Safety and Risk-Management Planner

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_

Taking responsibility for safety is a very important part of the OUT-of-class component of the Grade 11 Active Healthy Lifestyles course. The following questions will assist you in managing the risks while participating in any physical activity:

* + Do you understand the safety rules related to the physical activity?
  + Is the activity suitable to your age, ability, and physical condition?
  + Is the activity suitable to any medical conditions or special health care needs that you might have?
  + Do you understand the correct form or technique of the exercises or skills needed to practise?
  + Do you understand the risks associated with the physical activity and ways to avoid the dangers?
  + Is the equipment you will be using suitable and in good condition?
  + Is the facility or playing area you will be using safe?
  + Will appropriate instruction and/or supervision be provided to you in light of the danger or risk associated with the physical activity?
  + Have you discussed your choice of physical activities with your parent and physical education/health education teacher?

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| --- | --- | --- |
| I understand the risks associated with (name of physical activity) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , which has a risk factor rating (RFR) of \_\_\_\_\_ , and I intend to respect the following strategies to minimize some of the potential risks I can anticipate during my participation in this activity. | | |
| Risk Areas | Potential Risks Involved | Personal Strategies to Minimize Risks |
| Level of Instruction |  |  |
| Level of Supervision |  |  |
| Equipment |  |  |
| Facility/Environment |  |  |
| Clothing/Footwear |  |  |
| Personal and Other Considerations\* |  |  |

\_\_\_\_\_\_\_\_\_\_

\* Special health care needs, skill level, experience, accessibility, and