

RISK MANAGEMENT FOR OUT-OF-CLASS PHYSICAL EDUCATION/

HEALTH EDUCATION GRADE 11/12

1. A minimum of 25% of in-class time (approximately 30 hours) for the core component is spent on learning outcomes focusing on health and personal planning; therefore, schools may choose to offer up to a maximum of 75% of out-of-class time.
2. Schools will provide the student and parent/guardian with the safety information contained in *ME's Grades 9-12 Physical Education/Health Education Out-of-Class Physical Activity Safety Handbook* (the resource) for the physical activities chosen by the student for the out-of-class component of the PE/HE course.
3. The PE/HE teacher will have the student develop a Personal Activity Plan for the out-of-class component of the PE/HE course that respects divisional policy and will sign the plan as an indication to the student and parent that the plan has been accepted and satisfies the criteria required for completion.
4. The parent (or student 18 years and older) and student will sign-off on the plan via the Parent Consent Form (or Student Consent form for students 18 years and older) accepting the Personal Activity Plan, acknowledging receipt of relevant physical activity safety information and accepting responsibility for monitoring the student's safety for non-school based out-of-class activities.
5. The student will submit the signed consent form to the PE/HE teacher,
6. School division personnel are not responsible for inspection of facilities or equipment to be used by students for non-school based physical activities, nor will school personnel be responsible in any way for the supervision of students, nor ensuring they receive appropriate instruction, while they participate in these activities.
7. The parent/guardian (or student 18 years and older) will be required to take responsibility for ensuring that the facilities, equipment and the level of instruction and/or supervision for non-school based physical activities the student has chosen for the out-of-class component of the PE/HE course meet the safety standards recommended in the resource. 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.
8. 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 *Safety Guidelines for Physical Activity in Manitoba Schools and YouthSafe Manitoba: School Field Trip Resource* as per divisional policy.
9. Physical activities chosen for the out-of-class component of PE/HE courses must be selected from the list supplied in the resource. Any activities not included and 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 3 or 4 according to the resource). For these higher risk activities, inclusion for the out-of-class component will require school board approval.

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

See Policy G-25