



## Activity List

### List of Prohibited Activities

The following field studies/student excursions are **NOT** permitted.

1. Activities involving firearms other than certified/licensed rifle ranges
2. Aerial gymnastics
3. Automobile activities (e.g. – racing, drag racing, demolition derbies, go-karting)
4. Aviation activities (e.g. – small aircraft, helicopter, hot air balloon rides, sky diving)
5. Boxing
6. Bungee jumping
7. Caving
8. Diving into or sliding on foam, mud, ice or snow
9. Dunk tanks
10. Excursions to natural disaster areas
11. Excursions to regions with political or civil instability
12. Excursions to war zones – imminent or existing
13. Extreme Sports
14. Hang gliding / parasailing
15. Horse jumping
16. Mechanical bull riding
17. Motor cycling / BMX
18. Mountain climbing / ice climbing
19. Open water scuba diving
20. Paint ball / war games
21. Free Rock Climbing (no ropes or safety equipment)
22. Rodeos
23. Trampolining
24. Trampoline-like air-filled 'Fun Structures'
24. Use of fireworks or other pyrotechnic devices
25. Watercraft racing
26. Winter biathlon with live ammunition

## High Risk Activities

These are activities that create a high potential of injury. They require a great deal of thought and planning prior to implementation. Qualified and/or certified instructors must be present at all times. Classes must be cancelled if the regular instructor is unable to attend. All rules and regulations must be reviewed with students on an ongoing basis. Strict behavior guidelines and discipline actions must be maintained. Approved safety equipment appropriate to the activity must be used at all times. Signed parental consent forms must be on file before students can participate.

In the planning of these activities, teachers must refer to the minimum standards for equipment/facilities, instructional considerations, and supervision as referred to in the "Safety Guidelines for Physical Activity in Alberta Schools".

All high-risk activities must be approved by the Superintendent. The Field Studies/Student Excursions form (**Form 260-1**) must be completed and submitted to the Superintendent three (3) months prior to the date of the activity.

1. Archery
2. Canoeing / kayaking
3. Downhill skiing / snowboarding / snow blading / luge
4. Gymnastics
5. Horseback riding
6. Mountain biking
7. Outdoor sledding activities
8. Rifle Ranges (Certified/Licensed)
9. Rock Climbing – with certified instructors and safety equipment
10. Roller blading / inline skating
11. Sailing
12. SCUBA diving
13. Skateboarding – skateboard parks
14. Swimming in open water
15. Tobogganing
16. Use of air-filled 'Fun Structures' (i.e. obstacle-style)
17. Wall climbing
18. Water skiing
19. Whitewater rafting
20. Wilderness camping in remote locations
21. Winter orienteering / winter campouts

## **Moderate / Low Risk Activities**

These are activities with a limited potential for serious injury. Instruction by qualified instructors, adequate supervision, the use of protective and safety equipment will help to ensure a safe environment.

In the planning of these activities, teachers must refer to the minimum standards for equipment/facilities, instructional considerations, and supervision as referred to in the "Safety Guidelines for Physical Activity in Alberta Schools".

All moderate / low risk activities are approved by the Principal. The field studies/student excursion form (**Form 260-1**) must be completed and submitted to the Principal one (1) month prior to the date of the activity.

1. Court sports
2. Cross country skiing
3. Curling
4. Fishing
5. Golf
6. Gymnasium programs (e.g. – basketball, volleyball)
7. Hay rides / sleigh rides
8. Hiking on trails
9. Ice hockey / Ice skating
10. Orienteering (other than winter orienteering)
11. Swimming in public pools
12. Sports field programs (e.g. – soccer, baseball, football)
13. Campouts (other than winter campouts)