

PHYSICAL EDUCATION

Background

Physical activity contributes to a student's physical, academic and social well-being. Because of these benefits, the Division totally supports the physical education programs in its schools while, at the same time, recognizing some of the risks that are inherent to such activities. Awareness and implementation of safety measures in the program deliveries and the provision of a safe environment will greatly reduce the risk of injury.

Procedures

1. Physical education safety issues must be made the topic of community involvement.
 - 1.1 Students come to school with attitudes and habits that are being shaped by their families, friends and their communities. They are greatly influenced by what they see and hear on television.
 - 1.2 The adults of the community can assist in promoting safety procedures and by actually following those prescriptions themselves.
 - 1.3 A community mindset that says, "the safe way to do things is the right way," will make it easier to implement the physical education guidelines at school.
 - 1.4 Community involvement means a bringing forth of more ideas to encourage and facilitate the observance of the safety principles in the administrative procedure.
 - 1.5 The community can assist the Division in identifying potential risks for injuries in the activities, and in determining the methods of reducing those risks, as much as reasonably possible. The standard care that the courts now apply to physical education activities is that which would be carried out by the careful parent of a large family. The Division, with help from its constituents, must provide care consistent with that standard.
 - 1.6 Given their involvement in the formulation of safety guidelines, the community will offer their support to the schools in the enforcement of those measures.
2. A thoughtful adherence to the Aim of Ministry of Education's physical education curricula will go far in reducing risk factors in the school's athletic activities.
 - 2.1 The aim of the school's physical education program is to foster a lifetime commitment to physical activity. Skill development is to be directed to the goal of personal fitness and enjoyment, and not towards the shaping of professional superstars. The emphasis on personal well-being, rather than on competition, lessens the pressure on students to "perform" (sometimes at the expense of safety considerations).

- 2.2 There are many physical activities for schools that embody the aforestated aim and that are not considered high risk. No single sport or activity is critical to the physical education program.
 - 2.3 Therefore, if the equipment or facilities necessary for the safe involvement of students is not available, then the activity itself can be modified to suit the equipment/facilities that are on hand, or the activity must be dropped from the program.
3. The Principal of each school, in collaboration with the School Community Council, parents, staff and senior students, will develop school-based procedures and protocols for each sport/physical activity in which students of that school will engage. Discussion with representatives of various athletic organizations and associations regarding their recommendations and safety requirements is to play a major part in the formulations of these resultant school procedures.
 4. The physical education safety procedures shall be reviewed annually.
 - 4.1 Physical education safety guiding principles shall be adopted into procedures and shall form the basis for review. These principles generally fall into five (5) categories:
 - 4.1.1 Facility safety.
 - 4.1.2 Equipment safety.
 - 4.1.3 Instruction.
 - 4.1.4 Supervision.
 - 4.1.5 Clothing and footwear.

(Examples of usual areas of consideration within the categories are given in the Saskatchewan Physical Education: Safety Guidelines for Policy Development Handbook, Pages 11-14. For sport-specific guidelines, see Appendix A of the same handbook.)
 - 4.2 School staffs can provide the information on the implementation of the safety guidelines -- what "works" and where changes may be needed.
 - 4.3 The Director shall annually review the physical education administrative procedure. This review will involve representation from school staff, students, parents and members of the community.
 - 4.4 The review of programs will identify high risk activities and the procedures to be followed if students are to participate in such activities.
 - 4.5 Any changes as a result of the annual review shall have as a goal, the endorsement of the principle that the safety of the students cannot be compromised.