

HIGH RISK ACTIVITIES

For the most up to date information for safety and planning please refer to and seek assistance from the Superintendent/designate.

Information can be found at:

- OPHEA Curricular Guidelines <https://www.ophea.net/>
- OPHEA Ontario Safety Guidelines <http://safety.ophea.net/>
- OSBIE <http://www.osbie.on.ca/>

Examples of Activities:

- Cycling
- Downhill skiing
- Cross-country skiing
- Snowboarding
- Ice skating
- Hockey
- Outdoor camping
- Canoeing
- Kayaking
- Hiking
- Swimming
- Tobogganing/sliding on snow/tubing
- Dog sledding
- Wall climbing

Assessing Risk

Some level of risk is inherent to any activity. Schools must identify, evaluate, and be prepared for risks associated with educational excursions.

Risk analysis includes:

- identifying risks;
- likelihood of the risk materializing;
- gravity of the risk materializing;
- calculating the risks severity; and
- responses to the risk.

Risks with moderate severity should be mitigated to the point where risks are acceptable, or they should be avoided. Risks that have high severity should be avoided.

Risk Mitigation Strategies

Examples of mitigation strategies include:

- identify and adhere to the basic rules of safety;
- identify and adhere to the rules of the trip venue;
- use of protective equipment;
- lifeguards present if swimming or canoeing;
- safety training (e.g., fire and ice practices, animal identification, safety practices);
- increased supervision; and
- developed contingency plans.

Contingency Planning for Student Travel

Examples include:

- ensure that safety plans and medical safety plans are addressed;
- ensure that EpiPens and other essential medication in carry-on baggage;
- communicate allergies to transportation companies;
- volunteer chaperones must have access to resources, knowledge of safety/medical concerns; and
- behavioural contracts should address appropriate behaviour at all times.