

## Safety and Risk-Management Planner

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Taking responsibility for safety is a very important part of the OUT-of-class component of the Grade 11/12 Active Healthy Lifestyles course. The following questions will assist you in managing the risks while participating in any physical activity:

1. Do you understand the safety rules related to the physical activity?
2. Is the activity suitable to your age, ability, and physical condition?
3. Is the activity suitable to any medical conditions or special health care needs that you might have?
4. Do you understand the correct form or technique of the exercises or skills needed to practise?
5. Do you understand the risks associated with the physical activity and ways to avoid the dangers?
6. Is the equipment you will be using suitable and in good condition?
7. Is the facility or playing area you will be using safe?
8. Will appropriate instruction and/or supervision be provided to you in light of the danger or risk associated with the physical activity?
9. Have you discussed your choice of physical activities with your parent and physical education/health education teacher?

I understand the risks associated with (name of physical activity) \_\_\_\_\_, which has a risk factor rating (RFR) of \_\_\_\_\_, and I intend to respect the following strategies to minimize some of the potential risks I can anticipate during my participation in this activity.

Risk Areas	Potential Risks Involved	Personal Strategies to Minimize Risks
Level of Instruction	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>
Level of Supervision	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>
Equipment	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>
Facility/Environment	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>
Clothing/Footwear	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>
Personal and Other Considerations*	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>

Risk Factor Rating (RFR) Scale		
RFR	Level of safety concerns; recommended instruction and supervision.	<i>Examples</i>
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, and little or no adult supervision is required.	Racquetball Ice Skating
3	There are several safety concerns for this physical activity; qualified instruction is required, and 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 are required.	Swimming Karate