

Grade 10 PE: Physical Activity Safety and Injury Prevention

Name: _____

Date: _____

Throughout this entire course you are asked to stay active and therefore it is important that you learn how to be safe while doing a variety of activities. You will look at appropriate clothing, risk factors of different activities, facilities, and equipment. You will also look at safety considerations in alternative pursuits.

Appropriate Dress

The right clothing cannot only make the activity safer but it also adds to the comfort of the participant. Using the following tips can help you to decide what to wear each time you decide to be active.

Cold Weather Considerations

- Wear comfortable clothing suited for the intensity level of the activity.
- Multiple layers of clothing trap more body heat than one bulky layer
- Cover your head. Your head should be covered while exercising in the cold, because heat loss from the head may be as much as 30% of the total heat being lost by your body.
- Cover the entire face and neck if it is extremely cold. Cover your mouth with a scarf or mask if breathing cold air causes angina (chest pain) or if you are prone to upper respiratory problems.
- Stay dry. Wet, damp clothing resulting from perspiration or precipitation, significantly increases body-heat loss. Keeping dry should include your feet.
- On a sunny winter day, you may need sunglasses. If you are skiing, you should wear goggles to keep snow out of your eyes. Consider using sunblock, especially at high altitudes where the sun's rays are more intense.

Rainy Considerations

- Choose clothing that is waterproof and breathable
- Always have extra clothes to change into in case items become wet
- Choose appropriate non-slip, waterproof footwear

Hot Weather Considerations

- If practical, protect yourself from sunburn with clothing, such as long-sleeved tops, full-length trousers, a hat, sunglasses, and a sunblock product with SPF rating of at least 30.
- Adjust clothing. Wear lightweight, loose fitting, and light coloured clothing.
- Always wear socks. Light cotton socks will protect the feet and help absorb moisture.

Humid Considerations

- When heat and humidity combine to reduce the amount of evaporation of sweat from the body, outdoor exercise becomes dangerous even for those in good condition.
- Drink plenty of water to avoid dehydration. Slow down and cool off by getting out of direct sunlight when feeling fatigued, a headache, a high pulse rate or shallow breathing.

Risk Management – Safety Considerations

Risk management is the concept that includes four key steps to calculated risk taking.

Here are the four key steps in action using downhill skiing as an example.

1. Get Training/Instruction: Take a ski lesson before going on the slopes
2. Know Your Abilities and Experience: Ask yourself “How much experience do I have skiing?” “Which runs should I attempt to go down and which ones should I avoid?” “Am I starting to get tired?”
3. Know your Physical Environment: Understanding and observing your physical surroundings is important to staying safe on a ski slope. Rocks, trees, variations in terrain, boundary markers, weather conditions, number of skiers, are all factors to keep in mind when skiing.
4. Know Your Attitude: What is your attitude? Are you a risk taker or are you cautious? Risk taking is part of many activities. Assessing the risk of doing something that you have not done before is an important part of most activities. Knowing how to minimize the risk is also important. A “throw caution to the wind” attitude without properly assessing and minimizing the risks has led many skiers to situations where major injuries and even death has occurred.

ASSIGNMENT: Assign Risk

Name: _____

Date: _____

Using diving (into water from three metres) as an example, fill in the information you would consider important for assign risk using the four key factors of risk management.

1. Get Training/Instruction

2. Know your abilities and experience

3. Know your physical environment

4. Know your attitude

To ensure that you have covered all of the safety considerations when it comes to taking part in a physical activity you should consider the people involved (yourself, friends, parents, etc.) the equipment needed (protective, first aid, etc.) and the facility or space being used for your activity. By using the following checklist you will have covered many of the possible safety considerations in order to make your activity experience as safe as possible.

People

1. Do I have parental permission to do the activity?
2. Do others have permission to do the activity?
3. Is the activity age appropriate?
4. Is my skill level appropriate for the activity?
5. Am I aware of the rules and responsibilities? Should I make any adaptations to the rules?
6. What arrangements have been made for transportation?
7. Do I have access to a phone should an accident occur?
8. Do I have access to important phone numbers?

Equipment

1. What personal safety equipment and considerations will be needed for the activity?
2. Do I have access to a first aid kit?
3. Is the equipment I am using in good condition?
4. Does the equipment fit properly?

Facilities

1. Is the weather a factor for the activity?
2. Have the natural hazards been identified if the activity is outdoors?
3. Has the activity area been inspected?
4. Have the hazards been identified for an indoor activity?
5. Should I consider any modifications or restrictions to the activity area to make it safer?

If you decided to choose an alternative activity such as rock climbing, mountain biking, or fencing, you may have taken the time to determine any further considerations that you normally would not think of. For example, if you decide to go mountain biking in rough terrain you would have to consider having a first aid kit on hand or possibly taking a form of communication with you such as a radio in case of a crash.

Making Wise Choices

Have you ever thought about how many decisions or choices you make very day? Some decisions are easier to make than others and do not require much thought or deliberation. The results of making choices can lead to happiness and fulfillment or sadness and disappointment. The results of making some choices or decisions, on the other hand, can sometimes have serious consequences.

Wise choices are ones that are made after considering the advantages, disadvantages, and consequences. Our ability to make wise choices versus unwise choices is ultimately what defines and shapes us. Making wise decisions when it comes to physical activities is essential to staying healthy and safe. Making a decision to drink alcohol and then drive a snowmobile has led to many serious injuries and death. This is an example of an unwise decision where the disadvantages were not considered and the consequences minimized or ignored.

ASSIGNMENT: Safety and Risk Management Measures

Name: _____

Date: _____

When selecting activities for your Physical Activity Plan, keep the following factors in mind:

- Level of risk of the activity
- Safety equipment required
- Clothing and/or footwear required
- Facilities and environment
- Rules that need to be understood and followed
- Level of instruction required
- Level of supervision required
- Your own physical ability
- Any medical conditions you might have

Before participating in any form of physical activity, you should assess the risk of the activity and ensure that you follow the proper safety practices. In this part of the assignment, you will have the chance to show you have done that.

On the following page you will find a blank copy of the form 'Risk Assessment and Safety Practices for Selected Activities'. Complete one of these forms for each of the activities that you plan on participating in throughout this course.

Prior to filling in this form, you need to determine the risk level of each of the physical activities. To determine the risk level, use the Physical Activity Inventory

Code for Risk Factor Rating (RFR)	
RFR	Level of safety concerns; recommended instruction and supervision.
1	There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision is required.
2	There are some safety concerns for this physical activity; quality instruction is recommended, and little or no adult supervision is required.
3	There are several safety concerns for this physical activity; qualified instruction is required, and adult supervision is recommended.
4	There is a high level of safety concern for this physical activity; qualified instruction and adult supervision are required.

FOR A COMPLETE LIST OF ACTIVITIES AND THEIR ASSOCIATED RFR PLEASE DOWNLOAD THE 'PHYSICAL ACTIVITY RISK INVENTORY'

Name: _____

Date: _____

Risk Assessment and Safety Practices for Selected Activities	
Activity	
Risk Level*	
Safety Equipment	
Clothing/Footwear	
Facilities	
Rules	
Types of Instruction	
Type of Supervision	
Miscellaneous	

**If you plan on taking part in any activities with a risk level of '3' or '4'; contact your teacher before taking part in these activities. Make sure that your parent/guardian signs this form before you begin the activity.*

I am aware that my child will be taking part in these activities and I will ensure that they will follow all safety guidelines. I am also aware that the activities labelled with a risk level of '3' or '4' will require qualified instruction and adult supervision.		
Parent/guardian signature:	Student signature:	Date: