

General

1. If tray
2. Unive
activi

Backpack

Hiking
Hiking inv
establishe
movemer

For the p

- i. “
“p
n
- ii. “
e
b

Backpack

Backpack
does not i
terrain, pe
necessary
grades 7-

Qualificati
Required
(remote) :

Recommen
Hiking Gu
Field Lead
A degree
experienc

Control M

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Kayaking (I

Required –
(remote) ar

Required –
NCCP / Ca

Moving Wa
Moving wat
and II movi

Qualificatio

Required –
(remote) ar

Required:
Moving wat
include Swi
(Paddle Ca

Or

A degree of
experience,

Qualificatio

Required –
(remote) ar

Required –
Pagaie Can
River rescu

Canoe Mov
Res
Class 1 and

Kayak Movi
Res

Canoeing a.
1.

2.
3.

4.
5.

- 6.
- 7.
- 8.
- 9.
- 10
- 11
- 12
- 13

o) **Climb**

Wa
4-11

Qualificati

Required
(remote) a

Required
Instructor

Control M
1.

- 2.
- 3.
- 4.

5.

- 6.
- 7.

p) **Cross**

Cro
trail
dur
app
ski

Qualificati

Required
(remote) a

Recommended:
Cross Country S

A degree or spe
experience, thec

Control Measure

1. If tra
repr
2. Use
3. A le
of th
4. Out
or a
5. A ve
city)
6. Part
7. Res
by F

q) **Gymnastics**
Artistic or
are taught
equipment
curriculum
statics, ro
approved
and tramp

Control Measure

Equipment

1. No b
2. App
3. Mat
achi
4. Box
shou
5. All e
task
6. Eac
anot
7. Tres
8. Mat
9. Wod
10. Cov
11. Tres
not h
12. Cras
stud

Safety Guideline

1. Establish
2. Progress
box hors

3. Cooperative e
4. Concepts/the
development
 - a) Students
partners/g
Students
the equip
 - b) Stations a
the station
 - c) Students
and hips t
 - d) Students
 - e) Tasks are
 - f) Trestle ell
 - g) Students
from the s
 - h) Students
 - i) Students
specified
 - j) Students
 - k) Supervisc
 - l) Inclined b
 - m) Students
Canadian
 - n) During an
 - o) For balan
positions
students
been taug

r) **Mountain Biking**

Mountain biking
straight handle
unsupervised ri
only. Mountain
when riding off-
Terrain Parks a

Qualifications/Certifica
Required– Current Sta
(remote) areas.

Recommended:
National Coaching Ce
Mountain Bike Instruc

A degree or specializa
experience, theory an

Control Measures:

1. Mountain bik
2. All participan
while riding.
3. An initial ridin
activity.
4. Participants a

5. Student must not wear au
6. Students should use a bu
in-control. Ride on the trai
7. During poor weather (e.g.
visibility improves. To min
storm hits, don't stay in op
away from open water.
8. A leader (teacher, volunte
the group; keep the party
9. Stay away from cliff edges
10. No racing
11. Boil, treat or filter all drinki
12. Do not approach or feed a
13. A vehicle for contingency
remain at the site for the e

Terrain Guidelines

1. Conduct mountain biking at
2. Mountain biking is restricte
3. Single-tracked treed terrain
agreement and only when :
activity.

Travel in terrain parks is not pe

1. Lift accessed downhill terra
2. Specific trail hazards such
uneven riding surfaces sho

s) **Ice Skating**

Ice skating is restricted to froze
public artificial ice surfaces (ind
grades K-12.

Qualifications/Certifications:
Required – Standard First Aid C
areas.

Control Measures:

1. Students should be le
Students should be tau
demonstrated a reading
2. Participants must be ta
control on the ice as w
free-skate
3. Ice space should be di
advanced.
4. Supervisors focus stud
challenges and drills.
5. Activities should only b
6. Participants should be i
7. All participants and s
felt/broomball shoes.
8. Participants and super
skates. Sport Specific h
ice surface. Bicycle hel
9. Outdoor activities are r
a wind chill of -25 degr

t) Sn
Sn
usi
loc
out
Qu
Re
(re
Re
Co

u) Ste
Fla
pro
gra
(e.
Qu
Re
(re
Re
Co

5. All
6. All
pre
7. All
cor
8. Cal
cor

v) **Swimming (les:**

Swimming is pe
lifeguard with N
(includes super
and privately ov

Qualifications/C

Required – Curi

Required – Nati

Control Measur

1. Ensure
pool de
2. Ensure
3. Teache
assistar
4. Prevent
5. Ensure
limit. If i
6. Childre
7. Weak o
based a
8. Diving i
of a doc
9. The foll
 - a) swit
 - b) unn
 - c) fast
 - d) swit
 - e) "Flo

w) **Rafting**

The primary pur
Alberta for grad

Qualifications/C

Required – Current Standard First Aid Certification or Wilderness First Aid Certification for isolated (remote) areas.

Control Measures:

1. Ensure the University complies with Transport Canada – Canadian Coast Guard regulations (Please see small vessel regulations SOR/2010-91)
2. All participants must wear a PFD while rafting and while on docks.
3. When applicable, a motorized vessel should be available to provide assistance and rescue. Otherwise a raft with a competent leader/instructor must be designated as a rescue raft and be on the water at all times while students are rafting.
4. All participants must wear footwear.
5. Gear must be effectively packed and secured in the rafts.
6. A vehicle for emergency purposes should be accessible.
7. Carrying a communication device and first aid kit in a waterproof case
8. Ensure the University has competent routing skills and has discussed the route with the teacher in charge.