

Safety and Risk-Management Measures

When selecting activities for your Physical Activity Plan, keep the following factors in mind:

- Level of risk of the activity
- Safety equipment required
- Clothing and/or footwear required
- Facilities and environment
- Rules that need to be understood and followed
- Level of instruction required
- Level of supervision required
- Your own physical ability
- Any medical conditions you might have

Before participating in any form of physical activity, you should assess the risk of the activity and ensure that you follow the proper safety practices. In this part of the assignment, you will have the chance to show you have done that.

On the following page you will find a blank copy of the form 'Risk Assessment and Safety Practices for Selected Activities'. Prior to filling in this form, you need to determine the risk level of each of the physical activities. To determine the risk level, use the Physical Activity Inventory found at www.edu.gov.mb.ca/k12/dl/downloads/.

Risk Assessment and Safety Practices for Selected Activities

Activity	
Risk Level (3 and 4)	
Safety Equipment	
Clothing/Footwear	
Facilities	
Rules	
Types of Instruction	
Type of Supervision	
Miscellaneous	

If you plan on taking part in any activities with a risk level of '3' or '4'; contact your teacher before taking part in these activities. Make sure that your parent/guardian signs this form before you begin the activity.

I am aware that my child will be taking part in these activities and I will ensure that (s)he follows all safety guidelines. I am also aware that the activities labelled with a risk level of '3' or '4' will require qualified instruction and adult supervision.

Parent/guardian signature:

Student signature:

Date: