

**HIGH- RISK ACTIVITIES**

Risk Assessment Checklist

1. Some trips are classified as high-risk and require additional precautionary measures.

Sample Activities with Potential Increased Risk	Examples of Mitigation Strategies
<ul style="list-style-type: none"> <li>• Anything requiring transportation</li> <li>• Ice Skating</li> <li>• Dog sledding</li> <li>• Ice fishing</li> <li>• Tobogganing</li> <li>• Outdoor winter activities on slippery surfaces</li> <li>• Skiing, Snowboarding</li> <li>• Hockey, Ringette</li> <li>• Canoeing</li> <li>• Swimming</li> <li>• Fire building</li> <li>• Wilderness hikes</li> <li>• Amusement Parks</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and adhere to basic safety rules.</li> <li>• Identify and adhere to the rules of the field trip venue.</li> <li>• Use of protective equipment</li> <li>• Lifeguards present if swimming or canoeing.</li> <li>• Safety training (e.g. fire and ice practices, animal identification and safety practices).</li> <li>• Increased supervision.</li> <li>• Developed contingency plans.</li> </ul>

- 1.1 Ensure the swim test has been completed and documented by a certified lifeguard prior to the activity and supervisors must know the skill level for all students for any swimming or water activity.
- 1.2 Ensure that personal flotation devices are worn at all times for outdoor education experiences that involve open water (e.g., canoe trips, lakes, beach dock).
- 1.3 Student activities on, in, or near water, cycling, skiing, snowboarding, skating, hockey, dog sledding, hiking and orienteering, and climbing walls are classified as high care student excursions.
- 1.4 Helmets and flags are the minimum requirement for cycling.
- 1.5 For downhill skiing, it is mandatory that ski patrols be present at the facility on that day.
- 1.6 For cross country skiing, conditions should be carefully checked to determine the suitability of track conditions on that day.
- 1.7 Approved C.S.A. helmets must be worn for all skating, skiing, & snowboarding activities.

Players must wear approved C.S.A. helmets and face masks at all times during hockey and ringette.

2. Student safety plans must be reviewed and updated, if necessary, before the field trip.
3. Volunteers need to be aware that there are always risks that must be mitigated and managed.
  - 3.1 Define which activities are appropriate for volunteers to be involved in.
  - 3.2 Ensure the use of school volunteers are in accordance with LDSB policy.
4. Risk management strategies shall be reviewed by principals and trip leaders.
  - 4.1 Avoidance if the risk assessment indicates that hazards cannot be mitigated or controlled.
  - 4.2 Modify the activity; remove unnecessary hazards/risks.
  - 4.3 Establish and enforce safety roles.
  - 4.4 Refer to the OPASSE for activity specific excursions.
  - 4.5 Conduct a pre-trip visit to the site; learn local conditions.
  - 4.6 Hold pre-trip meetings with parent/guardian(s) and students.
  - 4.7 Ensure first aid certified providers are on site.
  - 4.8 Have a contingency or emergency plan.
  - 4.9 Ensure there is an adequate number of supervisors.
  - 4.10 Increased supervision should be considered for activities involving risks and/or participation by students with special needs.
  - 4.11 Supervising teachers must ensure that all participants are adequately prepared for the activity to be undertaken.
  - 4.12 Appropriate certification by supervisors and instructors for activity to be undertaken.
5. This list is not meant to be all-encompassing. Additional precautions may be added, as deemed appropriate.
6. Principals and trip leaders shall review high-risk activity guidelines (OSBIE, OPHEA, OPASSE). All activities requiring high care must be discussed with and sanctioned by the school's superintendent.