

### **Statement of Policy**

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This policy applies to the instruction and conduct of physical education in the classroom, gymnasium, playground or other areas appropriate for the conduct of physical education instruction and activity, including non-school property.

The Saskatchewan Physical Education Safety Guidelines for Policy Development shall form the basis for the Greater Saskatoon Catholic Schools Physical Education Safety Guidelines Handbook.

The Greater Saskatoon Catholic Schools Physical Education Safety Guidelines Handbook shall apply to all sports and physical education activities that occur in instructional time during the school day.

### **Rationale**

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1. The Greater Saskatoon Catholic Board of Education believes that physical education and fitness is an important part of the regular school program.
2. The board believes physical activity contributes to the students' physical, academic, spiritual and social well-being.
3. The board is committed to ensuring a safe physical environment for all students and staff.
4. The board recognizes that no activity is entirely risk-free and supports those activities where the benefit of the particular activity outweighs the potential for injury.
5. The board believes physical education safety is the responsibility of the entire community and supports community initiatives which encourage safety attitudes and practice.

### **Authority**

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- *The Education Act (1995), Section 85 (1)j*

### **Guidelines**

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#### Facilities

- Facilities shall be inspected on a regular basis for damage or hazards. All deficiencies shall be addressed in a timely manner.
- Activity and play areas shall be selected and monitored to minimize risk of injury.

## Safety Equipment

- Equipment shall be inspected on a regular basis for damage or hazards. Deficiencies shall be reported to the principal.
- Students shall wear protective equipment as recommended in the Greater Saskatoon Catholic Schools Safety Guidelines Handbook.
- Students should wear clothing and footwear that is reasonably appropriate for the sport, the weather, the age and skill level of the individual.
- Students should be encouraged to wear appropriate sun protection for summer and winter outdoor activities. Sun protection shall be appropriate for the sport and the weather and may include sun screen, protective clothing, hats and sunglasses.
- The wearing of jewelry is not recommended including rings, ear studs, watches, and other body jewelry.
- Chewing of gum and candies is not recommended.
- An appropriately stocked first aid kit must be readily available.

## Instruction

- Students shall be taught physical education skills in appropriate progression and in accordance with the physical education curriculum.
- Instruction and expectations shall be consistent with the age, strength, experience and ability of the students.

## Supervision

Physical education activities shall be supervised consistent with the recommendations of the Greater Saskatoon Catholic Schools Safety Guidelines Handbook.

## **APPROVED PHYSICAL EDUCATION ACTIVITIES**

The following activities are approved subject to the written permission of the parents/guardians and the school principal.

- Archery
- Baseball
- Bowling
- Broomball
- Curling
- Discus
- Fencing
- Golf

- Horseback Riding
- Ice Hockey/Ringette/Skating
- Javelin
- Lacrosse
- Martial Arts
- Pole Vault
- Racquetball (Racquet Sports)
- Rock Climbing – Rope and Fixed Face Climbs
- Roller Skating & Roller-Blading
- Rugby & Tackle Rugby
- Scooter Boards
- Skiing – Alpine
- Snow-boarding
- Squash
- Tackle Football
- Frisbee Golf
- Weight Training/Conditioning

### **APPROVED PHYSICAL EDUCATION ACTIVITIES INVOLVING WATER**

The following activities are approved subject to the written permission of the parents/guardian and the designated Superintendent of Education.

- Boardsailing, Sailing, Paddle Boarding
- Canoeing
- Diving
- Kayaking
- Lake and Creek Swimming
- Scuba Diving
- Snorkeling
- Water Polo

### **NOT APPROVED PHYSICAL EDUCATION ACTIVITIES**

The following activities are not approved under any circumstances:

- Bungee Jumping (Vertical or Horizontal)
- Firearms on Field Trips or at School (Paintball Included)
- Hot Air Ballooning
- Motorcycles, Go-carts and Snowmobiles
- Motorized Water Sports
- Parachuting
- River Swimming
- Skateboarding
- Swimming in Private Residential Pools
- Trampolines
- Unsupervised Swimming
- White-Water Rafting

**References**

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Saskatchewan Physical Education Safety Guidelines for Policy Development, 1998

**Forms**

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Appendices outlined in Inspiring Movement - Play Well · Learn Well · Live Well

**Date Approved**

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June 8, 1999

**Amended**

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February 9, 2017