

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## SNOWBOARDING

Snowboarding involves sliding down a snow-covered slope on a snowboard that is attached to the feet by a boot/binding interface. It is similar to skiing, but inspired by surfing and skateboarding.

Risk Factor Rating

3

### General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

### Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

### Instruction

**Note:** The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Snowboarding Federation coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of snowboarding

Snowboarding safety rules and etiquette are learned prior to participation

Skills/movements are learned in proper progression

Students are screened and grouped according to abilities

Difficulty of hill is appropriate for student's development/capabilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

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### Supervision

**Note:** The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** for instruction and beginning snowboarders; **in-the-area supervision** for experienced snowboarders

Safety rules and procedures are enforced

Designated person trained in first aid is present

Emergency action plan is in place to deal with accidents/injuries

Snowboarding area is patrolled by Ski Patrol

### Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session

Activity area is free of hazards/debris

Ski runs are clearly marked and degree of difficulty is indicated

Instructions for use of facility are posted

Tow ropes and lifts have posted instructions and loading and unloading site is clearly marked

### Equipment

Equipment to be used is suitable and in good condition

All equipment is checked prior to each use; damaged equipment is repaired or replaced  
Approved snowboard is used with properly attached bindings

First aid kit and phone are available

Portable media players (such as an MP3 player) must not be used while snowboarding as they reduce the snowboarder's awareness to his/her surroundings

### Clothing/Footwear

Approved helmet is worn

Snowboarding boots are properly fitted

Clothing is worn in layers

Toques and mitts/gloves are worn

Eyewear is secured

Properly fitted goggles are recommended

No long scarves are permitted

Jewelry is removed or secured when safety is a concern

### Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher