

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## HIKING

Hiking is a form of walking, usually on trails in areas of relatively unspoiled wilderness, in order to explore nature and enjoy the surroundings.

Risk Factor Rating

2

### 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.

Leader is an experienced hiker, familiar with the trails the group will be hiking as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Student is aware of potential risks involved in hiking

Safe hiking techniques, including buddy system, are learned in proper progression prior to outing

Camping skills are learned when applicable

Behavioral expectations, boundaries for activity, and assembly procedures are reviewed with students when applicable

Drinking water is available and consumed as needed

Activity sessions are appropriate for the abilities of the students (If the trip will be strenuous, participants are in good physical condition before setting out.)

Outing is planned in detail with contingency plans for inclement weather

\* See camping checklists for safety information when camping overnight.

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## HIKING

### 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: **in-the-area supervision; constant visual supervision** may be required for a specific hazard

Process for the accounting of the students must be in place

Buddy system is in place as it is safest to camp/hike with at least one companion (If entering a remote area, the group should have a minimum of four people, allowing one to stay with the victim when someone is hurt while two go for help.)

Each individual has a whistle or other signaling device if off site

Safety rules and procedures are enforced

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

Detailed plans for contingency and inclement weather are recorded in writing

Copy of itinerary is left with a responsible adult, including such details as the make, year, and license plate of each vehicle, the equipment being brought, the route plan, the weather anticipated, and the anticipated date/time of return

### Clothing/Footwear

Properly fitted shoes/boots are worn (no open-toed shoes)

Appropriate clothing is worn providing unrestricted movement while protecting the body

Clothing is worn in layers with extra clothing carried as appropriate

Suitable clothing and protection is used against weather, sun (e.g., hat), insects (e.g., long-sleeved shirts and long pants against wood ticks do buddy checks), animals (e.g., bear repellent if going into bear country) and plants (e.g., poison ivy)

Jewelry is removed/secured when safety is a concern

### Facility/Environment

Local weather conditions/forecasts and fire restrictions are checked before the outing

Designated trails are used or permission is obtained from appropriate authorities to access the trail

Location of local emergency services have been identified

Detailed maps are provided of area where students are hiking

Washroom facilities are accessible

### Equipment

Equipment to be used is suitable and in good condition

Equipment is checked by qualified person prior to departure/usage

Backpack is properly fitted and adjusted; contents are verified for weight and distribution

Instructions are given regarding the proper use/maintenance of equipment

Each individual has a whistle or other signaling device

First aid kit and phone are available (An alternative emergency communication system can also be used. GPS [Global Positioning System] is now affordable. Walkie-talkies are a good way to keep the leader and the tail of the group in contact.)

Portable media players are discouraged/restricted as they cause distractions

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## HIKING

### 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

