

All Activities	Type	Health Related Fitness Components				Risk
		Cardio	M. Str.	M. End.	Flex.	
Aerobics - Dance	FIT	✓		✓	✓	2
Aerobics - Step	FIT	✓		✓	✓	2
Aerobics - Water/Aqua	FIT	✓		✓	✓	4
Aikido	CO	✓	✓	✓	✓	4
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Archery	TG		✓			4
Athletics - Jumps	FIT		✓		✓	3
Athletics - Long Distance Running	FIT	✓		✓	✓	2
Athletics - Middle Distance Running	FIT	✓		✓	✓	2
Athletics - Sprints, Relays & Hurdles	FIT	✓	✓	✓	✓	2
Athletics - Throws	FIT		✓		✓	4
Backpacking	AP	✓	✓	✓		3
Badminton	NW	✓		✓	✓	2
Bandy	IT	✓		✓		3
Baseball	SF		✓	✓	✓	2
Basketball	IT	✓	✓	✓	✓	2
Bocce	TG				✓	1
Bowling - 5 pin, 10 pin	TG			✓	✓	1
Broomball	IT	✓		✓	✓	3
Calisthenics	FIT		✓	✓	✓	1
Canoe/Kayak Tripping	AP	✓	✓	✓		4
Canoeing/Kayaking/Rowing	AP	✓	✓	✓		4
Catch	AL			✓	✓	1
Cheerleading	RG	✓	✓	✓	✓	4
Circuit Training	FIT	✓	✓	✓	✓	2
Cricket	SF		✓	✓	✓	2

Croquet	TG			✓		1
Cross Country Running	FIT	✓		✓	✓	2
Curling	TG			✓	✓	2
Cycling - Indoor/Stationary	FIT	✓	✓	✓		1
Cycling - MX, Cyclocross, Mountain Bike, Road Racing, Track Racing	AP	✓	✓	✓		3
Cycling - Recreational	AL	✓	✓	✓		2
Cycling - Trips	AP	✓	✓	✓		3
Dance - Ballet	RG	✓	✓	✓	✓	2
Dancing - Ballroom	RG	✓		✓		2
Dancing - Folk	RG	✓		✓		2
Dancing - Hip Hop	RG	✓		✓		2
Dancing - Hoop	RG	✓		✓		2
Dancing - Line	RG	✓		✓		2
Dancing - Square	RG	✓		✓		2
Dancing - Tap	RG	✓		✓		2
Diving - Springboard, Platform	RG				✓	4
Dodging Games	FIT	✓	✓	✓		4
Fencing	CO	✓		✓	✓	4
Field Hockey	IT	✓	✓	✓	✓	3
stretch banding, physio balls, jump	FIT	✓	✓	✓	✓	2
Football - Flag	IT	✓	✓	✓	✓	2
Football - Tackle	IT		✓	✓	✓	4
Frisbee	AL			✓		1
Geocaching	AP	✓	✓	✓		4
Goal ball	IT			✓	✓	4
Golf	TG		✓	✓	✓	2
Artistic & Rhythmic	RG		✓	✓	✓	4
Hackey Sack	AL			✓	✓	1

Handball - 1 wall & 4 wall	NW	✓	✓	✓	✓	1
Hiking	AP	✓		✓		2
Hockey - Ice	IT	✓	✓	✓	✓	4
Hockey - Roller/Inline	IT	✓	✓	✓	✓	4
Road, Floorball, Gym Ringette & Horseback Riding - Western & English Saddle	IT	✓	✓	✓	✓	3
House and Yard Work	AP		✓	✓		4
Jogging	AL		✓	✓	✓	1
Judging	FIT	✓	✓	✓		1
Judo	CO	✓	✓	✓	✓	4
Jump Rope	FIT	✓		✓		1
Karate	CO	✓	✓	✓	✓	4
Kickball (Soccer Baseball)	AL			✓		1
Lacrosse - Box, Field	IT	✓	✓	✓	✓	4
Lacrosse - Soft	IT	✓	✓	✓	✓	3
Lawnbowling	TG			✓	✓	1
Lawnmowing	AL	✓	✓	✓		3
Martial Arts	CO	✓	✓	✓	✓	4
Orienteering	AP	✓		✓		2
Paddleball	NW	✓		✓		2
Pilates	FIT		✓	✓	✓	2
Qigong	FIT		✓	✓		2
Racquetball	NW	✓	✓	✓	✓	2
Rhythmic Gymnastics	RG	✓		✓	✓	2
Ringette	IT	✓	✓	✓	✓	4
Rowing - ergometer	FIT	✓		✓		2
Rugby - Flag	IT	✓		✓	✓	3
Rugby - Tackle	IT	✓	✓	✓	✓	4
Scuba Diving	AP			✓		4
Sepak Takraw	NW	✓	✓	✓	✓	2
Skateboarding	AL	✓		✓		2

Skating - Figure	RG	✓		✓	✓	2
Skating - Ice	AL	✓	✓	✓		2
outdoor)	AL	✓	✓	✓		2
Skiing - Alpine	AP	✓	✓	✓		3
Skiing - Cross-country	AP	✓		✓		2
Skiing - Water	AP		✓	✓		4
Snorkeling	AP			✓		4
Snowboarding	AP	✓	✓	✓		3
Snowshoeing	AP	✓		✓		2
Soccer	IT	✓	✓	✓	✓	2
Pitch	SF		✓	✓	✓	2
Speedskating	AP	✓	✓	✓	✓	3
Spinning	FIT	✓	✓	✓		1
Squash	NW	✓	✓	✓	✓	2
Stretch Banding	FIT		✓	✓	✓	1
Stretching	FIT				✓	1
Swimming - Open Water	FIT	✓	✓	✓	✓	4
Swimming - Pool	FIT	✓	✓	✓	✓	4
Table Tennis	NW	✓		✓		2
Tae Bo	FIT	✓	✓	✓	✓	2
Taekwondo	CO	✓	✓	✓	✓	4
Tai Chi	FIT			✓	✓	1
Tchoukball	IT	✓	✓	✓	✓	2
Team Handball	IT	✓	✓	✓	✓	2
Tennis	NW	✓	✓	✓	✓	2
Tobogganing, Sledding, Tubing	AP	✓		✓		2
Triathlon	FIT	✓	✓	✓	✓	4
Tumbling	RG		✓	✓	✓	4
Ultimate	IT	✓	✓	✓	✓	2
Volleyball	NW		✓	✓	✓	1

Walking	AL	✓		✓		1
Water Polo	IT	✓		✓		4
Training	FIT	✓	✓	✓	✓	3
Weightlifting	FIT		✓	✓	✓	3
Wrestling - Freestyle, Greco-Roman	CO	✓	✓	✓	✓	4
Yoga	FIT		✓	✓	✓	2