



SAFETY IN **ACTIVITY ROOMS**

Activity rooms are areas other than gymnasiums that are used for physical activities (e.g. school concourse, church hall, empty classroom, school basement, cafeteria, stage, etc.).

THE FOLLOWING SAFETY PROCEDURES ARE RECOMMENDED TO OPTIMIZE SAFETY WHEN USING ACTIVITY ROOMS FOR PHYSICAL ACTIVITIES:

- An activity room is best suited for activities which have a controlled amount of activity (e.g. aerobics, mat work, fitness stations, skipping, wrestling, dance, beanbag activities, and chair activities).
- Avoid ball-throwing for distance, dodge ball-type games and games which are “action packed” and go end-to-end (e.g. tag, soccer, floor hockey).
- When playing game activities, implement a “no body contact” rule.
- Plan activities that engage a large number of participants in small spaces that will not jeopardize safety standards.
- If the activity room is an open area, participant traffic should go around, not through, the room.
- Structure drills to provide as much organization as possible.
- Caution participants not to throw objects (e.g. beanbags) against the ceiling, thereby knocking down tiles, dust, lights, etc.
- Keep the activities away from drinking fountains, stage steps, trophy cases, etc. Centre all activities in the room to allow for a “safety zone” of at least one meter around the perimeter. Create visual boundaries (if possible) with cones/pylons.
- Precautions are needed to guard against doors opening into the activity area.
- Do not allow participants to be involved in an activity that requires constant visual or on-site supervision while the Program Leader goes to another part of the facility to get equipment.
- Check to determine if the floor surface provides safe traction and is conducive to the activity (e.g. not slippery from water or dirt).
- Check to determine that the equipment/furniture does not present a hazard.