

LL #116749

JLIH
IJOA-E-11
JLIH-E-1 - 4**GRADE 9 TO 12 PHYSICAL EDUCATION/HEALTH EDUCATION
OUT-OF-CLASS PHYSICAL ACTIVITIES****Policy Regulations**

1. Schools will provide students and parents/guardians with the safety information associated with each student's chosen physical activities for the OUT-of-class component of Grades 9 to 12 PE/HE as contained in Manitoba Education, Citizenship and Youth's *OUT-of-Class Safety Handbook*.
2. Unless otherwise prohibited by the school board, physical activities chosen for the OUT-of-class component of PE/HE courses must be selected from the list of activities supplied in the *OUT-of-Class Safety Handbook*. Any activities not included and/or dissimilar from any in this activity list will need to be approved by the PE/HE teacher unless the activity is considered high risk (i.e., Risk Factor Rating of 4 according to the resource – [OUT-of-Class Safety Handbook, Appendix E, Physical Activity Safety Checklists](#)). For these higher-risk activities, inclusion for the OUT-of-class component will require the approval of the school principal and must be reported to the SJASD Board of Trustees. Recommended safety guidelines for these new activities will need to be developed prior to parental approval.
3. The following activities are prohibited by the school board as part of the OUT-of-class component of PE/HE courses based on low levels of intensity:
 - Croquet
 - Bocce
4. The PE/HE teacher will: guide the student in developing a Personal Physical Activity Plan for the OUT-of-class component, and will sign the plan as an indication to the student and parent/guardian that it has been accepted.
5. The parent/guardian and student (or only the student if 18 years and older) will sign off on the plan via the Parent Declaration and Consent and Student Declaration Form (or Student Declaration Form for students 18

ADOPTED	REVIEWED	REVISED	PAGE
24/June/08			1 of 3
Motion 13-04-08			

- years and older), giving the parent/guardian's consent to the student's choice of activities indicated in her or his Personal Physical activity Plan, acknowledging receipt of the recommended safety guidelines for these activities, and accepting responsibility for monitoring the student's safety in OUT-of-class activities.
6. The student will submit the signed consent/declaration form to the PE/HE teacher.
 7. If the student wants to choose other physical activities that are not part of the original Personal Physical Activity Plan for the OUT-of-class component of this course, the student must have these new physical activities accepted by the PE/HE teacher, obtain the recommended safety guidelines for these new physical activities, and receive the parent's consent (students under 18 years) via the Parent Declaration and Consent & Student Declaration Form for new activities (students 18 years or older must complete the Student Declaration Form for new activities).
 8. The PE/HE teacher will be assigned time to meet with the student on a regular basis for managing and evaluating progress for the OUT-of-class component of the course.
 9. When students participate in these activities, school division personnel will not inspect the facilities or equipment used by students for non-school-based physical activities, nor will school personnel be present or in any way involved in supervising students, nor will they be available to ensure students receive appropriate instruction.
 10. The parent/guardian (or student 18 years and older) will be responsible for ensuring that the facilities, equipment, and the level of instruction and/or supervision for the non-school-based physical activities, which the student has chosen for the OUT-of-class component of the PE/HE course, meet the appropriate safety standards recommended in the *OUT-of-Class Safety Handbook*. If the parent (or student 18 years and older) does not consent to this responsibility, the student will be responsible for completing the requirements for the OUT-of-class component through participation in school-based activities.
 11. For all school-based physical activities, the school division will ensure that facilities, equipment, and the level of instruction and/or supervision meet the safety standards recommended in the documents *Safety Guidelines for Physical Activity in Manitoba Schools*, *YouthSafe Manitoba: School*

ADOPTED	REVIEWED	REVISED	PAGE
24/June/08			2 of 3
Motion 13-04-08			

Field Trip Resource, and OUT-of-Class Safety Handbook, as per divisional policy. (REFERENCE POLICY IJOA)

12. The following chart will be used to determine the Risk Factor for each activity in the Physical Activity Plan:

Risk Factor Rating Scale

RFR	Level of safety concerns; recommended instruction and supervision	Examples
1	There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision required.	Walking Stretching
2	There are some safety concerns for this physical activity; qualified instruction is recommended; little or no adult supervision is required.	Racquetball Ice skating
3	There are several safety concerns for this physical activity; qualified instruction is required; adult supervision is recommended.	Snowboarding Field Hockey
4	There is a high level of safety concerns for this physical activity; qualified instruction and adult supervision is required.	Swimming Karate

ADOPTED	REVIEWED	REVISED	PAGE
24/June/08			3 of 3
Motion 13-04-08			