

OUT-OF-CLASS RISK MANAGEMENT POLICY FOR GRADES 11 AND 12 PHYSICAL EDUCATION/HEALTH EDUCATION

Students may be required to participate in out-of-class physical activities to fulfill the practicum requirement of the Grades 11 and 12 Physical Education/Health (PE/HE) courses. Students may choose out-of class physical activities from the modified Pembina Trails School Division Eligible Activities Inventory List provided by Manitoba Education and approved by Pembina Trails School Division.

Eligible out-of-class physical activities can be chosen from the following:

- **Pembina Trails School Division Activities** (*School Based*): Activities offered to students that are school organized such as intramurals, interscholastic, field trips and special events.
- **Organization Activities** (*Non-school Based*): Activities organized or offered by businesses, clubs, or organizations such as Fitness Centers, Activity Schools (e.g. dance, martial arts), YMCA's, Provincial Sport Associations, City of Winnipeg and others.
- **Self-Monitored Activities** (*Non-school Based*): Activities undertaken to support active living and/or personal health and fitness development such as brisk walking or jogging, bicycling, home exercise, yard work and others.

Although there are inherent risks to all physical activities, these risks can be managed and 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 Pembina Trails School Division employees that manage the risk and safety of school-based activities selected for the out-of-class component. Alternately, safety and risk for non-school based activities chosen for the out-of-class component are managed independently from the school by students, parents, community members, and/or community organizations.

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1. For all school based activities, the Division will ensure that facilities, equipment, and the level of instruction and/or supervision meet or exceed the safety standards recommended in the documents Safety Guidelines for Physical Activity in Manitoba Schools, YouthSafe Manitoba: School Field Trip Resource, and Out-of-Class Safety Handbook, and as per Off-Site Educational Programing (Field Trips) Policy IJOA developed by Pembina Trails School Division.
2. Schools will provide students and parents/guardians with the safety information (Physical Activity Safety Checklists) associated with each student's chosen physical activities for the out-of-class component of Grades 11 and 12 PE/HE course as contained in Manitoba Education's, Out -of- Class Safety Handbook.
3. When students participate in out-of-class non-school based activities, school division personnel will not be expected to:
 - a. inspect the facilities or equipment to be used,
 - b. be present or in any way be involved in supervising students, and
 - c. ensure students receive appropriate instruction.
4. Physical activities chosen for the non-school based out-of-class component of PE/HE courses be are listed in the Eligible Activities Inventory List (available on Manitoba Education and Training website). Any activities not included and dissimilar from any in this activity list will require the approval of the PE/HE teacher in consultation with their school administrator and the Consultant for Physical Education and Health. Inclusion of such an activity for the non-school based out-of-class component that is deemed as "high-risk" (i.e. there is a high level of safety concerns for this physical activity; qualified instruction and adult supervision are required) will require Division approval. Prior to approval, safety procedures for the activity will be investigated and guidelines created by the Consultant for Physical Education and Health.
5. The parent/guardian (or student 18 years and older) will be responsible for ensuring that the non-school based physical activities chosen by the student for the out-of-class component of the PE/HE course are appropriate for the student and meet the 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 be required to devise an alternate plan.

NOTE:

- *High risk sports or activities to be considered for approval must be organized by a recognized governing body.*
- *Use of motorized vehicles in the Physical Activity Plan (such as dirt bikes/snowmobiles) are not eligible.*
- *Laser-tag and paintball are not eligible.*

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