Physical Education / Health Education – Gr. 11 & 12: Risk Management for Out-of-Class Physical Activity

Administrative Procedure 3.A.065

Board Governance Policy Cross Reference:
Legal Reference: PE-HE Out of Class Safety Handbook, April 2008 Draft

Date Adopted: June, 2012
Date Amended:
Date Reviewed: February, 2019; February 19, 2025

Philosophy Statement

The Board recognizes the importance of risk management in promoting safe participation in physical activities. It also recognizes that the responsibility for the care and safety of students for the OUT-of-class delivery of Grades 11 & 12 Physical Education/Health Education (PE/HE) is shared by the home, school, and community.

Rationale

As part of the Grades 11 & 12 PE/HE courses, students may participate in OUT-of-class physical activities to fulfill the practical requirements for these courses. Students may choose among a variety of OUT-of-class physical activities organized by the School District of Mystery Lake schools, which include interscholastic, intramural, and club activities, or they may choose to participate in non school-based activities (community or independently based activities that are not directly organized by RD Parker Collegiate or the School District, such as community sports, classes and clubs, and exercising at home). Although there is an inherent risk to all physical activities, the Board believes this risk can be significantly reduced when participants receive appropriate instruction and/or supervision and participate in an environment where rules and routines governing safety are taught and enforced. It is primarily the school board and its employees that manage the risk and safety of school-based activities selected for OUT-of-class programming. Alternately, for non-school-based activities, safety and risk are managed independently from the school by students, parents, community members, and/or community organizations.

Policy

1. RD Parker Collegiate will provide students and parents/guardians with the safety information associated with each student's chosen physical activities for the OUT-of-class component of Grades 11 & 12 PE/HE as contained in Manitoba Education, Citizenship and Youth's *OUT-of-Class Safety Handbook*.

2. Unless otherwise prohibited by the school board, physical activities chosen for the OUT-of-class component of PE/HE courses must be selected from the list supplied in the *OUT-of-Class Safety Handbook*. Any activities not included and dissimilar from any in this activity list will need to be approved by the PE/HE teacher unless the activity is considered high risk (i.e., Risk Factor Rating of 4 according to the resource). For these higher-risk activities, inclusion for the OUT-of-class component will require school board approval. Recommended safety guidelines for these new activities will need to be developed by the school district prior to parental approval.

3. The following activities are prohibited by the school board as part of the OUT-of-class component of PE/HE courses:
   - 3.1 No motorized physical activities
   - 3.2 No physical activities where the student will be financially compensated or will receive credit in another course or program of study.
   - 3.3 No weapons related activities, e.g. hunting
   - 3.4 No July or August physical activities except for exceptional circumstances

4. The PE/HE teacher will guide the student in developing a Personal Physical Activity Plan for the OUT-of-class component and will sign the plan as an indication to the student and parent/guardian that it has been accepted.

5. The parent/guardian and student (or only the student if 18 years and older) will sign off on the plan via the Parent Declaration and Consent & Student Declaration Form (or Student Declaration Form for students 18 years and older), giving the parent/ guardian's consent to the student's choice of activities indicated in her or his Personal Physical Activity Plan, acknowledging receipt of the recommended safety guidelines for these activities, and accepting responsibility for monitoring the student's safety in OUT-of-class activities. This form must be completed and returned to the PE/HE teacher prior to participation in any OUT-of-class activities.

6. The student will submit the signed consent/declaration form to the PE/HE teacher.

7. If the student wants to choose other physical activities that are not part of the original Personal Physical Activity Plan for the OUT-of-class component of this course, the student must have these new physical activities approved by the PE/HE teacher, obtain the recommended safety guidelines for these new physical activities, and receive the parent's consent (students under 18 years) via the Parent Declaration and Consent & Student Declaration Form for new activities (students 18 years or older must complete the Student Declaration Form for new activities).

8. The PE/HE teacher will be assigned time to meet with the student on a regular basis for managing and evaluating progress for the OUT-of-class component of the course.

9. When students participate in these activities, school district personnel will not inspect the facilities or equipment to be used by students for non-school–based physical activities, nor will school personnel be present or in any way involved in supervising students, nor will they be available to ensure students receive appropriate instruction.

10. The parent/guardian (or student 18 years and older) will be responsible for ensuring that the facilities, equipment, and the level of instruction and/or supervision for the non-school–based physical activities, which the student has chosen for the OUT-of-Class component of the PE/HE course, meet the appropriate safety standards recommended in the *OUT-of-Class Safety Handbook*. If the parent (or student 18 years and older) does not consent to this responsibility, the student will have to compete the

requirements for the OUT-of-class component through participation in school-based activities.

11. For all school-based physical activities, the school district will ensure that facilities, equipment, and the level of instruction and/or supervision meet the safety standards recommended in the documents *Safety Guidelines for Physical Activity in Manitoba Schools*, *Youth Safe Manitoba: School Field Trip Resource,* and *OUT-of-Class Safety Handbook,* as per district policy.

Risk Factor Rating Scale

RFR	Level of safety concerns: recommended instruction and supervision	Examples
1	There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision required.	Walking Stretching
2	There are some safety concerns for this physical activity; qualified instruction is recommended; little or no adult supervision is required.	Badminton Ice skating
3	There are several safety concerns for this physical activity; qualified instruction is required; adult supervision is recommended.	Snowboarding Field Hockey
4	There is a high level of safety concerns for this physical activity; qualified instruction and adult supervision is required.	Swimming Karate