



### **Out-of-Class Risk Management for Grade 9-12 Physical/Health Education**

Park West School Division recognizes the importance of promoting healthy, active lifestyles for their students. The Board also recognizes the importance of risk management in promoting safe participation in all physical activities. Park West School Division recognizes that the care and safety of students in the delivery of grades 9-12 Physical Education/Health Education is a shared responsibility of the home, school, and community.

#### **Rationale:**

As part of the grades 9-12 Physical Education /Health Education courses, students may participate in Out-of-Class physical activities to fulfill the practical components. In fulfilling the practical component of these courses, students may choose from a variety of Out-of-Class physical activities organized by Park West School Division schools (including school sanctioned sports, activities, or intramurals). Students may also choose to participate in activities which are not school-based, such as community sports, activities, classes, clubs, or exercising at home.

The role of supervising and ensuring safe participation by students in school-based physical activities is the responsibility of the school division and its personnel however, this role is assumed by parents/guardians and students, often in collaboration with community organizations, when the physical activity is non school-based.

#### **Guidelines:**

1. The time for grades 9 and 10 PE/HE is mandated at 110 hours per credit. Schools can choose to meet the mandated times within the timetable or use an Out-of-Class model for up to 20 hours of the mandated 110 hours.
2. The time for grades 11 and 12 PE/HE is mandated at 110 hours per credit. Schools can choose to meet the mandated times within the timetable or use an Out-of-Class model for up to 75% of the mandated 110 hours.
3. To fulfill the practical component of a course, students may choose from a variety of Out-of-Class activities from the Eligible Activities Inventory list generated by Manitoba Education, Citizenship, and Youth and approved by PWSD. Any activities not included in the Activity List will need to be approved at the school level by the Physical Education teacher unless the activity is deemed to be high risk (see risk factor rating scale). For high risk activities, approval would first need to be secured from the Division office in order for the activity to count towards credit for a course. In order for a request to be considered, recommended safety guidelines would need to be developed by the student, the parent/guardian, and/or the organization involved.



4. For all school-based activities, the school will ensure that all facilities, equipment, and the level of instruction and/or supervision meet the standards recommended in the documents "*Safety Guidelines for Physical Activity in Manitoba Schools, Youth Safe Manitoba, and the Out-of-Class Safety Handbook from M.E.C.Y.*"
5. Schools 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 9-12 PE/HE as contained in M.E.C.Y.'s Out-of-Class Safety Handbook
6. When students participate in activities which are not school-based, school division personnel will not inspect the facilities or equipment to be used, nor will school personnel be present or in any way involved in the supervision of students or ensuring that students receive appropriate instruction safety and risk management.
7. The parent/guardian (or student if 18 years and older) will be responsible for ensuring that the facilities, equipment, instruction, and supervision for the activity meets the appropriate safety standards recommended in the Out-of-Class safety handbook. If the parent or student do not consent to this responsibility, the student will be responsible for completing the requirement for the out-of-class component through participation in school-based activities such as sports or intramurals.
8. The PE/HE teacher will guide the student in developing a personal physical activity plan for the out-of-class component, and once approved will sign the plan as an indication to the student and parent/guardian that it has been accepted.
9. The parent/guardian and student (or only the student if 18 years and older) will sign off on the plan through the parent and student consent/declaration form, 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. The student will submit the signed parent and student consent/declaration form to the PE/HE teacher before they can record hours for their physical activity practicum.
10. 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 the course, the student must have the new physical activities accepted by the PE/HE teacher, obtain the recommended safety guidelines for the new activities, and receive the parent's consent (students under 18 years) via the parent declaration and consent & student declaration form before they can record these hours for their physical activity practicum.
11. The PE/HE teacher will meet with the student on a regular basis for managing and evaluating progress for the out-of-class component of the course.



<b>Risk Factor Rating</b>	<b>Level of Safety Concerns; recommended instruction and supervision</b>	<b>Examples</b>
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.	Racquetball 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