows must only be loaded on the shooting line, after the signal to shoot has been given.*

Changed to:

Establish a safe routine for the transportation and use of equipment.

- Establish a safe routine for transporting equipment to and from the activity area and for safe placement of the equipment (away from participants) during activity set up.
- Establish a “Start” and “Stop” shooting and retrieving system.
- Establish an emergency procedure including whistle system.
- “Shooting” line must be established, appropriate for the skill level of the students. Sufficient spacing must be provided for each student on the “shooting” line.
- No one in front of the shooting line until the signal to “retrieve” has been given.
- Retrieved arrows must be carried back to the shooting line for the next shooter.
- All students not involved in shooting must be positioned well behind the shooting line and away from the archers on the line.
- The signal to shoot may only be given once all participants have returned.
- Bows must only be loaded on the shooting line, after the signal to shoot has been given.
- Students must be instructed that a loaded bow must never be pointed at anyone.

Track & Field Activities: Shotput, Discus, Javelin Shotput (E_C, E_IS, E_IM)

Special Rules/Instructions:

- *Only standing shot put technique may be taught (no spin).*
- *Establish safe routines for putting and retrieving of shots.*

- *Establish a safe routine for transporting shots to and from the throwing area.*
- *Shots must never be thrown or rolled back to throwing area.*
- *Where a protective screen is not in place, students and spectators must be in a designated area at least 4m (13') behind the toe line.*

Changed to:

Establish a safe routine for the transportation and use of equipment.

- Establish a safe routine for transporting equipment to and from the activity area and for safe placement of the equipment (away from participants) during activity set up.
- Establish safe routines for putting and retrieving of shots (for example, shots must never be thrown or rolled back to the throwing area).
- Only standing shot put technique may be taught (no spin).
- Where a protective screen is not in place, students who are not putting or retrieving shots, and spectators must be in a designated area at least 4m (13') behind the toe line.

Shotput (S_C, S_IS, S_IM)

Special Rules/Instructions:

- *Establish safe routines for putting and retrieving of shots.*
- *Establish a safe routine for transporting shots to and from the throwing area.*
- *Shots must never be thrown or rolled back to throwing area.*
- *Where a protective screen is not in place, students and spectators must be in a designated area at least 4m (13') behind the toe line.*

Changed to:

Establish a safe routine for the transportation and use of equipment.

- Establish a safe routine for transporting equipment to and from the activity area and for safe placement of the equipment (away from participants) during activity set up.
- Establish safe routines for putting and retrieving of shots (for example, shots must never be thrown or rolled back to the throwing area).
- Where a protective screen is not in place, students who are not putting or retrieving shots, and spectators must be in a designated area at least 4m (13') behind the toe line.

Discus (S_C, S_IM)

Special Rules/Instructions

- *Instruction must be given in safety prior to teaching and practice.*

- *Students not throwing must be behind thrower in a marked off area, minimum 5m (16') away.*
- *Instruct students in safe throwing and retrieving procedures.*
- *Thrower must never release discus if there is someone in field with their back to him/her.*
- *Retrievers must carry the disc back.*

Changed to:

Establish a safe routine for the transportation and use of equipment.

- Establish a safe routine for transporting equipment to and from the activity area and for safe placement of the equipment (away from participants) during activity set up.
- Establish safe routines for throwing and retrieving of discus (e.g., a discus must never be thrown or rolled back to the throwing area).
- Instruction must be given about safety prior to teaching and practice.
- Students not throwing must be behind thrower in a marked off safe area, minimum 5m (16') away.

Discus (S_IS)

Special Rules/Instructions

- *Establish and provide safe throwing and retrieving procedures.*
- *Instruction must be given in safety prior to practice.*
- *In practices, where a protective screen is not in place, students and spectators must be in a designated area a minimum of 15m (49') directly behind thrower.*

Changed to:

Establish a safe routine for the transportation and use of equipment.

- Establish a safe routine for transporting equipment to and from the activity area and for safe placement of the equipment (away from participants) during activity set up.
- Establish safe routines for throwing and retrieving of discus (e.g., a discus must never be thrown or rolled back to the throwing area).
- Instruction must be given about safety prior to practice.
- In practices, where a protective screen is not in place, students who are not throwing or retrieving a discus, and spectators must be in a designated area a minimum of 15m (49') directly behind thrower.

Javelin (S_C, S_IM)

Special Rules/Instructions

- 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.
- Establish safe routines for throwing and retrieving of the javelin.
- Javelins must be carried safely to and from activity area (for example, the javelin must point downwards and not be carried on or over the shoulder).
- Javelin must never be thrown back to throwing area.

Changed to:

Establish a safe routine for the transportation and use of equipment.

- Establish a safe routine for transporting equipment to and from the activity area and for safe placement of the equipment (away from participants) during activity set up.
- Establish a “Start” and “Stop” throwing and retrieving system.
- Establish an emergency procedure including whistle system.
- “Throwing” line must be established, appropriate for the skill level of the students.
- Sufficient spacing must be provided for each student on the “throwing” line.
- No one in front of the throwing line until the signal to “retrieve” has been given.
- Retrieved javelins must be carried back to the throwing line for the next thrower.
- All students not involved in throwing must be positioned well behind the throwing line and away from the throwers on the line.
- The signal to throw may only be given once all participants have returned.

Added: Students must receive instruction on:

- safety and emergency procedures
- whistle system
- throwing techniques
- care and use of equipment

Javelin (S_IS)

Special Rules/Instructions

- *Instruction in safety must be given prior to practice.*
- *Establish safe routines for throwing and retrieving of the javelin.*
- *Javelins must be carried safely to and from practice/competition area (for example, the javelin must point downwards and not be carried on or over the shoulder).*
- *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.*

Changed to:

Establish a safe routine for the transportation and use of equipment.

- Instruction in safety must be given prior to practice.
- Javelins must be carried safely to and from practice/competition area (for example, the javelin must point downwards and not be carried on or over the shoulder).
- Establish safe routines for throwing and retrieving of the javelin.
- Retrieved javelins must be carried safely back to the throwing line.
- 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.

All Activities (E_IS, S_IS)

The concussion information statement on all the interschool sport pages was changed to include the concussion Codes of Conduct and the concussion awareness resources as per PPM 158.

Special Rules/Instructions

Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (for example, outline possible risks and ways to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.

Changed to: Prior to participation students must receive concussion information through the appropriate Ministry of Education's Concussion Awareness Resource or the school board approved concussion resources. Students must also receive information on:

- the Concussion Code of Conduct;
- concussion prevention strategies specific to the activity and inherent risks of the activity (that is, outline possible risks and ways to minimize the risks);
- procedures and rules for safe play; and
- the importance of reporting symptoms related to a suspected concussion.

Students must confirm their review of the concussion awareness resource and Concussion Code of Conduct prior to participation.

Introduction

Elementary Interschool:

Added: Consult curricular [Fitness Activities](#) when involving participants in training and fitness development activities.

Secondary Interschool:

Added: Consult curricular [Fitness Activities](#) and curricular [Weight Training](#) when involving participants in weight training and/or training and fitness development activities.

Outdoor Education Edits

Canoeing, Canoeing Moving Water, Canoe Tripping, Flat Water Kayaking, Paddle Rafting, Swimming (E_C, E_IM, S_C, S_IM)

Swim Test

In lieu of completing the swim test, students may provide proof of a Bronze Medallion certification or higher.

Changed to: In lieu of completing the swim test, students may provide proof of Bronze Star certification or higher.

Added: **Clothing/Footwear/Jewellery for the Swim Test**

- Appropriate attire must be worn

Aquatic Instructor Qualifications for the Swim Test

An aquatic instructor must possess both an aquatic instructor certificate and a lifeguard/assistant lifeguard certificate that are dated not more than two years prior to the date on which they are acting as an aquatic instructor and lifeguard. 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 swim test.

Changed to: An aquatic instructor must possess both an aquatic instructor certificate and a lifeguard certificate that are dated not more than two years prior to the date on which they are required to instruct and lifeguard. If the aquatic instructor does not hold a lifeguard certificate, a certified lifeguard must also be on the dock/shore during the swim test.

Removed: When the swim test is administered at a waterfront, aquatic instructors must also hold a lifeguard certificate.

Aquatic Instructor Certificates for Pools and Waterfronts:

Changed to: Aquatic Instructor Certificates for Waterfronts:

Removed: Ontario Teachers Aquatic Standard (OTAS) - for pool situations only

Lifeguard Qualifications for the Swim Test

Removed: Lifeguard Certificates:

Removed:

- Assistant Lifeguard Certificates:
 - o Canadian Red Cross - Assistant Lifeguard
 - o Lifesaving Society - Bronze Cross
 - o Equivalent certificate approved by Minister of Health and Long Term Care

Supervision Ratios for the Swim Test

Removed: Pool Swim Test

- There must be a minimum of 2 certified aquatic instructors on deck or in the pool.
- Supervision ratio is 2 certified aquatic instructors per 1-50 students, with both instructors also certified as lifeguards or one lifeguard and one assistant lifeguard.
- In situations where there are 51-75 students, an additional certified aquatic instructor is required.
- If assistant lifeguards are used, the number of assistant lifeguards on deck may never exceed the number of lifeguards.

Supervision Ratios for the Swim Test

- *There must be a minimum of 2 certified aquatic instructors at the waterfront or in the water.*
- *Supervision ratio is 2 certified aquatic instructors per 1-25 students, with both instructors also certified as lifeguards.*
- *In situations when there are 26-100 students, an additional certified lifeguard is required.*

Changed to:

- There must be a minimum of 2 certified aquatic instructors at the waterfront.
- Supervision ratio is 2 certified aquatic instructors per 1-25 students, with both instructors also certified as lifeguards.
- For every additional 25 students, an additional certified aquatic instructor is required.

Outdoor Education (Canoeing) (E_C, E_IM, S_C, S_IM)

Instructor Qualifications

- ORCKA Basic Canoeing Instructor
- ORCKA Canadian Style Paddling Instructor
- ORCKA Day Trip Leader
- ORCKA River Running Instructor
- ORCKA Canoe Tripping Level 3
- Paddle Canada Waterfront Canoe Instructor
- Paddle Canada Intermediate Lake Skills
- Paddle Canada Introductory Lake Skills
- Paddle Canada Advanced Lake Skills – Solo
- Paddle Canada Advanced Tripping Skills
- Paddle Canada Advanced Moving Water (both tandem & solo)
- Paddle Canada Advanced Tripping Skills + Wilderness Advanced First Aid + CPR + 1000 km experience
- Paddle Canada Advanced Tripping Skills + Wilderness First Aid + CPR + 500 km experience
- Paddle Canada Waterfront Canoe Instructor

Changed to:

- ORCKA Basic Canoeing Instructor
- Paddle Canada Lakewater Canoe Instructor, Introductory Level (tandem)
- Paddle Canada Moving Water, Introductory Level (tandem)

Outdoor Education (Canoe Tripping) (E_C, E_IM)

Supervision Ratios for Instructional Time

Split Group: if the group is divided into two or more excursions, each excursion must have a trip guide who has the required certifications.

Changed to: Split Group: if the excursion is divided into two or more groups, each group must have a trip guide who has the required certifications.

- *1-8 Students: personnel and qualifications required are 1 supervisor and 1 trip guide, 1 first aid certification, and 1 lifeguard certification. These qualifications can be fulfilled by one or more supervisors.*
- *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.*

Changed to:

Group Size: Trip group size is restricted to 16 students total. For excursions of more than 16 students the excursion must be divided into multiple trip groups no bigger than 16.

Number of student per trip group	Minimum number of supervisors per group	Required certifications per group
1 to 8	2 (one must be a trip guide)	- First Aid - Lifeguard - Canoeing
Up to 16	3 (one must be a trip guide)	- First Aid - 2 Lifeguards - Canoeing

All trips require two adult supervisors as a basic minimum, one of whom must be a teacher.

*Certifications/qualifications can be fulfilled by one or more supervisors.

Instructor Qualifications

- A trip guide or instructor must have one of the following certifications:
 - ORCKA Canoe Tripping 3 or Paddle Canada Advanced Trip Leader

Changed to:

- A trip guide or instructor must have the following certifications:
 - ORCKA Canoe Tripping 3 or Paddle Canada Lakewater Canoe Instructor Introductory Level (tandem or solo) + Paddle Canada Wilderness Camping Instructor

Outdoor Education (Canoe Tripping) (S_C, S_IM)

Supervision Ratios for Instructional Time

Split Group: if the group is divided into two or more excursions, each excursion must have a trip guide who has the required certifications.

Changed to: Split Group: if the excursion is divided into two or more groups, each group must have a trip guide who has the required certifications.

Supervision Ratios for Instructional Time

- *1-8 Students: personnel and qualifications required are 1 supervisor and 1 trip guide, 1 first aid certification, and 1 lifeguard certification. These qualifications can be fulfilled by one or more supervisors.*
- *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.*

Changed to:

Group Size: Trip group size is restricted to 16 students total. For excursions of more than 16 students the excursion must be divided into multiple trip groups no bigger than 16.

Number of student per trip group	Minimum number of supervisors per group	Required certifications per group
1 to 8	2 (one must be a trip guide)	- First Aid - Lifeguard - Canoeing
Up to 16	3 (one must be a trip guide)	- First Aid - 2 Lifeguards - Canoeing

All trips require two adult supervisors as a basic minimum, one of whom must be a teacher.

*Certifications/qualifications can be fulfilled by one or more supervisors.

Instructor Qualifications

- *Single day trips which travel more than 2 hours from the arrival of emergency medical assistance (wilderness) require the following qualifications:*
 - *A trip guide or instructor must have ORCKA Basic Instructor, Paddle Canada Camp Instructor, or higher*
 - *A teacher, trip guide, instructor or parent/guardian/volunteer must have Wilderness Advanced First Aid*
 - *A trip guide or instructor must have a current lifeguard certificate*
- *Multi-day trips which travel a distance within 2 hours from the arrival of emergency medical assistance (non-wilderness) require the following qualifications:*
 - *A trip guide or instructor must have ORCKA Canoe Tripping 3 or Paddle Canada Advanced Trip Leader*
 - *A teacher, trip guide, instructor or parent/guardian/volunteer must have Standard First Aid with CPR C*
 - *A trip guide or instructor must have a current lifeguard certificate*
- *Multi-day trips which travel more than 2 hours from the arrival of emergency medical assistance (wilderness) require the following qualifications:*
 - *A trip guide or instructor must have ORCKA Canoe Tripping 3, or Paddle Canada Advanced Trip Leader*
 - *A teacher, trip guide, instructor or parent/guardian/volunteer must have Wilderness Advanced First Aid*
 - *A trip guide or instructor must have a current lifeguard certificate*

Changed to:

- Single day trips which travel more than 2 hours from the arrival of emergency medical assistance (wilderness) require the following qualifications:
 - A trip guide or instructor must have one of the following qualifications:
 - ORCKA Basic Canoeing Instructor
 - ORCKA Canoe Tripping 3
 - Paddle Canada Wilderness Camping + Lakewater Canoe Instructor Introductory Level
 - Paddle Canada Wilderness Camping + Canoe Tripping Introductory Level Instructor
 - A teacher, trip guide, instructor or parent/guardian/volunteer must have Wilderness Advanced First Aid
 - A trip guide or instructor must have a current lifeguard certificate
- Multi-day trips which travel a distance within 2 hours from the arrival of emergency medical assistance (non-wilderness) require the following qualifications:
 - A trip guide or instructor must have one of the following qualifications:
 - ORCKA Canoe Tripping 3
 - Paddle Canada Camping Basics Instructor + Canoe Tripping Introductory Level Instructor
 - A teacher, trip guide, instructor or parent/guardian/volunteer must have Standard First Aid with CPR C
 - A trip guide or instructor must have a current lifeguard certificate
- Multi-day trips which travel more than 2 hours from the arrival of emergency medical assistance (wilderness) require the following qualifications:
 - A trip guide or instructor must have one of the following qualifications:
 - ORCKA Canoe Tripping 3
 - Paddle Canada Wilderness Camping Instructor + Canoe Tripping Introductory Level Instructor
 - A teacher, trip guide, instructor or parent/guardian/volunteer must have Wilderness Advanced First Aid
 - A trip guide or instructor must have a current lifeguard certificate

Outdoor Education (Swimming) (E_C, E_IM, S_C, S_IM)

Subtitle

Lakes, Ponds, Rivers at recreational camps, Public swimming areas, Non-designated swim areas.

Changed to: Designated and Non-Designated swim areas in lakes, ponds and rivers.

Introduction

Added: Consult Swimming if the activity occurs in a pool.

Clothing/Footwear/Jewellery

Elementary Curricular

Appropriate clothing and footwear must be worn. Determine that all necessary clothing (including attire appropriate for swimming) and footwear are included prior to departing on the excursion.

Changed to: Appropriate attire must be worn.

Secondary Curricular

Determine that all necessary clothing (including attire appropriate for swimming) and footwear are included prior to departing on the excursion. Appropriate footwear if required is permitted (for example, where protruding objects may injure feet).

Changed to: Appropriate attire must be worn.

Facilities

- *Swimming area must be:*
 - *clearly defined (for example, at camps buoyed area);*
 - *free from hazards; and*
 - *of suitable water temperature.*
- *When swimming in areas not specifically designated for swimming (for example, campsite when on a canoe trip), lifeguard must set boundaries using boundary markers for swimming and swim/check the allocated swimming area for underwater hazards.*

Changed to:

- Designated Swim area must:
 - Adhere to Ontario Regulation Reg. 503/17;
 - Be clearly designated with defined physical boundaries (for example, at camps buoyed, or enclosed dock areas);
 - Have boundaries that are clearly visible to watercraft users (for example, buoy line is visible to motorboat users occupying the same body of water);
 - Be free from hazards;
 - Be of suitable water temperature; and
 - Have stationed water rescue equipment

- Non-Designated Swim Areas (for example, campsites, or at the end of a portage trail on a canoe trip) must:
 - Have boundaries clearly defined by lifeguards with suitable visual markers and/or distance from shore:
 - Visual markers may include the following:
 - A natural feature (for example, a visible rock, tree stump, edge of the shoreline, edge of a sandy beach, a tree on the shoreline).
 - A watercraft (for example, canoe or kayak anchored a suitable distance offshore).
 - A floating marker buoy or floating rope line.
 - Distance from shore boundaries may include the following:
 - Suitable number of front crawl strokes from shore (for example, ten front crawl strokes from shore).
 - Suitable number of canoe lengths from shore (for example, three canoe lengths from shore).
 - Be checked by the lifeguard and/or trip guide for underwater hazards (for example, broken glass, drop-offs, unstable or dangerous bottoms); and
 - Be of suitable water temperature.

Special Rules/Instructions

When using an outside provider, diving is only permitted where there is sufficient water depth (2.75m [9'] minimum) and safe water conditions as determined by the outside provider. When not using an outside provider (i.e. using non-commercial areas), diving is not permitted.

Changed to: Diving is only permitted in designated swimming areas where there is sufficient water depth (2.75m [9'] minimum) and safe water conditions. Diving is not permitted in non-designated swim areas.

Removed: Swim *only in designated area.*

Special Rules/Instructions

Students must practice simulated emergency situations (for example, find partner, assemble on shore with 3 loud whistle blasts).

Changed to: During the initial swim, students must demonstrate procedures for exiting the water during emergency situations (for example, 3 loud whistle blasts).

Supervision

- *There must be a minimum of 2 certified aquatic instructors at the waterfront or in the water.*
- *Supervision ratio is 2 certified aquatic instructors per 1-25 students, with both instructors also certified as lifeguards.*
- *In situations when there are 26-100 students, an additional certified lifeguard is required.*

Changed to:

- *There must be a minimum of 2 certified aquatic instructors at the waterfront.*
- *Supervision ratio is 2 certified aquatic instructors per 1-25 students, with both instructors also certified as lifeguards.*
- *For every additional 25 students, an additional certified aquatic instructor is required.*

Removed: According to Ontario Public Pools Regulation 565, during recreational time, a certified lifeguard is required. Aquatic instructor certification and Ontario Teachers Aquatic Standard (OTAS) do not meet the safety requirements of the regulation.

Qualifications

An aquatic instructor must possess both an aquatic instructor certificate and a lifeguard certificate that are dated not more than two years prior to the date on which they are acting as an aquatic instructor and lifeguard. If the aquatic instructor does not hold a lifeguard certificate, a certified lifeguard must also be on deck during the aquatic instruction.

Changed to: An aquatic instructor must possess both an aquatic instructor certificate and a lifeguard certificate that are dated not more than two years prior to the date on which they are required to instruct and lifeguard. If the aquatic instructor does not hold a lifeguard certificate, a certified lifeguard must also be on the dock/shore during the aquatic instruction.

First Aid

At least one aquatic instructor, lifeguard, or assistant lifeguard must have a minimum of a current (not more than three years prior to the day on which the holder is on duty) first aid certificate (standard or higher) issued by one of the following agencies: St. John Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit.

Changed to: At least one aquatic instructor or lifeguard must have a minimum of a current (not more than three years prior to the day on which the holder is on duty) first aid certificate (standard or higher) issued by one of the following agencies: St. John

Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit.

Outdoor Education (Winter Camping) (S_C, S_IM)

Equipment

- *Determine that all of the necessary equipment is included and is safe for use prior to departing on the excursion. Students must be encouraged to report equipment problems to the teacher.*
- *Each participant must have a whistle or other signaling device.*
- *If cooking on stoves, propane/liquid gas type stoves (1 per 8 students) must be used.*
- *Each participant must have a four-season sleeping bag or equivalent.*
- *Each participant must have appropriate insulation under their sleeping bag.*
- *Each person must have a flashlight.*
- *When using electric tent heaters they must be CSA approved.*
- *Waterproof matches and/or matches in a waterproof container.*

Changed to:

- Determine that all the necessary equipment is in good working order and packed prior to departing on the excursion. Students must be encouraged to report equipment problems to the teacher.
- When using equipment that is not described on the activity page, care must be taken to determine that it is safe for use.
- When using electric tent heaters, they must be CSA approved.
- Each excursion must be equipped with:
 - A complete set of maps for the route, with emergency access points designated.
 - Means of treating drinking water.
 - Means of shelters (for example, quinzee and wall tents).
 - All wall tents must have 2 doors or the sides of tents must not be buried.
 - When using a wall tent, the appropriate accessories must be used (for example, pickets, king poles, internal frames).
 - One tarp per 4 students
 - One ground sheet per tent/quinzee
 - Ropes
 - One camp stove (for example, propane, liquid gas, wood burning) per 8 participants

- When using a wood stove in a wall tent, the wood stove must be appropriate to the size and design of the tent.
- When using a wood stove, the appropriate accessories must be used (for example, stove pipe, extra elbows, fire proof gasket).
- Repair kits for frequently used equipment (for example, tents and camp stoves).
- Splitting axe(s) and/or saw(s) and/or camp knife/knives
- Shovel(s)
- Each participant must be equipped with:
 - Water bottle
 - Whistle, or signaling device
 - Flashlight or headlamp
 - Sleeping bag rated for the temperatures predicted during the time of the excursion, or combined with a sleeping bag liner for added warmth
 - Foam or inflatable sleeping mat
 - Water proofing bag(s) to keep clothing and sleeping bag dry
- If leaving the base camp, each participant must also be equipped with:
 - A copy of the map of the route with emergency access points highlighted
 - Compass
 - Fire lighting device(s) in waterproof container (for example, waterproof matches, lighter, ferro rod).

Facilities

Added:

- When setting up a wall tent, take into consideration the wind direction to determine the direction of tent and stovepipe placement.
- A physical barrier must be present to separate the sleeping area from the woodstove or heater when sleeping overnight in a heated wall tent, (for example, wooden fence or picket fence).

Facilities

The temperature must be a maximum of -4 degrees C.

Changed to: *The outside ambient temperature must be no warmer than -4 degrees C.*

Removed:

- 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.

- 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.)

Special Rules/Instructions

Removed:

- No open flame, of any sort, in or near shelters.
- Food must be hung, stored in a car or in bear-proof containers, or kept as far away from camp as possible.
- Camp stoves must be available, accessible, and appropriate for the activity, location, and duration of the excursion. Students must receive instruction on using the stove(s) prior to embarking on the trip.
- Safety procedures for camp/cooking fires must be established (for example, water bucket in close proximity, safe movement when near fire, review of "stop, drop and roll").
- Students must receive instruction on using camp knives and saws prior to embarking on trip. Students must not use axes.

Added:

- Safety procedures for cooking over a campfire, woodstove (wall tent camping), or camp stove must be established. Students must receive instruction and demonstrate proficiency on safely using the cooking device(s) prior to embarking on the excursion.
- Students must receive instruction and demonstrate proficiency on safely using splitting axes, camp knives, and saws prior to embarking on trip.
- Establish a procedure for vacating the quinzee/wall tent, (for example, a buddy system for leaving the shelter at night).
- Students must be instructed in the procedure of the evacuation of the shelter in case of emergency (for example in case of a fire or a quinzee/tent collapse).
- A shovel and container of snow/sand/dirt or a fire blanket must be kept in close proximity to the stove in case of fire.
- A student must not be left alone in a quinzee/wall tent at night. There must be a minimum of 2 students and a maximum of 4 students sleeping in each quinzee
- A final inspection of each quinzee/wall tent must be conducted by the trip guide, prior to students sleeping out in them.
- All cooking on a wood stove must be done in pots, not directly on the wood stovetop.

- Trip Guides must be responsible for proper tent set up and stove set up. Any adult acting in a supervisory capacity who has been trained and directed by the trip guide is allowed to manage the woodstove.
- Trip guides must check each tent's scissor poles or internal frame for stability and strength prior to each night.

Special Rules/Instructions

- *Tent heaters are only to be used in wall tents or tents that are designed to accommodate a tent heater.*
- *Trip guide must check heat sources and monitor their use.*
- *Tent heaters designed to be used inside a shelter must not be used when students are sleeping.*
- *Shelters must be ventilated when heater is in use.*

Changed to:

- No open flame, of any sort, in or near shelters. Wall tents must be heated by enclosed wood stoves designed for the size and construction of the tent, and manufacturer's instructions must be followed.
- Trip guide must check heat sources and monitor their use daily. Only adult supervisors are permitted to operate woodstoves.

Supervision

Removed:

- Filling and lighting camp stoves must be done under constant visual supervision.
- Saws and camping knives may be used by students under adult supervision following instruction in their use.

Supervision

On-site supervision is required.

Changed to:

- On-site supervision is required. Exceptions are:
 - Constant visual supervision is required for filling and lighting camp stoves.
 - In-the-area supervision is required for cooking meals on camp stoves or open campfires.
 - Constant visual supervision is required for the initial instruction and demonstration of proficiency for the use of saws.
 - In-the-area supervision is required after the initial instruction and demonstration of proficiency for the use of saws.
 - Constant visual supervision is required when using splitting axes and camping knives.

- Only adult supervisors on the trip are permitted to operate the woodstove (wall tent camping).

Tools and Resources

Added: The following resources have been added to the Tools and Resources section.

Checklists

Supervisory Officer Checklist

Forms

Sample Intramural Permission & Acknowledgement of Elements of Risk Form

Intramural Special Rules and Instructions

Intramural Permission

Frequently Asked Questions (FAQs)

Added: The following two questions have been added to the Frequently Asked Questions (FAQs) section. Consult the FAQs for the answers.

Are certifications that are not listed on the Outdoor Education activity pages permitted?

How do I determine the equivalency of my certifications?