



ICE SKATING

Prior to the activity or game, the Program Leader is to assess the skills of the participants relating to the activity or game. Where a participant does not demonstrate a safe knowledge of the skills, the Program Leader must demonstrate proper execution of the skills or choose a different activity or game.

EQUIPMENT

- A fully stocked first aid kit is readily accessible.
- If the Program Leader is not bringing a first aid kit to the arena, check that the arena has an accessible kit.
- A working communication device (e.g. cell phone) is accessible.
- Determine that all equipment is safe for use.
- All participants must wear a properly fitting CSA approved hockey helmet that is suitable for on-ice activities.

CLOTHING/FOOTWEAR

THE PROGRAM LEADER IS TO COMMUNICATE TO PARTICIPANTS AND PARENT/GUARDIANS THE IMPORTANCE OF:

- Wearing properly-fitted skates,
- Wearing gloves or mitts,
- Transporting skates safely.

IF SKATING OUTSIDE:

- Dress for the weather conditions,
- Inform parents/guardians and participants of the importance of sun protection.

FACILITIES

- Determine that all facilities are safe for use.
- Before skating on outdoor ponds, lakes, rivers creeks etc., ice safety must be determined with absolute certainty. Contact local authorities for information on ice safety.
- The ice skating surface must be free of obstacles and hazardous cracks.

SPECIAL RULES/INSTRUCTIONS

- Participants with medical conditions and/or physical limitations have been identified with appropriate accommodations being implemented for their safe participation.
- An emergency action plan is ready for implementation in case of an accident or injury.

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- Prior to the activity participants have been informed of:
 - Possible risks associated with the activity,
 - Ways of managing the risks,
 - Established rules and procedures for safe participation.
- A pre-activity warm up and a post-activity cool down are included with the activity.
- Adequate liquid replacement is accessible for the participants.
- If more than one activity is going on, determine that there is a safe distance between the activities.
- Parents/guardians are aware of any off-site activity and the means of transportation used.

OUTDOOR ACTIVITY | WEATHER CONDITIONS:

- Know the emergency response to severe weather conditions (e.g. lightning, tornadoes) and provide appropriate instruction to the participants.
- Before activity take into consideration:
 - The temperature of the day,
 - The length of time participants will be vigorously active.
- Participants are to be made aware of ways to protect themselves from:
 - UV rays (e.g. hats, sunglasses, sunscreen),
 - Insects (e.g. mosquitoes repellent).
- Parents/guardians must be informed, by letter, of their child's involvement in skating and that it may take them off-site.

SPECIFIC HIKING SAFETY CRITERIA:

- Provide ice space for beginner skaters (separate from accomplished skaters) for a period of time.
- Activities must be appropriate to the skill level of the participants.
- Stress skating technique, not speed, in all games, challenges and drills.
- Participants must be made aware of the need for extra caution and control on the ice, including common procedures, such as skating in same direction during a free skate.
- Tag-type games, racing and "crack the whip" must be avoided.
- Instruct participants to keep a safe distance from each other (e.g. 2-3m) to prevent interference/tripping one another.

SUPERVISION

ON-SITE SUPERVISION IS REQUIRED.

- The Program Leader circulates throughout the activity site and is always in visual contact of the participants.
- The Program Leader meets the criteria for effective on-site supervision (refer to the Resource Materials Section: Appendix B – Supervision).