

Risk Assessment and Safety Practices for Selected Activities

Activity	Risk Level (3 and 4)	Safety Equipment	Clothing/ Footwear	Facilities	Rules	Type of Instruction	Type of Supervision	Miscellaneous
<p>Example:</p> <p>Cycling</p>	3	<ul style="list-style-type: none"> ■ bikes, brakes, and air pressure are inspected ■ helmets are correctly fitted and meet Canadian safety standards ■ bikes are correct size for participants 	<ul style="list-style-type: none"> ■ shoes are appropriate ■ jewellery is removed when safety is a concern ■ clothing is appropriate (proper fit and visibility) for conditions 	<ul style="list-style-type: none"> ■ first aid kit and phone are available ■ emergency action plan is in place ■ route map is available, with hazards clearly marked and understood before the ride ■ road is free of hazards or hazards are clearly marked ■ courses are of appropriate length and challenge for riders' abilities 	<ul style="list-style-type: none"> ■ safety rules and Highway Traffic Act regulations are taught and enforced 	<ul style="list-style-type: none"> ■ instructors are certified—National Coaching Certification Program (NCCP)/Canadian Cycling Association ■ session includes appropriate warm-up and cool-down routines ■ skills are taught in proper progression ■ difficulty of ride is appropriate for participants' development and capabilities ■ training occurs in accordance with best practices 	<ul style="list-style-type: none"> ■ instructor is present and vigilant at all times ■ adequate staff are present for participants' capabilities 	<ul style="list-style-type: none"> ■ participants remain well-hydrated, with water bottles available and used regularly throughout session