

# Summary of the September 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 2021-2022 school year.

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

## Legend

E\_C = Elementary Curricular

E\_IM = Elementary Intramural

E\_IS = Elementary Interschool

S\_C = Secondary Curricular

S\_IM = Secondary Intramural

S\_IS = Secondary Interschool

## Revisions to Boilerplates

*Boilerplates are safety standards that are applicable to multiple activity safety standards and may be applied across the different settings (curricular, interschool, intramurals). An example of a boilerplate within the Equipment section of an activity safety standards is: "Determine that all equipment is safe for use (for example, no sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the teacher."*

## **Revisions that may be applicable to all safety standards (curricular, interschool, intramural)**

### **Facilities**

#### **Turning points, finish lines, end zones, and boundaries**

Previous safety standard:

Turning points, finish lines, end zones, and boundaries must be a safe distance away from walls, stages, equipment, trees, posts, natural hazards, and holes. Walls, stages, equipment, trees, and posts must not be used as turning points, finish lines, end zones, or boundaries. A marker (for example, line or pylon) must be designated and be properly identified.

Updated to:

Walls, stages, equipment, trees, and posts must not be used as turning points, finish lines, end zones, or boundaries. Establish a clearly delineated boundary line away from the hazards, using visual markers (for example, lines, pylons), to prevent contact/collision.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors/coaches. The term "safe distance" was re-worded to assist teachers/intramural supervisors/coaches apply the safety standards.

#### **Portable Goalposts**

Previous safety standard:

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).

Updated to:

The teacher must establish and direct students to a designated area, away from the path of the moving portable goals, to avoid students interfering/colliding with a moving portable goal.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors/coaches. The term “safe distance” was re-worded to assist teachers/intramural supervisors/coaches apply the safety standards.

## Special Rules/Instructions

### Avoid being hit by a racquet

Previous safety standards:

When teaching/practising skills, adequate spacing must be allowed for each student to be able to make an uninterrupted swing (*E\_C, E\_IS, S\_C, S\_IS – Badminton, E\_C, S\_C – Speed Badminton, E\_C, E\_IS, S\_C, S\_IS – Tennis*)

When teaching skills and playing there must be adequate spacing for each player to make an uninterrupted swing. (*E\_C, S\_C – Handball (Wall), Jai Alai Lead-Up Games, Paddle Tennis, Paddleball, Pickleball, Racquetball – S\_C, S\_IS – Squash – E\_IS, S\_IS - Handball (Wall)*)

Updated to:

Communicate to students the importance of being aware of the location of other students around them in order to practice uninterrupted swings and avoid being hit during the practice of skills. During game play, (doubles) instruct students to be aware of the location of their partner and position themselves on the court to avoid being hit by the racquet.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors/coaches. The term “adequate spacing” was re-worded to assist teachers/intramural supervisors/coaches apply the safety standards.

## Supervision

### The level of supervision

Previous safety standard:

The level of supervision must be commensurate with the inherent risk of the activity. The level of risk increases with the number of participants, the skill level of the participants, and the type of equipment used.

Updated to:

The level of supervision must be commensurate with the inherent risk of the activity. The level of risk is related to the number of participants, the skill level of the participants, the type of equipment used, and environmental conditions.

Rational:

To increase clarity for teachers/intramural supervisors/coaches. Wording was updated to reflect how the conditions for an activity influence the level of risk. To maintain connections across safety standards and reflect current practices. "Environmental conditions" were included in the list of conditions that influence the level of risk.

## Swim Test

### **The test must be administered by a certified aquatic instructor**

Previous safety standard:

The test must be administered by a certified aquatic instructor (the test is based on the Lifesaving Society's Swim to Survive™ Standard).

Updated to:

The test must be administered by a certified aquatic instructor or a certified lifeguard (the test is based on the Lifesaving Society's Swim to Survive™ Standard).

Rational:

"certified lifeguard" was added because as per the Lifesaving Society and the Canadian Red Cross, National Lifeguards (NL) and the Red Cross Lifeguards are both allowed to administer the swim test.

## **Revisions that are applicable to all curricular and intramural safety standards**

### Special Rules/Instructions

#### **Activities must be modified according to the age**

Previous safety standard:

Activities must be modified according to the age, ability level, language, and experience of students, and the facility available.

Updated to:

Activities must be modified according to the age, ability level, language, and experience of students, number of participants, and the facility available.

Rational:

To reflect current practices/structures in schools. This safety standard was updated to include “number of participants” in the list of conditions that should be considered when modifying activities as the number of students per class can be different from school to school.

## **Revisions that are applicable to all Interschool safety standards**

### **Qualifications**

#### **Game/match official(s)**

The following safety standard was added:

Game/match official(s) must be certified and/or experienced in officiating the sport.

Rational:

To maintain consistency across safety standards. This safety standard was included in the old Generic Section for interschool sports and was accidentally omitted during the development of the current website.

## **Revisions to the Tools & Resources and About sections**

### **Sample Principal Checklist – Principal/Designate Responsibilities**

#### **First Aid**

Added to the end of the first bullet:

Consult the appropriate activity safety standards for the First Aid qualifications.

Rational:

To increase alignment and connections between different sections of the safety standards. This statement was added as a reminder to principals/designates that when developing their school's First Aid Action Plan and First Aid Emergency Response, that they should verify and take into consideration the First Aid safety standards for the specific activities.

## Interschool Sports

Added to the end of the second bullet:

Consult the appropriate activity safety standards for the coaching qualification.

Rational:

To increase alignment and connections between different sections of the safety standards. This statement was added as a reminder to principals/designates that when developing their approval process for coaches, including verifying their knowledge, experiences, and qualifications, that they should verify and take into consideration the coaching qualifications for specific activities.

## About Section and Tools & Resource

### Intramurals Activities

Updated:

The examples of within the categories of activities have been updated.

Rational:

The examples were updated to include more relevant and current examples.

Added:

Schools may offer intramural activities from the four categories as scheduled tournaments or competitions where students sign up to participate or as Drop-In Self-Directed Physical Activities (sometimes referred to as an Open Gym).

Rational:

To reflect current practices/structures in schools (which have been providing Drop-In Self-Directed Physical Activities, also known as 'open gyms', for student physical activity).

To increase clarity for teachers/intramural supervisors. A statement was added to clarify that Drop-In Self-Directed Physical Activities, also known as “open gym”, falls under the setting of Intramural activities.

To increase alignment and connections between different sections of the safety standards. A hyperlink was added to the newly developed safety standards for Drop-In Self-Directed Physical Activities (found in the Tools & Resources) within this new statement.

## Tools & Resources

### Drop-In Self-Directed Physical Activities Safety Standards

Added:

A section for *Drop-In Self-Directed Physical Activities Safety Standards* was developed and added to the Tools & Resources section under the Special Rules/Instructions subsection.

Rational:

To reflect current practices/structures in schools (which have been providing Drop-In Self-Directed Physical Activities, also known as ‘open gyms’, for student physical activity).

To increase clarity for teachers/intramural supervisors. Safety standards we developed for Drop-In Self-Directed Physical Activities, also known as ‘open gym’.

## Revisions to Activity Pages

### E\_C, E\_M, S\_C, S\_M, S\_IS - Rowing

#### Equipment

Previous safety standard:

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

Updated to:

Must have navigation lights attached if used after sunset or before sunrise or in periods of restricted visibility, as specified in the Transport Canada Safe Boating Guide.

Rational:

To increase alignment with provincial sport organization and external safety guides. The safety standards were updated to reflect conditions that may lead to restricted visibility.

## **E\_C, E\_IM, S\_C, S\_IM - Horseback Riding**

Update:

The Horseback Riding safety standards have been updated to include “Adaptive” along with “Therapeutic”.

Rational:

To increase alignment with horseback riding organizations. PATH International made the Ontario Physical Activity Safety Standards in Education aware that “Adaptive Riding” is becoming a commonly used name and is replacing “Therapeutic Riding”. Since “Therapeutic Riding” has been used in the safety standards for a long time the term “Adaptive” was included with “Therapeutic”.

Update:

Safety standards were added to the Special Rules/Instructions section for Therapeutic/Adaptive Riding.

Rational:

To provide a safe horseback riding experience for students. The Horseback Riding safety standards did not include any safety standards for grooming procedures for Therapeutic/Adaptive Riding (which are an integral aspect of Therapeutic/Adaptive Riding). Therefore, based on information from PATH International and Hope Haven Therapeutic Riding Centre’s recommendations, additional safety standards were included in the Special Rules/Instructions section to provide a safer experience for students.

Update:

PATH International was added as an accredited centre and its certifications were added to the list of Instructor Qualifications for Therapeutic/Adaptive Riding.

Rational:

To create flexibility and options for Therapeutic/Adaptive Riding. PATH International was added as an accredited organization and to the Instructor Qualifications for Therapeutic/Adaptive Riding as per an external request. PATH International is a larger organization and more



renowned than CanTRA, is becoming more popular in Ontario, and provides instructor certifications, ongoing education opportunities, and facility accreditations.

Update:

The supervision ratios have been updated.

Rational:

To adequately and safely supervise the students. The supervision ratios have been updated based on PATH International and Hope Haven Therapeutic Riding Centre's recommendations for Therapeutic/Adaptive riding for the initial intake assessment, for Trail Riding Guides, and for Grooming.

Update:

The first aid requirements have been divided into English/Western Riding and Therapeutic/Adaptive Riding because the Therapeutic/Adaptive Riding first aid requirements have been updated to standard first aid from the previous emergency first aid requirement.

Rational:

To increase alignment with horseback riding organizations. The first aid requirements for Therapeutic/Adaptive Riding were updated based on the requirements from CanTRA and PATH International. CanTRA requires "Standard First Aid with CPR" while PATH International requires "Emergency First Aid with CPR Level C + AED".

## **E\_C, E\_IM, S\_C, S\_IM – Gymnastics (General Procedures)**

Update:

The Gymnastics (General Procedures) safety standards pages were removed.

Rational:

To enhance the user experience for teachers/intramural supervisors using the Gymnastics safety standards. The safety standards from the Gymnastics (General Procedures) activity page were moved to the appropriate gymnastics activity pages in order to avoid having users consult two different sets of safety standards for one activity.

## **E\_C, E\_IM, S\_C, S\_IM – All Gymnastics pages**

Update:

The safety standards regarding mats (including sizes and types of mats) and jumping height was updated. In addition, edits have been made to the Gymnastics pages to clarify and standardize the safety standards.

Rational:

To increase alignment with current safety standards specific to gymnastic mats. The safety standards regarding mats have been updated to ensure consistency among the names and description of the types of mats on all the gymnastic activity safety standards. Safety standards for “Landing mats” and “Safety mats” have been added to clarify the difference between them and “General utility mats”. The safety standards regarding jumping heights have been modified to remove ambiguity about the height from which a student can jump.

## **E\_C, E\_IM - Gymnastics (Vaulting Boards)**

Update:

The Gymnastics (Vaulting Boards) safety standards page was removed.

Rational:

To enhance the teacher/intramural supervisor user experience when using the safety standards for gymnastics. The activity page for vaulting boards was removed as the information is already included in the “Gymnastics (Bars, Rings, Beam, Floor, Vaults)” safety standards activity page.

## **E\_C, E\_IM - Gymnastics (Bench and Box Activities) [previously named “Gymnastics (Bench and Box Activities)”]**

Update:

“Chair” was changed to “Box” throughout the Gymnastics (Bench and Chair Activities) safety standards.

Rational:

To reflect current practices in schools. The term “Chairs” was replaced with “Box” as jumping from boxes is considered a safer and more appropriate practice for students.

## **E\_C, E\_IM, E\_IS, S\_C, S\_IM, S\_IS - Cricket**

Updates:

The safety standards have been updated to address regulation vs. non regulation equipment and indoor vs. outdoor cricket.

Rational:

To reflect current practices in schools. There has been increased emphasis and interest on schools participating in cricket. To maintain current safety practices for curricular, intramural, and interschool cricket the pages were reviewed and updated.

## **E\_C, E\_IM, S\_C, S\_IM, S\_IS – Cycling, Mountain Biking**

### **Special Rules/Instructions**

Previous safety standard:

Instruct participants to keep a safe distance from each other (for example, 2-3m) to prevent tripping one another.

Updated to:

Communicate to students the importance of being aware of the location of other riders, around them, to avoid interference and collisions.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors/coaches. The term "safe distance" was re-worded to assist teachers/intramural supervisors/coaches apply the safety standards.

## **E\_C, E\_IM, S\_C, S\_IM – Skating (Ice), Skating (In Line), Skating (Quad Roller)**

### **Special Rules/Instructions**

Previous safety standard:

Instruct participants to keep a safe distance from each other (for example, 2-3m) to prevent interference/tripping one another.

Updated to:

Communicate to students the importance of being aware of the location of other skaters, around them, to avoid interference, trips and collisions.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors. The term “safe distance” was re-worded to assist teachers/intramural supervisors apply the safety standards.

## **E\_C, E\_IM, S\_C, S\_IM – Skating (Speed)**

### **Special Rules/Instructions**

Previous safety standard:

During initial instruction, participants must keep a safe distance from each other (for example, 2-3m) to prevent interference/tripping one another.

Updated to:

During initial instruction, provide spacing between the skaters to avoid interference/trips and collisions.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors. The term “safe distance” was re-worded to assist teachers/intramural supervisors apply the safety standards.

## **E\_C, E\_IM, E\_IS, S\_C, S\_IM, S\_IS - Skiing (Alpine), E\_C, E\_IM, S\_C, S\_IM – Snowblading, Snowboarding**

### **Special Rules/Instructions**

Previous safety standard:

Students must be instructed to keep a safe distance from each other (for example, 2-3m) to prevent interference/tripping one another.

Updated to:

Communicate to students the importance of being aware of the location of other skiers, around them, to avoid interference and collisions.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors/coaches. The term "safe distance" was re-worded to assist teachers/intramural supervisors/coaches apply the safety standards.

## **E\_C, E\_IM, E\_IS, S\_C, S\_IM, S\_IS – Skiing (Cross Country), E\_C, S\_IM, S\_C, S\_IM - Snowshoeing**

### **Special Rules/Instructions**

Previous safety standard:

Instruct participants to keep a safe distance from each other (for example, 2-3m) to prevent interference/tripping one another.

Updated to:

Communicate to students the importance of being aware of the location of other skiers, around them, to avoid interference and collisions.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors/coaches. The term "safe distance" was re-worded to assist teachers/intramural supervisors/coaches apply the safety standards.

## **E\_C, E\_IM, S\_C, S\_IM – Dodgeball, Goalball**

### **Special Rules/Instructions**

Previous safety standard:

Safe zones must be clearly delineated at a safe distance from walls, stages, obstacles.

Updated to:

Establish clearly delineated boundary lines away from walls, stages, obstacles, using visual markers (for example, lines, pylons), to avoid contact/collision.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors. The term "safe distance" was re-worded to assist teachers/intramural supervisors apply the safety standards.

## **E\_C, E\_IM, E\_IS, S\_IS - Softball (Lob ball/Slow Pitch/Three Pitch), E\_C, E\_IM - Softball (T-Ball)**

### **Special Rules/Instructions**

Within: "To avoid dangers of a slipped bat, non-fielding players must stand well back of the batter's box, must be on the bench, or must be behind a screen or fence, with fingers kept away from screen. *If using an on deck batter circle it must be located a safe distance from batter and other non fielding players where the swinging of a bat does not present a hazard.*"

Previous safety standard:

If using an on deck batter circle it must be located a safe distance from batter and other non fielding players where the swinging of a bat does not present a hazard.

Updated to:

On deck batter circle, if used, must be located in a designated area away from the batter and other non-fielding players to avoid interference with the play and on deck batter being hit by a swinging bat.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors/coaches. The term "safe distance" was re-worded to assist teachers/intramural supervisors/coaches apply the safety standards.

## **S\_C, S\_IM - Softball (Lob ball/Slow Pitch/Three Pitch)**

### **Special Rules/Instructions**

Previous safety standard:

If using an on deck batter circle it must be located a safe distance from batter and other non fielding players where the swinging of a bat does not present a hazard.

Updated to:

On deck batter circle, if used, must be located in a designated area away from the batter and other non-fielding players to avoid interference with the play and on deck batter being hit by a swinging bat.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors. The term "safe distance" was re-worded to assist teachers/intramural supervisors apply the safety standards.

## **E\_C, E\_IM, S\_C, S\_IM - Softball (Lob Ball/Slow Pitch/Three Pitch), E\_C, E\_IM - Softball (T-Ball)**

### **Special Rules/Instructions**

Under *"If playing inside a gymnasium, adhere to the following safety criteria:"*

Previous safety standard:

Set boundaries for activities a safe distance from walls.

Updated to:

Clearly delineate a boundary line away from the gym walls, using visual markers (for example, lines, pylons), to avoid contact/collisions.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors. The term "safe distance" was re-worded to assist teachers/intramural supervisors apply the safety standards.

## **S\_C, S\_IM – Tobogganing/Sledding**

### **Special Rules/Instructions**

Under “*Remind student to:*”

Removed:

keep a safe distance between themselves and other sliders (for example, may not begin to slide until the previous slider has cleared the bottom of the sliding area, and once at the bottom of the sliding area, clear away quickly off to the sides).

Replaced with the following safety standards directly above “*Remind student to:*”:

To prevent collisions, establish procedures to prevent tobogganers from colliding into one another and communicate to students the importance of being aware of the location of other tobogganers around them (for example, students may not begin to slide until the previous slider has cleared the bottom of the sliding area, and once at the bottom of the sliding area, students must clear away quickly off to the sides).

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors. The term “safe distance” was re-worded to assist teachers/intramural supervisors apply the safety standards.

## **E\_C, E\_IM – Tobogganing/Sledding**

### **Special Rules/Instructions**

Previous safety standard:

To prevent collisions, procedures must be in place to maintain a safe distance between students while sliding (for example, students may not begin to slide until the previous slider has cleared the bottom of the sliding area, and once at the bottom of the sliding area, students are to clear away quickly off to the sides).

Updated to:

To prevent collisions, establish procedures to prevent tobogganers from colliding into one another and communicate to students the importance of being aware of the location of other tobogganers around them (for



example, students may not begin to slide until the previous slider has cleared the bottom of the sliding area, and once at the bottom of the sliding area, students must clear away quickly off to the sides).

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors. The term "safe distance" was re-worded to assist teachers/intramural supervisors apply the safety standards.

## **S\_C, S\_IM, S\_IS – Lacrosse Box/Field, E\_C, E\_IM, E\_IS – Lacrosse (Field), E\_C, E\_IM, E\_IS, S\_C, S\_IM - Lacrosse (Inter/Soft)**

### **Special Rules/Instructions**

Previous safety standard:

When teaching the skills of throwing and catching, adequate spacing must be allowed for:

- students to make an uninterrupted swing
- pairs/groups not to interfere with one another

Updated to:

Communicate to students the importance of being aware of the location of other students around them in order to practice the skills of throwing and catching and avoid being hit during the practice of skills.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors/coaches. The term "adequate spacing" was re-worded to assist teachers/intramural supervisors/coaches apply the safety standards.

## **E\_C, E\_IM, E\_IS, S\_C, S\_IM – Lacrosse (Inter/Soft)**

### **Special Rules/Instructions**

Previous safety standard:

A safety zone must be established away from the gym walls or playground fence to prevent contact.

Updated to:

Establish a clearly delineated boundary line away from gym walls or playground fences, using visual markers (for example, lines, pylons), to avoid contact/collision.

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors/coaches. The term "safety zone" was re-worded to assist teachers/intramural supervisors/coaches apply the safety standards.

## **E\_C, E\_IM, S\_C, S\_IM – Golf**

### **Special Rules/Instructions**

Under "*Students must receive instruction on proper golf etiquette and safety. This must include:*"

Previous safety standard:

a safe location to stand when someone is hitting

Updated to:

positioning themselves away from the hitter to avoid being struck by the club or ball

Note: The revision used the following formula: the "action" + the "what" + the "why".

Rational:

To increase clarity for teachers/intramural supervisors. The term "safe location" was re-worded to assist teachers/intramural supervisors apply the safety standards.

## **E\_C, E\_IM, S\_C, S\_IM – Mountain Biking**

### **Supervision**

Update:

The term “supervisor” was changed to “teacher” in the Supervision Ratios.

Rationale:

To increase clarity for teachers/intramural supervisors. The term “supervisor” was replaced with “teacher” to ensure consistency within the Mountain Biking safety standards and to assist teachers/intramural supervisors apply the safety standards.

## Qualification

The following safety standard was added:

- If using an instructor from an Outside Activity Provider:
  - they must be trained in, understand, demonstrate and adhere to a directly relevant skill set for Mountain Biking. A relevant skill set is a described set of skills as recognized by mountain biking professionals (for example, the Professional Mountain Biking Instructor Association (PMBIA)).
  - All instructors must be at least 18 years of age or older to teach the introductory lesson and/or be an instructor.

Rationale:

To increase clarity for teachers/intramural supervisors. Since the Mountain Biking activity/sport page did not previously include safety standards relating to the instructors from an Outside Activity Provider, it was necessary to add the instructor requirements (in Qualifications) for schools/school board to reference.

## Outdoor Education

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

Updates:

The Supervision requirements, including Supervision Ratios and the Qualifications were updated. More specifically, the supervision ratios and qualifications now include “Trip Groups” and “Subgroups” of the Trip Group and “Assistant Trip Guides” in addition to the “Trip Guide”.

The supervision ratios and qualifications requirements for canoe tripping at the secondary level have been updated and divided into two types of Trip Groups:

- Trip Groups of students that ARE NOT enrolled in a school/school board approved curricular or intramural program including at least 10 documented hours of canoe practice and 6 hours of backcountry camping preparation. Consult Table S-1.
- Trip Groups of students that ARE enrolled in a school/school board approved curricular or intramural program including at least 10 documented hours of canoeing practice and 6 hours of backcountry camping preparation. Consult Table S-2.

The supervision ratios also now include ratios for groups up to 32 students at the secondary level and 36 students at the elementary level.

The Qualifications for Trip Guides and Assistant Trip Guides as well as for First Aid and Water Safety have been updated to the minimum requirements as recommended by standards within the industry and to include the proper names of the certifications. Please note that although the Qualifications have been updated, the previous requirements should still meet the updated requirements. However, the first aid requirements will increase for multi-day trips (within 2 hours and more than 2 hours from the arrival of emergency medical assistance) starting in September 2023 for elementary and secondary Canoe Tripping. Please review the Canoe Tripping safety standards for more information regarding the phasing-in and phasing-out periods of the first aid requirements.

Rational:

The supervision and qualification safety standards have been updated to provide flexibility to teachers, schools, and schools boards for planning and taking students out canoe tripping. These updates should make canoe tripping activities more realistic and affordable while keeping the level of safety at the same level as it was previously.

Please note, that we will continue reviewing the Canoe Tripping safety standards in order to get the standards in an even better place.

## **S\_C, S\_IM – Outdoor Education (Flatwater Stand Up Paddle Boarding (SUP))**

Update:

Safety standards for Outdoor Education (Flatwater Stand Up Paddle Boarding) activities were developed for defined program waterfront areas after receiving an external request. At this moment, these safety standards are not meant for day travel trips or overnight trips.

Rational:

Stand Up Paddle Boarding activities are occurring in schools more and more and therefore we decided it would be best to have specific safety standards for this activity instead of referring people to the safety standards of the activity it most resembles since Stand Up Paddle Boarding is different in nature than canoeing or kayaking.

## **E\_C, E\_IM, S\_C, S\_IM – Outdoor Education (Swimming)**

No updates to Outdoor Education (Swimming) were made for September 2021, but please note that we have been reviewing its safety standards and are continuing to do so over the course of the 2021-2022 school year in order to implement any revisions for September 2022. This review and subsequent revisions are meant to clarify the safety standards for swimming in different scenarios (for example, swimming lessons vs. swimming on a canoe trip) and to align the supervision ratios and qualifications with the supervision ratios and qualifications of the other outdoor education activities as much as possible.