# General

- 1. If tray
  2. Unive

Backpack

Hiking Hiking inv establishe movemer

# For the p

i.

ii.

e b

Backpack Backpack does not i terrain, pe necessary grades 7-

Qualificati Required (remote) :

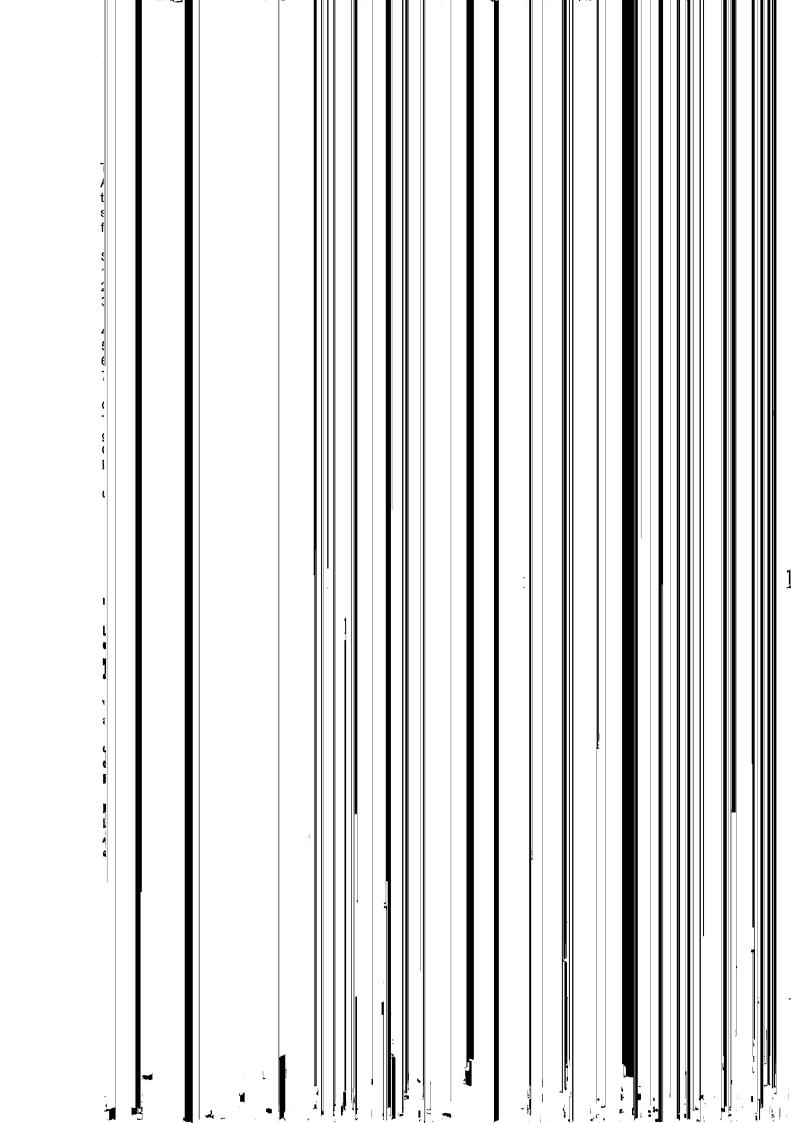
Recomme Hiking Gu Field Leag A degree experienc

Control M

2. 3.

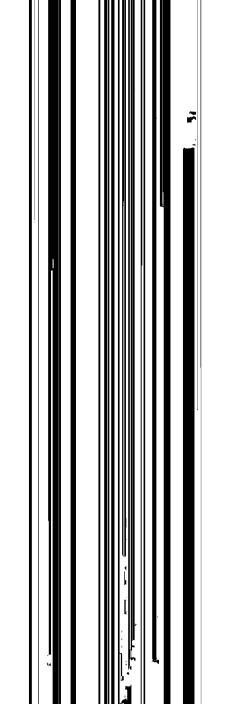
4.

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 or experience, Qualification Required – (remote) ar Required – Pagaie Can River rescu Canoe Mov Res Class 1 and Kayak Movi Res Canoeing a 2. 3. 4. 5.

6., 7. 8. 9. 10 11 12 13 o) <u>Climb</u> Wa 4-1 Qualificati Required (remote) a Required · Instructor Control M 5. 6. 7. p) <u>Cross</u> Cro trail dur app ski Qualificati Required (remote) &



Recommended: Cross Country 8

A degree or spe experience, the

## Control Measure

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

## q) **Gymnastics**

Artistic or are taugh equipmen curriculum statics, ro approved and tramp

# Control Measure Equipmen 1. No b

- 2.
- App Mat 3. achi
- 4. Box shou
- 5. All e task
- 6. Eac anot
- 7. Tres
- Mats
- 8. 9. Wod
- 10. Cov
- 11. Trest not h
- 12. Cras. stud

## Safety Guideline

- Establish
   Progress box hors

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

## r) <u>Mountain Biking</u>

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

Qualifications/Certificate Required - Current State (remote) areas.

Recommended: National Coaching Ce Mountain Bike Instruc

A degree or specializaexperience, theory an

## Control Measures:

- 1. Mountain bik
- 2. All participan while riding.
- 3. An initial ridir activity.
- 4. Participants

- 5. Student must not wear au
- Students should use a buin-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
- 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 ε

#### Terrain Guidelines

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

Travel in terrain parks is not pe

- 1. Lift accessed downhill terra
- 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 Careas.

#### Control Measures:

- Students should be le Students should be tau demonstrated a reading
- Participants must be to control on the ice as w free-skate
- Ice space should be diadvanced.
- 4. Supervisors focus stud challenges and drills.
- 5. Activities should only be
- 6. Participants should be
- 7. All participants and s felt/broomball shoes.
- Participants and super skates. Sport Specific I ice surface. Bicycle hel
- Outdoor activities are named a wind chill of -25 degral

Sno Sno usi loca out Qu Re (re Re Со u) <u>Sta</u> Fla pro gra (e. Qu Re (re Re Co

t)

- 5. All
- 6. All pre
- 7. All cor
- 8. Car

## v) Swimming (less

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
- Teache assistar
- 4. Prevent
- 5. Ensure limit. If i
- 6. Children
- Weak o based ε
- 8. Diving is of a doc
- 9. The following
  - a swii
  - b| unn
  - c| fast
  - d| swir
  - e "Flo

# w) Rafting

The primary pur Alberta for grad

Qualifications/C

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

#### Control Measures:

- 1. Ensure the University complies with Transport Canada Canadian Coast Guard regulat (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 resc Otherwise a raft with a competent leader/instructor must be designated as a rescue raft 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.