



DISTRICT SCHOOL BOARD  
ONTARIO NORTH EAST

## Policy No. 2.1.38

Section 2.1: School Related Operations

Related References:

Appendices:

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Revised:

Review Date:

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### TITLE: HEALTH AND PHYSICAL EDUCATION SAFETY GUIDELINES

#### 1.0 Rationale:

District School Board Ontario North East is committed to encouraging a healthy, active lifestyle for all students. The Board is also committed to providing a safe environment for all staff, faculty, students, visitors and volunteers.

#### 2.0 Policy:

District School Board Ontario North East at a minimum adheres to the Ontario Physical and Health Education Association's (OPHEA) Ontario Physical Education Safety Guidelines for all activities that have an associated safety guideline. These guidelines are available online at [www.ophea.net](http://www.ophea.net).

Schools and school staff will follow the Ontario Physical Education Safety Guidelines when planning and supervising all physical education programs, events and excursions. The recommendations and requirements of the Ontario Physical Education Safety Guidelines apply to all employees, students and volunteers.

Administrators and teachers should be aware that in some cases, the Ontario Physical Education Safety Guidelines require activity supervisors to be properly trained or specifically certified. Board staff (teachers, administrators, etc.) who do not possess the proper qualifications are NOT permitted to supervise these activities.

#### **Additional Requirements**

For alpine skiing and snowboarding all participants must wear a snow sport helmet for all school excursions, regardless of ski facility location.

For ice skating activities, although the Ontario Physical Education Safety Guidelines "recommend" the use of a helmet, all faculty, staff, students and volunteers who go onto the ice surface MUST wear a helmet. Only properly fitting, CSA approved hockey helmets are acceptable. Refer to the manufacturer guidelines on how to properly fit a helmet.

If a supply of helmets is to be retained by the school for staff and student use, they should be inspected prior to each use for damage. Helmets that are cracked, have loose fitting or missing liner pieces, or that have been subjected to a severe blow must be disposed of. Helmets must also not be altered in any way (i.e., stickers added, etc.). After each use, the helmets should be cleaned to minimize the transmission of head lice.