



Health & Physical Education Safety Guidelines

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Memo To: All Staff
From: Director of Education

ACCESSIBILITY:

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PURPOSE:

The Waterloo Catholic District School Board is committed to encouraging a healthy, active lifestyle for all students. This administrative procedure memorandum outlines the guidelines to be followed by all students, staff and volunteers regarding safety in health and physical education programs, events and excursions.

REFERENCES:

- [Ontario Physical Activity Safety Standards in Education \(OPASSE\)](#)
- [Ontario School Boards' Insurance Exchange Risk Management Guidelines](#)

FORMS:

- N/A

REPORTS:

- N/A

APPENDICES:

- N/A

COMMENTS AND GUIDELINES:

The Waterloo Catholic District School Board adheres to the Ontario Physical Activity Safety Standards in Education (OPASSE) Health & Physical Education Safety Guidelines. These guidelines are available online at <http://safety.ophea.net>.

Unless otherwise explicitly stated in this administrative procedure memorandum, staff will follow the OPASSE Health & Physical Education Safety Guidelines in planning and supervising all health and physical education programs, events, and excursions.

Administrators and teachers must be aware that in some cases, OPASSE guidelines require activity supervisors to be properly trained or specially certified. Staff should not engage students in these activities unless they have the required special certifications or training.



The following activities are not permitted:

- Whitewater rafting or Whitewater kayaking
- Winter camping where a “yurt” is not used.

Helmets

Where activities require the use of helmets, supervisors must ensure the appropriate type of helmet is used. If a supply of helmets is to be retained by the school for student use, appropriate safety precautions should be taken to ensure they are inspected regularly for damage, clean, and that reasonable steps have been put into place to minimize the transmission of head lice. Maintenance of a supply of helmets for student use is not mandatory, and is subject to the discretion of the school administrator.

Please also note that supervisors which include staff, parents, and volunteers must wear appropriate helmets when working with students.