

## Active Healthy Lifestyles Risk Management

### Philosophy Statement:

Beautiful Plains School Division believes in the importance of promoting healthy, active lifestyles for young people. The Board also recognizes the importance of risk management in promoting safe participation in physical activity.

### Rationale:

As part of the Grades 11-12 Healthy Lifestyles courses, students may be participating in a range of \*non school based physical activities to fulfill the practical requirements for the courses. As there is an inherent risk in all physical activities and thus the risk of injury to participants always exists, the Board believes that this risk is 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. While 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, this role is assumed by parents/guardians and students, often in collaboration with community organizations, when the physical activity is non-school based.

### Policy:

1. Schools will provide the student and parent/guardian with the safety information contained in MECY's *OUT-of-class Safety Implementation Guidelines* to reduce the risks associated with the physical activities the student has chosen for the non school based activities of the Healthy Lifestyles courses in Grade 11-12.
2. In collaboration with the parents the teacher will guide the student in developing a Personal Physical Activity Plan for the out-of-class component of the course. The teacher, parent and student will sign the plan as an indication that the plan has been accepted and satisfies the course criteria.

The parent/guardian and student (or only the student if 18 years and older) will sign-off on the plan via the *Parent Declaration and Consent & Student Declaration Form* (or Student Declaration Form for students 18 years and older) giving the parent/guardian's consent to the student's choice of activities. The parent's signature indicates they have been made aware of the recommended safety guidelines for these activities and accept responsibility for the student's safety while they engage in the non school based physical activities practicum. A record of the signed consent/declaration forms will be maintained by the teacher.

3. The parent/ guardian (or student 18 years and older) will be required to take responsibility for the facilities, equipment and the level of instruction and /or supervision for non-school based physical activities the student has chosen for the OUT-of-class component of the Healthy Lifestyles courses. The parent / guardians also has the responsibility to decide whether the students' chosen activities to participate in meet the appropriate safety standards recommended in *OUT-of-class Safety Implementation Guidelines*.
  4. School Division personnel will not inspect the facilities or equipment to be used by students for non-school based physical activities. School personnel will not be present in any official capacity or in any way involved in supervising students, nor ensuring they receive appropriate instruction while they participate in non school based activities.
  5. Physical activities chosen for the OUT-of-class component of the courses should be selected from the list supplied in *OUT-of-class Safety Implementation Guidelines*. Any activities not included in the list will need to be submitted to the teacher for consideration of approval. For high risk activities not included on the list, inclusion will require the principal's approval. In the event of a dispute on the acceptance of an activity the normal processes of appeal will apply. The school board will make the final decision on contested activities.
- Non School based activities are those activities that are not part of the school program or school sponsored extra curricular activities. The activities are not instructed or supervised by school personnel. Parents and students assume the responsibility for following safe procedures while engaging in these activities.

Approved February 5, 2008  
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