

PHYSICAL EDUCATION PROGRAM: SAFETY GUIDELINES

Background

The Division is committed to maintaining a safe environment for all students and staff. Physical activity contributes to students' physical, academic and social well-being and thus is an important part of the educational program. The physical education program is deemed to include those physical activities, developmental games and sports that occur in instructional time during the school day. The Division recognizes that no activity is entirely risk-free. The potential benefits and risks of a particular activity must be weighed to determine the appropriateness of the activity.

The Director will prescribe practices and procedures to ensure reasonable standards of care for the safety of students and others.

Procedures

1. Safety Guidelines
 - 1.1 The Good Spirit School Division Sport/Activity Handbook document will serve as the standard for the level of supervision and equipment required.
 - 1.2 Schools are encouraged to consider instructional alternatives to reduce risk in all physical activities. The potential benefits to students of a particular activity must outweigh the potential risks. Please refer to Administrative Procedure 215 Appendix for activities that have approval as well as activities that require approval.
 - 1.3 Any sport that is deemed "high risk" is not to be implemented in a school without the prior authorization of the principal. The principal will then submit a list of "high risk" activities to the Director or designate for approval by September 1st and February 1st for Semester 2 classes using Form 215-2.
2. Equipment Safety
 - 2.1 Teachers shall require students to wear safety and protective equipment as indicated in the Good Spirit School Division Sport/Activity Handbook document.
 - 2.2 The principal or designate shall have general responsibility for ensuring satisfactory conditions of playground, gymnasium, and personal protective equipment.
 - 2.3 The Facilities Manager will respond directly and expeditiously to requests made by or on behalf of the principal to address safety concerns.
 - 2.4 The Principal or Designate shall ensure that an approved first aid kit must be accessible to Teachers and Supervisors of activities undertaken within physical education and related curricular programming in all other areas of the school where there is potential for injury.

3. Instruction

- 3.1 Teachers shall provide appropriate instruction regarding safety procedures and precautions related to specific physical activities, developmental games and sports.
- 3.2 Teachers shall provide instructional activities which are appropriate to the skill and developmental level of the students and shall be guided by provincial safety guidelines, and specific approved activity/sport manuals.

4. Supervision

- 4.1 Supervision shall be provided that is appropriate to the risk level of the activity, the participant's skill level, and the participants' age and maturity.
- 4.2 All third-party instructors/supervisors shall be qualified and a teacher shall be present and in charge at all times unless the individual has been approved by the principal.
- 4.3 Students shall not be the sole supervisors of any physical activity in the physical education program.
- 4.4 The Principal shall ensure that there is provision of a level of supervision that is appropriate to the risk level of the physical education or related curricular programming activity, the participant's skill level, and the participant's age and maturity. Three levels of supervision are possible:
 - Constant visual supervision" means that Teachers and Supervisors are physically present, watching the physical education or related curricular programming activity in question.
 - On-site supervision" means that Teachers and Supervisors are present but not necessarily constantly viewing one specific physical education or related curricular programming activity.
 - In-the-area supervision" means that Teachers and Supervisors could be in the indoor physical education facility (including gymnasium or activity rooms) or outdoor physical education and playing areas while another physical education or related curricular programming activity is taking place in an adjacent area.
- 4.5 Regulations cited in Administrative Procedure 315 shall apply to emergencies and accidents.

5. Clothing and Footwear

- 5.1 Teachers shall be guided by recommendations and requirements for appropriate clothing, footwear, sun protection and jewelry as indicated in the Physical Education Safety Guidelines document.

6. The *Good Spirit School Division Physical Education Safety Guidelines* outlines specific guidelines for most organized and instructional physical education or related curricular programming activity. In each case, safety is the responsibility of the teachers and supervisors, the parents/guardians, the students, and the community.

Reference: Section 85, 109 Education Act
Saskatchewan Physical Education Safety Guidelines
Updated: June 2016, June 2018