



# St. Edmund Catholic Elementary/Junior High School

11712 130 Ave NW  
Edmonton AB, Canada T5E 0V2  
780-453-1596

## Repetitive Events Field Trip Parent Permission Letter

**Field Trip Name** 2023 - 2024 St. Edmund Recreation Academy Yearly Consent Form

**Field Trip Activity** St Edmund Recreation Academy

**School Travelling With** \_\_\_\_\_

After you have carefully read this letter, we ask that you sign and return **only the** "Parental Consent" portion to the school (the last page in this document). Please keep the remainder for your information and records.

### Field Trip Details

Students will visit facilities around the City of Edmonton and surrounding area (St. Albert, Sherwood Park...). All addresses will be noted on the Rec Academy calendar. Students are at risk for injuries common to performing physical activities including: mountain biking, indoor wall climbing, Dragon Boat racing, horseback riding, orienteering, fishing, downhill/cross country skiing, snow shoeing, hiking, golf, tandem canoeing, scuba diving, snorkeling, Velodrome track cycling, track & field, weight bearing/lifting, fitness testing, variety of cross-fitness training, bowling, frisbee golf, tennis, squash, softball/ baseball, beach volleyball racquetball, wallyball, bowling, curling, ice skating, Ringette, broomball, sledge hockey, archery, inter-lacrosse, gymnastics, yoga, zipline, low/ high ropes obstacles, batting cages, bumper boats, survival skills, rugby, cricket, volleyball, basketball, wheelchair basketball, certification in first aid/CPR, also activities at WEM Waterpark/

**Cost** All costs included in Academy Fees( \$1,850.00/year ).  
Only online payments will be accepted.  
All trip costs are non-refundable.

### Program of Studies Specific Outcomes

Extension of Physical Education and Healthy Living outcomes. Through training students will acquire skills through a variety of individual and team pursuits. Students will also understand and experience the health benefits that result from physical activity and the importance of communication, teamwork and leadership while interacting with their classmates.

Physical Education - Programs of Study  
<https://education.alberta.ca/media/160191/phys2000.pdf>

Health and Life Skills - Programs of Study  
<http://www.learnalberta.ca/ProgramOfStudy.aspx?lang=en&ProgramId=317413#>

**Grades Attending** 6-9

**Course(s) Student(s) Registered In** \_\_\_\_\_

<b>Number of Attending Students</b>	<u>185</u>
<b>Number of Attending Administrators</b>	<u>          </u>
<b>Number of Attending Teachers</b>	<u>5</u>
<b>Number of Non-Teaching School Staff</b>	<u>0</u>

**Number of Attending Volunteers**                      0

**Number of Additional Volunteers**                      0

**Lead Teacher and Contact**                      Jessie Craig (T) Cell 780-920-3865 Email: jessie.craig@ecsd.net

**Attending Administrators, Teachers, Supervisors and Volunteers**

Jesse Craig (T), Jessica Sanregret (T), Chris Denman (T), Tessa Lewis (T), David Pierzchajlo (T)

**Communication Plan**

The principal will be advised of any accidents, problems, unusual incidents or weather related concerns that may occur during the field trip. As well parents guardians will be contacted if health issues, injuries, or student conduct are a concern with their children.

**Method of Transportation**    Yellow School Bus and St. Edmund Bus

**Carrier Name**                      Cunningham, First Student and St. Edmund School bus

**Telephone #**                      780-435-2725 / 780-453-1596

**Safety Precautions**                      Staff and students will receive training in First aid / CPR. All activities are pre assessed for risk factors prior to trips and include a natural progression of skills & knowledge.  
Students and staff will be following Edmonton Catholic Schools protocol pertaining to COVID-19 and will also be following the COVID-19 protocol requested by each specific venue / facility (this may vary slightly from location to location).

**Equipment Required**                      Equipment will be provided by contracted companies and / or St. Edmund School.

**Clothing Required**                      Students must wear Rec Sport Academy Apparel which is appropriate for physical activity.

**Risks - Inherent, special or unusual risks associated with the field trip**

**A. COMMON RISKS**

All manner of injuries resulting from use of equipment, materials or facilities.

All manner of injuries associated with participation in planned activities during the trip.

Possible injuries from improper use of equipment resulting in bruises, scrapes, cuts.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators, escalators, water pools.

All manner of injuries resulting from the use of apparatus and equipment.

Slip, Fall exposures with stairs, ramps, uneven flooring, dark areas, seating.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Injuries that may result from heat cramps, heat stroke and or fatigue.

Slip/Trip/Fall hazards associated with running and horseplay which may cause bruises, scrapes, cuts, broken bones or concussion.

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, skate boarders, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

All manner of injuries and/or death which may result in the transportation and transitions to and from each destination and facility.

#### **AERIAL PARK**

Aerial Park activities involve inherent risks, dangers and hazards that are associated with unique movement patterns and skills, which are to be executed on specialized apparatus.

All manner of injuries resulting from cable and/or harness abrasion, entanglement and other injuries resulting from activities such as climbing and any other cable techniques.

All manner of injuries resulting from use of cables, harnesses and ropes.

All manner of emotional injury resulting from the physical and psychological demands of the facility.

All manner of injuries due to improper use of the apparatus, equipment failure and/or mechanical malfunction of ropes, cables, slings, harnesses, climbing hardware, anchor points or any other part of the cable course equipment.

All manner of injuries resulting from the improper maintenance and /or operation of the park equipment.

All manner of injuries from executing strenuous and demanding, physical techniques resulting in minor injuries such as bruises, cuts, abrasions and more serious injuries such as broken bones, dislocations, muscle pulls, tendon and ligament damage, damage to teeth and dental work, head, neck and spinal injuries resulting from falling and physical contact with other participants and/or obstacles. The risks also include catastrophic injuries such as permanent and/or various degrees of paralysis or even death from landings or falls on the back, neck, or head.

All manner of injuries resulting from fatigue, chill, and/or dizziness, which may diminish the reaction time and increase the risk of accident.

All manner of injuries resulting from weather related risks such as sunny/hot temperatures (sunburn), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **ARCHERY**

Slip/Trip/Fall hazards associated with poor court/field conditions, slippery floor waxes, water or sweat on the court, wet grass, outdoor weather conditions.

Injuries resulting from errant arrows, cuts/scrapes from bow, hazards with retrieving arrows, ricochet hazards, horseplay, pinched fingers, punctures.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **ATHLETIC TOURNAMENT**

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, snow, thunderstorms, lightning.

Poorly maintained sports fields/rinks/courts/tracks and associated equipment which could lead to injuries - poor field conditions, potholes in track, slippery court surfaces, poor ice conditions.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Injuries that may result from heat cramps, heat stroke and or fatigue.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **BADMINTON**

Slip/Trip/Fall hazards associated with poor court conditions, slippery floor waxes, water or sweat on the court, players benches, seating stands, wax burn from sliding on the court.

Injuries resulting from ankle rollovers, sprains, strains, getting caught in the net, being hit by the birdie, being struck by a racket, colliding with other players, hard fouls, hazards with chasing a birdie of the court.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **BALL HOCKEY**

Possible injuries resulting from- slips/trips/falls while walking/running on hard surfaces (concrete/cement, tarmac), falls while hitting the boards or walls, colliding with other players, foreign objects like hockey sticks and rubber pucks, balls, felt pucks, nets, improper equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **BASEBALL**

Slip/Trip/Fall hazards associated with poor field conditions, wet weather, stairways to fields, player's benches, parking lots, seating stands.

Injuries resulting from concussions, sprains, strains, cleats, being hit by the ball, bat or pitch, running into fencing while chasing the ball, colliding with other players, sliding into a base, being cut from gravel or foreign objects on the ground.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning, etc.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **BASKETBALL**

Slip/Trip/Fall hazards associated with poor court conditions, slippery floor waxes, water or sweat on the court, players benches, seating stands, wax burn from sliding on the court.

Injuries resulting from ankle rollovers, sprains, strains, getting caught in the net, being hit by the ball, running into steel posts of basketball nets, colliding with other players, hard fouls, hazards with chasing a ball of the court.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **BILLIARDS**

Slip/Trip/Fall hazards associated with poor floor conditions, slippery floor waxes, slippery shoes.

Injuries resulting from billiard ball contacting body parts, pulled muscles delivering the ball, errant balls, horseplay, pinched fingers.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **BOWLING**

Slip/Trip/Fall hazards associated with poor floor conditions, slippery floor waxes, slippery shoes.

Injuries resulting from bowling ball falling on body parts, pulled muscles delivering the ball, errant balls, horseplay, pinched fingers.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces.

All manner of injuries resulting in dislocations, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **BROOMBALL**

Possible injuries resulting from- slips/trips while walking on ice, poor ice surface, falls while running, hitting the boards, colliding with other players, foreign objects like broomball sticks and broomballs, hockey nets, improper equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **CAMPING**

All manner of injuries resulting from use of equipment, materials or facilities.

All manner of injuries resulting from forces of nature, accident, hazards of participating in outdoor activities and sports including activities and sports taking place on or near water, illness, allergic reactions and all other manner of injury related to the program activities.

All manner of burns associated with camp fires.

Weather related risks such as freezing temperatures, high winds, snow, rain, fog, thunderstorms, lightning, sunny/hot conditions.

Slip/Trip/Fall hazards such as slippery floors, holes in the fields, older buildings, stairs, water ponds onsite, muddy conditions, wet dock/deck surfaces, change rooms, running, horseplay.

All manner of injuries resulting from falling.

Cuts and abrasions resulting from contact with obstacles.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**CANOEING-DRAGON BOATING**

Slip/Trip/Fall hazards associated with wet dock/deck surfaces, change rooms, slippery or muddy boat launches, running, horseplay.

Injury or Drowning exposures due to capsizing, no life jacket or improper size, water too deep for student skill level, swallow water, panic, improper supervision, no life guard on duty, horseplay, inadequate life safety equipment, being hit with a paddle, inadequate training, emergency whistles.

Weather related risks such as sunny/hot temperatures (Sunburn & Dehydration), high winds (increase risk of capsizing), rain, fog, thunderstorms, lightning.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries resulting from tipping a canoe/dragon boat with possible hypothermia.

Weather changes affecting the safety of student canoeing/dragon boating.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**CROSS COUNTRY RUNNING**

Cross Country Running is a vigorous physical activity with inherent risks such as ankle rollovers, sprains, strains.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts, floor, uneven surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussions, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**CROSS COUNTRY SKIING**

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog.

All manner of injuries related to rough terrain, rocks, trees, foreign objects.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries related to unpredictable forces of nature, including weather. Additional risks include hypothermia, frostbite, and other mild or serious conditions.

Possible injuries resulting from- collisions, slips/falls, icy conditions, poor or improper equipment, inadequate observation, not being able to stop.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **CURLING**

Possible injuries resulting from- slips/trips while walking on ice, poor ice surface, falls while delivering the rock or sweeping, hitting the boards, colliding with other players, being hit with a rock, being hit with brooms, improper equipment.

All manner of injuries resulting in dislocations, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **CYCLING**

Weather related risks such as freezing temperatures, high winds, snow, rain, fog, thunderstorms, lightning, sunny/hot conditions.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, pavement, gravel, sand, mud, water, oil and debris.

Injuries resulting from serious falls or collisions, sprains, strains, scrapes, cuts, accident with traffic.

Injuries resulting from hazards of trails, routes, or roadways including uneven or unstable surfaces, steep grades, sharp turns.

Injuries resulting from Equipment failure including tire puncture and problems in shifting and/or braking.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **DISTANCE RUNNING**

Distance running is a vigorous physical activity with inherent risks such as ankle rollovers, sprains, strains.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts, floor, uneven surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussions, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **DODGE BALL**

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants or contact from a ball.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Slip/Trip/Fall hazards associated with poor court conditions, slippery floor waxes, water or sweat on the court, players benches, seating stands, wax burn from sliding on the court.

Injuries resulting from ankle rollovers, sprains, strains, broken nose, being hit by the ball, colliding with other players, hard fouls, hazards with chasing a ball off the court.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**DOG SLEDDING**

Dog Sledding

Winter weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog glare and reflection of the sun off the snow.

All manner of injuries related to trail conditions, rough terrain, rocks, trees, foreign objects.

All manner of injuries resulting from sleds tipping over and dogs kicking up snow as they run.

All manner of injuries resulting from dogs who can be unpredictable. Dogs should be approached with caution.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries related to unpredictable forces of nature, including weather. Additional risks include hypothermia, frostbite, and other mild or serious conditions.

Possible injuries resulting from- collisions, slips/falls, icy conditions, poor or improper equipment, inadequate observation, not being able to stop.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**FIELD HOCKEY**

Possible injuries resulting from- slips/trips/falls while walking/running on slippery grounds, colliding with other players, foreign objects like a softball, rubber or felt quoit, felt puck or soft rubber.

Slip/Trip/Fall hazards associated with poor field conditions, wet weather stairways to fields, player's benches, parking lots, seating stands.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**FIRST AID TRAINING**

Slip/Trip/Fall hazards associated with poor floor conditions, slippery floor waxes, slippery shoes.

All manner of injuries resulting from use of equipment, materials or facilities.

Injuries resulting from pulled muscles delivering CPR.

All manner of injuries associated with participation in planned activities.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**FITNESS TRAINING**

Fitness, acrobatics, and similar activities involve inherent risks, dangers and hazards that are associated with

unique movement patterns and skills, which may, in some circumstances be executed on specialized apparatus.

All manner of injuries resulting in broken bones, head injuries, dislocations, tendon and ligament damage, damage to teeth and dental work and spinal injuries that could result in various degrees of paralysis.

Injuries from executing strenuous and demanding, physical techniques.

Injuries resulting from failure to properly use any of the fitness apparatus or mechanical failure of the apparatus.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### FLAG FOOTBALL

Slip/Trip/Fall hazards associated with poor field conditions, wet weather, stairways to fields, player's benches, parking lots, seating stands.

Injuries resulting from concussions, sprains, strains, being hit by the ball, running into steel posts of uprights, colliding with other players, illegal tackles.

Injuries resulting from ankle rollovers, sprains, strains, being hit by the ball, running into steel posts, colliding with other players, hard fouls.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### FLOOR HOCKEY

Possible injuries resulting from- slips/trips/falls while walking/running on hard surfaces (concrete/cement, tarmac), falls while hitting the boards or walls, colliding with other players, foreign objects like hockey sticks and rubber pucks, balls, felt pucks, nets, improper equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### FOOTBALL

Slip/Trip/Fall hazards associated with poor field conditions, wet weather, stairways to fields, player's benches, parking lots, seating stands.

Injuries resulting from concussions, sprains, strains, cleats, hard tackles, being hit by the ball, running into steel posts of uprights, colliding with other players, helmet on helmet contact, illegal tackles.

Injuries resulting from ankle rollovers, sprains, strains, being hit by the ball, running into steel posts, colliding with other players, hard fouls.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
GOLF

Slip/Trip/Fall hazards associated with poor field/course conditions, wet weather, stairways to fields, hills or rough terrain, parking lots, trees, water, bridges, driving ranges.

Injuries resulting from being hit by errant golf balls, sprains, strains, being hit by a golf club, golf cart, horseplay.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
GYMNASIUM RINGETTE

Possible injuries resulting from- slips/trips/falls while walking/running on hard surfaces (concrete/cement, tarmac), falls while hitting the boards or walls, colliding with other players, foreign objects like hockey sticks and rubber pucks, balls, felt pucks, nets, improper equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
HIKING

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog, thunder storms, lightning, sunny/hot conditions.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators.

Close access to rivers, ponds and pools- drowning exposures.

Exposure to wildlife, animals and insects.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
HORSEBACK RIDING

All manner of injuries resulting from falling or being thrown from a horse and impacting against obstacles or the ground.

All manner of injuries resulting from horse kicking, biting, or following too close.

All manner of injuries resulting from loss of control or collisions.

All manner of injuries resulting from adverse weather conditions, contact with plants, insects, or animals, my own physical condition or my own acts or omissions.

All manner of injuries resulting from the condition of remote roads, trails, waterways, or terrain.

Horses, irrespective of their previous behavior and characteristics, may act or react unpredictably based upon instinct, fright, or lack of proper control by rider.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**INDOOR SOCCER**

Possible injuries resulting from- slips/trips/falls while walking/running on slippery grounds, colliding with other players, foreign objects like indoor soccer ball or nerf ball.

Slip/Trip/Fall hazards associated with play on a turf surface, stairways to fields, player's benches, parking lots, seating stands.

Injuries resulting from sprains, strains, cleats, hard tackles, being hit by the ball, running into steel posts of soccer nets, colliding with other players, proper equipment required.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**NATURE WALK**

All manner of injuries including but not limited to sprains, torn muscles and/or ligaments, fractures or broken bones, cuts, eye damage, scrapes, wounds, abrasions and/or contusions, oxygen shortage, head, neck, and/or spinal injuries.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog, thunder storms, lightning, sunny/hot conditions.

All manner of injuries resulting from forces of nature, accident, hazards of participating in outdoor activities and sports including activities and sports taking place on or near water, illness, allergic reactions and all other manner of injury related to the program activities.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**ORIENTEERING**

All manner of injuries including but not limited to sprains, torn muscles and/or ligaments, fractures or broken bones, cuts, eye damage, scrapes, wounds, abrasions and/or contusions, oxygen shortage, head, neck, and/or spinal injuries.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**RAQUETBALL**

All manner of injuries resulting in sprains, bruises, broken bones, & head injuries from racquets, people, or ball contact.

All manner of injuries resulting in scratches, bruises, and sprains.

All manner of injuries resulting in eye injuries or loss of sight, joint or back injuries, heart attacks, and concussions.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**RETREAT**

All manner of injuries resulting from use of equipment, materials or facilities.

All manner of injuries associated with participation in planned activities during the trip.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators, escalators, water pools.

All manner of injuries resulting from the use of apparatus and equipment.

Slip, Fall exposures with stairs, ramps, uneven flooring, dark areas, seating.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Injuries that may result from heat cramps, heat stroke and or fatigue.

Slip/Trip/Fall hazards associated with running and horseplay which may cause bruises, scrapes, cuts, broken bones or concussion.

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**ROLLER/INLINE SKATING**

Possible injuries resulting from- slips/trips while walking on skates, poor floor surface, falls while skating, hitting the boards, colliding with other skaters, foreign objects on the floor, improper equipment fitting.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries resulting from sports and safety equipment for the sport.

Outdoor skating weather related risks such as hot/cold temperatures, high winds, rain.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**ROPES COURSE**

All manner of injuries resulting from rope abrasion, entanglement and other injuries resulting from activities such as climbing, helaying, rappelling, rescue systems and any other rope technique.

All manner of injuries resulting from falling.

Cuts and abrasions resulting from contact with obstacles.

Failure of ropes, slings, harnesses, climbing hardware, anchor points or any other part of the rope course equipment.

All manner of head, neck, spinal injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**RUGBY**

Slip/Trip/Fall hazards associated with poor field conditions, wet weather, stairways to fields, players' benches, parking lots, seating stands.

Injuries resulting from concussions, sprains, strains, cleats, hard tackles, being hit by the ball, running into steel posts of uprights, colliding with other players, illegal tackles.

Injuries resulting from ankle rollovers, sprains, strains, being hit by the ball, running into steel posts, colliding with other players, hard fouls.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **SCUBA DIVING**

Slip/Trip/Fall hazards associated with wet pool deck surfaces, change rooms, pool toys, running, horseplay and SCUBA equipment which may cause bruises, scrapes, cuts, broken bones or concussion.

Injury or Drowning exposures due to diving, water too deep for students, skill level, swallow water, panic, no guards on drains or filter systems, no life guard on duty, horseplay, inadequate life safety equipment, ear drum pressure, improper oxygen mixtures.

Chemical exposures due to chlorine and associated pool treatments, possible physical reactions for students.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **SELF-DEFENSE TRAINING**

Self-Defense and similar activities involve inherent risks, dangers and hazards that are associated with unique movement patterns and skills.

All manner of injuries resulting in broken bones, head injuries, dislocations, tendon and ligament damage, damage to teeth and dental work and spinal injuries that could result in various degrees of paralysis.

Injuries from executing strenuous and demanding, physical techniques.

Injuries from contact with other participants and or equipment such as heavy bags, strike targets, walls, or the floor.

The risk of injury includes minor injuries such as bruises and more serious injuries such as broken bones, dislocations, and muscle pulls. The risk also includes, catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck or head.

Possible injuries due to Slip/Trip/Fall hazards associated poor floor/mat conditions, slippery floor waxes, water or sweat on the floor.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **SKATING**

Skating (Indoor/Outdoor)

Possible injuries resulting from - slips/trips while walking on skates, poor ice surface, falls while skating, hitting the boards, colliding with other skaters, foreign objects like hockey sticks and pucks, sharp skate blades, steel hockey nets, improper equipment, skates too dull.

Outdoor skating weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **SKIING / SNOWBOARDING**

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog.

All manner of injuries related to ski hill conditions- icy slopes, heavy powder, rough terrain, moguls, rocks, trees, foreign objects, snowboard park.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Possible injuries resulting from- slips/falls, skiing/snowboarding in high risk areas, colliding with other skiers, falling off lifts, jumping, skiing/snowboarding too fast, icy conditions, poor or improper equipment, inadequate observation, not being able to stop.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**SNOWSHOEING**

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog.

All manner of injuries related to rough terrain, rocks, trees, foreign objects.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries related to unpredictable forces of nature, including weather. Additional risks include hypothermia, frostbite, and other mild or serious conditions.

Possible injuries resulting from- collisions, slips/falls, icy conditions, poor or improper equipment, inadequate observation, not being able to stop.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**SOCCER**

Slip/Trip/Fall hazards associated with poor field conditions, wet weather, stairways to fields, player's benches, parking lots, seating stands.

Injuries resulting from sprains, strains, cleats, hard tackles, being hit by the ball, running into steel posts of soccer nets, colliding with other players, proper equipment required.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**STAND UP PADDLEBOARDING**

Slip/Trip/Fall hazards associated with wet dock/deck surfaces, change rooms, slippery or muddy boat launches, running, horseplay.

Injury or Drowning exposures due to falling off paddleboard, no life jacket or improper size, water too deep for student skill level, swallow water, panic, improper supervision, no life guard on duty, horseplay, inadequate life safety equipment, being hit with a paddle, inadequate training, emergency whistles.

Weather related risks such as sunny/hot temperatures (Sunburn & Dehydration), high winds (increased risk of capsizing), rain, fog, thunderstorms, lightning.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries resulting from paddleboard fall with possible hypothermia.

Weather changes affecting the safety of student paddleboarding.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### SWIMMING

Slip/Trip/Fall hazards associated with wet pool deck surfaces, change rooms, pool toys, running, horseplay and towels which may cause bruises, scrapes, cuts, broken bones or concussion.

Injury or Drowning exposures due to diving, water too deep for students, skill level, swallow water, panic, no guards on drains or filter systems, no life guard on duty, horseplay, inadequate life safety equipment.

Chemical exposures due to chlorine and associated pool treatments, possible physical reactions for students

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### TAXI RISKS

Students may be unaccompanied by an adult supervisor while in a taxi.

Motor traffic exposures such as intersections, high traffic volumes, speeding vehicles, blind spots, crosswalks, railway crossings, construction zones.

Weather related injuries resulting from high winds, rain, fog, snow, thunder storms, lightning.

All manner of injuries and/or death which may result in the transportation and transitions to and from each destination and facility.

#### TENNIS

All manner of injuries resulting from physical contact with surfaces/fences/net, slips and falls, failure to follow rules and reckless conduct of other participants.

All manner of injuries resulting in sprains, bruises, broken bones, & head injuries from racquets, people, or ball contact.

All manner of injuries resulting in scratches, bruises, and sprains.

All manner of injuries resulting in eye injuries or loss of sight, joint or back injuries, heart attacks, and concussions.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the floor, uneven playing surfaces, contact with other participants.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### TOBOGGANING

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog.

All manner of injuries related to toboggan hill conditions - icy slopes, heavy powder, rough terrain, rocks, trees, foreign objects.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Possible injuries resulting from collisions, slips/falls, icy conditions, poor or improper equipment, inadequate observation, not being able to stop.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### TRACK AND FIELD

Slip/Trip/Fall hazards associated with poor track & field conditions, pot holes, cracks in the track, wet weather, stairways to fields, players benches, parking lots, seating stands.

Injuries resulting from concussions, ankle roll over, sprains, strains, cleats, falling during competition, being hit by other sports equipment (shot put/javelin/high jump), colliding with others.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
TRANSPORTATION

Motor traffic exposures such as intersections, high traffic volumes, speeding vehicles, blind spots, crosswalks, railway crossings, construction zones.

Weather related injuries resulting from high winds, rain, fog, snow, thunder storms, lightning.

All manner of injuries and/or death which may result in the transportation and transitions to and from each destination and facility.  
UNIHOCKEY

Possible injuries resulting from- slips/trips/falls while walking/running on hard surfaces (concrete/cement, tarmac), falls while hitting the boards or walls, colliding with other players, foreign objects like hockey sticks and rubber pucks, balls, felt pucks, nets, improper equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
VISIT TO A CHURCH

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog, thunder, storms, lightning, sunny/hot conditions.

Motor traffic exposures such as crossing streets and intersections, sidewalk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip, Fall exposures with stairs, ramps, uneven flooring, dark areas, seating.

Slip, trip, fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
VISIT TO A CITY PARK

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog, thunder storms, lightning, sunny/hot conditions.

All manner of injuries associated with participation in planned activities during the field trip.

All manner of injuries resulting from use of equipment, materials or facilities.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators.

Close access to rivers, ponds and pools- drowning exposures.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
VISIT TO A RESTAURANT

All manner of injuries resulting from slip/trip/fall.

Slip/Fall exposures with stairs, ramps, dark areas, seating.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, skate boarders, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones, etc.

All manner of injuries associated with participation in planned activities during the field trip.

All manner of injuries resulting from spills including but not limited to burns, cuts.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### VISIT TO A RETIREMENT RESIDENCE

Visit to a Retirement Residence

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, thunderstorms, and lightning.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators.

Slip, Fall exposures with stairs, ramps, uneven flooring, dark areas, seating.

All manner of injuries resulting from use of equipment, materials or facilities.

All manner of injuries associated with participation in planned activities during the trip.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### VISIT TO A SCHOOL

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, thunderstorms, lightning.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators.

Slip, Fall exposures with stairs, ramps, uneven flooring, dark areas, seating.

All manner of injuries resulting from use of equipment, materials or facilities.

All manner of injuries associated with participation in planned activities during the trip.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### VISIT TO A SHOPPING MALL

All manner of injuries resulting from slip/trip/fall

Exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators, escalators, water pools.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, skate boarders, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones, etc.

Slip/Fall exposures with stairs, ramps, dark areas, seating.

All manner of injuries associated with participation in planned activities during the field trip.

All manner of injuries resulting from use of equipment, materials or facilities.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**VISIT TO A WATERPARK**

Slip/Trip/Fall hazards associated with wet pool deck surfaces, change rooms, pool toys, running, horseplay, towels, water park equipment.

Injury or Drowning exposures due to diving, water too deep for students skill level, swallow water, panic, no guards on drains or filter systems, no life guard on duty, horseplay, inadequate life safety equipment.

Chemical exposures due to chlorine and associated pool treatments, possible physical reactions for students

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, thunderstorms, lightning, etc.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**VISIT TO AN AMUSEMENT PARK**

All manner of injuries resulting from slip/trip/fall.

Exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators, escalators, water pools.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones while operating go carts. Collisions with other go carts.

Injuries from contact with batting cage equipment, errant golf balls.

Slip/Fall exposures with stairs, ramps, dark areas, seating.

Slip/Trip/Fall hazards associated with park surfaces, changes in elevation, running, horseplay, rides, amusement park equipment.

Injury or Accident exposures due to poor rides & equipment maintenance, food related illness due amusement concessions, students not tall enough for certain rides, panic if lost, adequate supervision, horseplay, inadequate rules for students.

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**VOLLEYBALL**

Slip/Trip/Fall hazards associated with poor court conditions, slippery floor waxes, water or sweat on the court, players benches, seating stands, wax burn from sliding on the court.

Injuries resulting from ankle rollovers, sprains, strains, getting caught in the net, being hit by the ball, running into steel posts of volleyball nets, colliding with other players.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**WALK/RUN AROUND THE COMMUNITY**

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog, thunder storms, lightning, sunny/hot conditions.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times,

speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators.

#### WALL CLIMBING

Injuries due to failure of equipment and / or gear; injury from falling off the climbing wall, impacting the wall, and / or the floor; rope abrasion, and other equipment related injuries; cuts, pinches, abrasions, and bruises.

All manner of injuries resulting from entanglement and other injuries resulting from activities such as climbing, belaying, rappelling, rescue systems and any other rope technique.

All manner of injuries resulting from falling climbers or objects such as rope or climbing hardware.

Cuts and abrasions resulting from contact with obstacles.

Failure of ropes, slings, harnesses, climbing hardware, anchor points or any other part of the rope course equipment.

All manner of head, neck, spinal injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### YOGA

Yoga and similar activities involve inherent risks, dangers and hazards that are associated with unique movement patterns and skills.

All manner of injuries resulting in broken bones, head injuries, dislocations, tendon and ligament damage, damage to teeth and dental work and spinal injuries that could result in various degrees of paralysis.

Injuries from executing strenuous and demanding physical techniques.

Possible injuries resulting from stretching muscles, strains, pulls.

Possible injuries resulting from improper floor matting to reduce resistance.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### ZIP LINE

All manner of injuries resulting from swinging with the use of cables, harnesses and ropes.

All manner of injuries resulting from possible equipment failure and/or malfunction.

All manner of injuries resulting from fatigue, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of head, neck, spinal injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### A. COMMON RISKS

All manner of injuries resulting from use of equipment, materials or facilities.

All manner of injuries associated with participation in planned activities during the trip.

Possible injuries from improper use of equipment resulting in bruises, scrapes, cuts.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators, escalators, water pools.

All manner of injuries resulting from the use of apparatus and equipment.

Slip, Fall exposures with stairs, ramps, uneven flooring, dark areas, seating.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Injuries that may result from heat cramps, heat stroke and or fatigue.

Slip/Trip/Fall hazards associated with running and horseplay which may cause bruises, scrapes, cuts, broken bones or concussion.

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, skate boarders, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

All manner of injuries and/or death which may result in the transportation and transitions to and from each destination and facility.

#### AERIAL PARK

Aerial Park activities involve inherent risks, dangers and hazards that are associated with unique movement patterns and skills, which are to be executed on specialized apparatus.

All manner of injuries resulting from cable and/or harness abrasion, entanglement and other injuries resulting from activities such as climbing and any other cable techniques.

All manner of injuries resulting from use of cables, harnesses and ropes.

All manner of emotional injury resulting from the physical and psychological demands of the facility.

All manner of injuries due to improper use of the apparatus, equipment failure and/or mechanical malfunction of ropes, cables, slings, harnesses, climbing hardware, anchor points or any other part of the cable course equipment.

All manner of injuries resulting from the improper maintenance and /or operation of the park equipment.

All manner of injuries from executing strenuous and demanding, physical techniques resulting in minor injuries such as bruises, cuts, abrasions and more serious injuries such as broken bones, dislocations, muscle pulls, tendon and ligament damage, damage to teeth and dental work, head, neck and spinal injuries resulting from falling and physical contact with other participants and/or obstacles. The risks also include catastrophic injuries such as permanent and/or various degrees of paralysis or even death from landings or falls on the back, neck, or head.

All manner of injuries resulting from fatigue, chill, and/or dizziness, which may diminish the reaction time and increase the risk of accident.

All manner of injuries resulting from weather related risks such as sunny/hot temperatures (sunburn), high winds, rain, fog, snow, thunderstorms, lighting.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### ARCHERY

Slip/Trip/Fall hazards associated with poor court/field conditions, slippery floor waxes, water or sweat on the court, wet grass, outdoor weather conditions.

Injuries resulting from errant arrows, cuts/scrapes from bow, hazards with retrieving arrows, ricochet hazards, horseplay, pinched fingers, punctures.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries and/or death which may result in the transportation to and from the facility.

## **BADMINTON**

Slip/Trip/Fall hazards associated with poor court conditions, slippery floor waxes, water or sweat on the court, players benches, seating stands, wax burn from sliding on the court.

Injuries resulting from ankle rollovers, sprains, strains, getting caught in the net, being hit by the birdie, being struck by a racket, colliding with other players, hard fouls, hazards with chasing a birdie of the court.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

## **BALL HOCKEY**

Possible injuries resulting from- slips/trips/falls while walking/running on hard surfaces (concrete/cement, tarmac), falls while hitting the boards or walls, colliding with other players, foreign objects like hockey sticks and rubber pucks, balls, felt pucks, nets, improper equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

## **BASEBALL**

Slip/Trip/Fall hazards associated with poor field conditions, wet weather, stairways to fields, player's benches, parking lots, seating stands.

Injuries resulting from concussions, sprains, strains, cleats, being hit by the ball, bat or pitch, running into fencing while chasing the ball, colliding with other players, sliding into a base, being cut from gravel or foreign objects on the ground.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning, etc.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

## **BASKETBALL**

Slip/Trip/Fall hazards associated with poor court conditions, slippery floor waxes, water or sweat on the court, players benches, seating stands, wax burn from sliding on the court.

Injuries resulting from ankle rollovers, sprains, strains, getting caught in the net, being hit by the ball, running into steel posts of basketball nets, colliding with other players, hard fouls, hazards with chasing a ball of the court.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **BOWLING**

Slip/Trip/Fall hazards associated with poor floor conditions, slippery floor waxes, slippery shoes.

Injuries resulting from bowling ball falling on body parts, pulled muscles delivering the ball, errant balls, horseplay, pinched fingers.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces.

All manner of injuries resulting in dislocations, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **CAMPING**

All manner of injuries resulting from use of equipment, materials or facilities.

All manner of injuries resulting from forces of nature, accident, hazards of participating in outdoor activities and sports including activities and sports taking place on or near water, illness, allergic reactions and all other manner of injury related to the program activities.

All manner of burns associated with camp fires.

Weather related risks such as freezing temperatures, high winds, snow, rain, fog, thunderstorms, lightning, sunny/hot conditions.

Slip/Trip/Fall hazards such as slippery floors, holes in the fields, older buildings, stairs, water ponds onsite, muddy conditions, wet dock/deck surfaces, change rooms, running, horseplay.

All manner of injuries resulting from falling.

Cuts and abrasions resulting from contact with obstacles.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **CANOEING-DRAGON BOATING**

Slip/Trip/Fall hazards associated with wet dock/deck surfaces, change rooms, slippery or muddy boat launches, running, horseplay.

Injury or Drowning exposures due to capsizing, no life jacket or improper size, water too deep for student skill level, swallow water, panic, improper supervision, no life guard on duty, horseplay, inadequate life safety equipment, being hit with a paddle, inadequate training, emergency whistles.

Weather related risks such as sunny/hot temperatures (Sunburn & Dehydration), high winds (increase risk of

capsizing), rain, fog, thunderstorms, lightning.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries resulting from tipping a canoe/dragon boat with possible hypothermia.

Weather changes affecting the safety of student canoeing/dragon boating.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **CROSS COUNTRY RUNNING**

Cross Country Running is a vigorous physical activity with inherent risks such as ankle rollovers, sprains, strains.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts, floor, uneven surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussions, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **CROSS COUNTRY SKIING**

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog.

All manner of injuries related to rough terrain, rocks, trees, foreign objects.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries related to unpredictable forces of nature, including weather. Additional risks include hypothermia, frostbite, and other mild or serious conditions.

Possible injuries resulting from- collisions, slips/falls, icy conditions, poor or improper equipment, inadequate observation, not being able to stop.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **CURLING**

Possible injuries resulting from- slips/trips while walking on ice, poor ice surface, falls while delivering the rock or sweeping, hitting the boards, colliding with other players, being hit with a rock, being hit with brooms, improper equipment.

All manner of injuries resulting in dislocations, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **CYCLING**

Weather related risks such as freezing temperatures, high winds, snow, rain, fog, thunderstorms, lightning, sunny/hot conditions.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, pavement, gravel, sand, mud, water, oil and debris.

Injuries resulting from serious falls or collisions, sprains, strains, scrapes, cuts, accident with traffic.

Injuries resulting from hazards of trails, routes, or roadways including uneven or unstable surfaces, steep grades, sharp turns.

Injuries resulting from Equipment failure including tire puncture and problems in shifting and/or braking.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **DISTANCE RUNNING**

Distance running is a vigorous physical activity with inherent risks such as ankle rollovers, sprains, strains.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts, floor, uneven surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussions, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **DODGE BALL**

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants or contact from a ball.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Slip/Trip/Fall hazards associated with poor court conditions, slippery floor waxes, water or sweat on the court, players benches, seating stands, wax burn from sliding on the court.

Injuries resulting from ankle rollovers, sprains, strains, broken nose, being hit by the ball, colliding with other players, hard fouls, hazards with chasing a ball off the court.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **FIRST AID TRAINING**

Slip/Trip/Fall hazards associated with poor floor conditions, slippery floor waxes, slippery shoes.

All manner of injuries resulting from use of equipment, materials or facilities.

Injuries resulting from pulled muscles delivering CPR.

All manner of injuries associated with participation in planned activities.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **FITNESS TRAINING**

Fitness, acrobatics, and similar activities involve inherent risks, dangers and hazards that are associated with unique movement patterns and skills, which may, in some circumstances be executed on specialized apparatus.

All manner of injuries resulting in broken bones, head injuries, dislocations, tendon and ligament damage, damage to teeth and dental work and spinal injuries that could result in various degrees of paralysis.

Injuries from executing strenuous and demanding, physical techniques.

Injuries resulting from failure to properly use any of the fitness apparatus or mechanical failure of the apparatus.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**FLAG FOOTBALL**

Slip/Trip/Fall hazards associated with poor field conditions, wet weather, stairways to fields, player's benches, parking lots, seating stands.

Injuries resulting from concussions, sprains, strains, being hit by the ball, running into steel posts of uprights, colliding with other players, illegal tackles.

Injuries resulting from ankle rollovers, sprains, strains, being hit by the ball, running into steel posts, colliding with other players, hard fouls.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**FLOOR HOCKEY**

Possible injuries resulting from- slips/trips/falls while walking/running on hard surfaces (concrete/cement, tarmac), falls while hitting the boards or walls, colliding with other players, foreign objects like hockey sticks and rubber pucks, balls, felt pucks, nets, improper equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**FOOTBALL**

Slip/Trip/Fall hazards associated with poor field conditions, wet weather, stairways to fields, player's benches, parking lots, seating stands.

Injuries resulting from concussions, sprains, strains, cleats, hard tackles, being hit by the ball, running into steel posts of uprights, colliding with other players, helmet on helmet contact, illegal tackles.

Injuries resulting from ankle rollovers, sprains, strains, being hit by the ball, running into steel posts, colliding with other players, hard fouls.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**GOLF**

Slip/Trip/Fall hazards associated with poor field/course conditions, wet weather, stairways to fields, hills or rough terrain, parking lots, trees, water, bridges, driving ranges.

Injuries resulting from being hit by errant golf balls, sprains, strains, being hit by a golf club, golf cart, horseplay.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### HIKING

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog, thunder storms, lightning, sunny/hot conditions.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators.

Close access to rivers, ponds and pools- drowning exposures.

Exposure to wildlife, animals and insects.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### HORSEBACK RIDING

All manner of injuries resulting from falling or being thrown from a horse and impacting against obstacles or the ground.

All manner of injuries resulting from horse kicking, biting, or following too close.

All manner of injuries resulting from loss of control or collisions.

All manner of injuries resulting from adverse weather conditions, contact with plants, insects, or animals, my own physical condition or my own acts or omissions.

All manner of injuries resulting from the condition of remote roads, trails, waterways, or terrain.

Horses, irrespective of their previous behavior and characteristics, may act or react unpredictably based upon instinct, fright, or lack of proper control by rider.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### INDOOR SOCCER

Possible injuries resulting from- slips/trips/falls while walking/running on slippery grounds, colliding with other players, foreign objects like indoor soccer ball or nerf ball.

Slip/Trip/Fall hazards associated with play on a turf surface, stairways to fields, player's benches, parking lots, seating stands.

Injuries resulting from sprains, strains, cleats, hard tackles, being hit by the ball, running into steel posts of soccer nets, colliding with other players, proper equipment required.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### LONGBOARDING

Weather related risks such as freezing temperatures, high winds, snow, rain, fog, thunderstorms, lightning, sunny/hot conditions.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, pavement, gravel, sand, mud, water, oil and debris.

Injuries resulting from serious falls or collisions, sprains, strains, scrapes, cuts, accident with traffic.

Injuries resulting from hazards of trails, routes, or roadways including uneven or unstable surfaces, steep grades, sharp turns.

Injuries resulting from Equipment failure including tire puncture and problems in shifting and/or braking.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**NATURE WALK**

All manner of injuries including but not limited to sprains, torn muscles and/or ligaments, fractures or broken bones, cuts, eye damage, scrapes, wounds, abrasions and/or contusions, oxygen shortage, head, neck, and/or spinal injuries.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog, thunder storms, lightning, sunny/hot conditions.

All manner of injuries resulting from forces of nature, accident, hazards of participating in outdoor activities and sports including activities and sports taking place on or near water, illness, allergic reactions and all other manner of injury related to the program activities.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**ORIENTEERING**

All manner of injuries including but not limited to sprains, torn muscles and/or ligaments, fractures or broken bones, cuts, eye damage, scrapes, wounds, abrasions and/or contusions, oxygen shortage, head, neck, and/or spinal injuries.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**RAQUETBALL**

All manner of injuries resulting in sprains, bruises, broken bones, & head injuries from racquets, people, or ball contact.

All manner of injuries resulting in scratches, bruises, and sprains.

All manner of injuries resulting in eye injuries or loss of sight, joint or back injuries, heart attacks, and concussions.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**ROLLER/INLINE SKATING**

Possible injuries resulting from- slips/trips while walking on skates, poor floor surface, falls while skating, hitting the boards, colliding with other skaters, foreign objects on the floor, improper equipment fitting.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries resulting from sports and safety equipment for the sport.

Outdoor skating weather related risks such as hot/cold temperatures, high winds, rain.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **ROPES COURSE**

All manner of injuries resulting from rope abrasion, entanglement and other injuries resulting from activities such as climbing, helaying, rappelling, rescue systems and any other rope technique.

All manner of injuries resulting from falling.

Cuts and abrasions resulting from contact with obstacles.

Failure of ropes, slings, harnesses, climbing hardware, anchor points or any other part of the rope course equipment.

All manner of head, neck, spinal injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **RUGBY**

Slip/Trip/Fall hazards associated with poor field conditions, wet weather, stairways to fields, players' benches, parking lots, seating stands.

Injuries resulting from concussions, sprains, strains, cleats, hard tackles, being hit by the ball, running into steel posts of uprights, colliding with other players, illegal tackles.

Injuries resulting from ankle rollovers, sprains, strains, being hit by the ball, running into steel posts, colliding with other players, hard fouls.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **SCUBA DIVING**

Slip/Trip/Fall hazards associated with wet pool deck surfaces, change rooms, pool toys, running, horseplay and SCUBA equipment which may cause bruises, scrapes, cuts, broken bones or concussion.

Injury or Drowning exposures due to diving, water too deep for students, skill level, swallow water, panic, no guards on drains or filter systems, no life guard on duty, horseplay, inadequate life safety equipment, ear drum pressure, improper oxygen mixtures..

Chemical exposures due to chlorine and associated pool treatments, possible physical reactions for students.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **SELF-DEFENSE TRAINING**

Self-Defense and similar activities involve inherent risks, dangers and hazards that are associated with unique movement patterns and skills.

All manner of injuries resulting in broken bones, head injuries, dislocations, tendon and ligament damage, damage to teeth and dental work and spinal injuries that could result in various degrees of paralysis.

Injuries from executing strenuous and demanding, physical techniques.

Injuries from contact with other participants and or equipment such as heavy bags, strike targets, walls, or the floor.

The risk of injury includes minor injuries such as bruises and more serious injuries such as broken bones, dislocations, and muscle pulls. The risk also includes, catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck or head.

Possible injuries due to Slip/Trip/Fall hazards associated poor floor/mat conditions, slippery floor waxes, water or sweat on the floor.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**SKATING**

Skating (Indoor/Outdoor)

Possible injuries resulting from - slips/trips while walking on skates, poor ice surface, falls while skating, hitting the boards, colliding with other skaters, foreign objects like hockey sticks and pucks, sharp skate blades, steel hockey nets, improper equipment, skates too dull.

Outdoor skating weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**SKIING / SNOWBOARDING**

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog.

All manner of injuries related to ski hill conditions- icy slopes, heavy powder, rough terrain, moguls, rocks, trees, foreign objects, snowboard park.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Possible injuries resulting from- slips/falls, skiing/snowboarding in high risk areas, colliding with other skiers, falling off lifts, jumping, skiing/snowboarding too fast, icy conditions, poor or improper equipment, inadequate observation, not being able to stop.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**SNOWSHOEING**

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog.

All manner of injuries related to rough terrain, rocks, trees, foreign objects.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries related to unpredictable forces of nature, including weather. Additional risks include hypothermia, frostbite, and other mild or serious conditions.

Possible injuries resulting from- collisions, slips/falls, icy conditions, poor or improper equipment, inadequate observation, not being able to stop.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**SOCCER**

Slip/Trip/Fall hazards associated with poor field conditions, wet weather, stairways to fields, player's benches, parking lots, seating stands.

Injuries resulting from sprains, strains, cleats, hard tackles, being hit by the ball, running into steel posts of soccer nets, colliding with other players, proper equipment required.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**STAND UP PADDLEBOARDING**

Slip/Trip/Fall hazards associated with wet dock/deck surfaces, change rooms, slippery or muddy boat launches, running, horseplay.

Injury or Drowning exposures due to falling off paddleboard, no life jacket or improper size, water too deep for student skill level, swallow water, panic, improper supervision, no life guard on duty, horseplay, inadequate life safety equipment, being hit with a paddle, inadequate training, emergency whistles.

Weather related risks such as sunny/hot temperatures (Sunburn & Dehydration), high winds (increased risk of capsizing), rain, fog, thunderstorms, lightning.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries resulting from paddleboard fall with possible hypothermia.

Weather changes affecting the safety of student paddleboarding.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**SWIMMING**

Slip/Trip/Fall hazards associated with wet pool deck surfaces, change rooms, pool toys, running, horseplay and towels which may cause bruises, scrapes, cuts, broken bones or concussion.

Injury or Drowning exposures due to diving, water too deep for students, skill level, swallow water, panic, no guards on drains or filter systems, no life guard on duty, horseplay, inadequate life safety equipment.

Chemical exposures due to chlorine and associated pool treatments, possible physical reactions for students

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**TENNIS**

All manner of injuries resulting from physical contact with surfaces/fences/net, slips and falls, failure to follow rules and reckless conduct of other participants.

All manner of injuries resulting in sprains, bruises, broken bones, & head injuries from racquets, people, or ball contact.

All manner of injuries resulting in scratches, bruises, and sprains.

All manner of injuries resulting in eye injuries or loss of sight, joint or back injuries, heart attacks, and concussions.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the floor, uneven playing surfaces, contact with other participants.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**TOBOGGANING**

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog.

All manner of injuries related to toboggan hill conditions - icy slopes, heavy powder, rough terrain, rocks, trees, foreign objects.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Possible injuries resulting from collisions, slips/falls, icy conditions, poor or improper equipment, inadequate observation, not being able to stop.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### TRACK AND FIELD

Slip/Trip/Fall hazards associated with poor track & field conditions, pot holes, cracks in the track, wet weather, stairways to fields, players benches, parking lots, seating stands.

Injuries resulting from concussions, ankle roll over, sprains, strains, cleats, falling during competition, being hit by other sports equipment (shot put/javelin/high jump), colliding with others.

Weather related risks such as sunny/hot temperatures (Sunburn & Heat exhaustion), high winds, rain, fog, snow, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### TRANSPORTATION

Motor traffic exposures such as intersections, high traffic volumes, speeding vehicles, blind spots, crosswalks, railway crossings, construction zones.

Weather related injuries resulting from high winds, rain, fog, snow, thunder storms, lightning.

All manner of injuries and/or death which may result in the transportation and transitions to and from each destination and facility.

#### TRAVEL

All manner of injuries and/or death related to highway travel by bus or vehicle.

Weather related injuries resulting from sunny/hot temperatures (Sunburn), high winds, rain, fog, snow, thunder storms, lightning.

All manner of injuries resulting from use of equipment, materials or facilities.

All manner of injuries associated with participation in planned activities during the trip.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators, escalators, water pools.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, skate boarders, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

All manner of injuries and/or death which may result in the transportation and transitions to and from each destination and facility.

#### UNIHOCKEY

Possible injuries resulting from- slips/trips/falls while walking/running on hard surfaces (concrete/cement, tarmac), falls while hitting the boards or walls, colliding with other players, foreign objects like hockey sticks and rubber pucks, balls, felt pucks, nets, improper equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**VISIT TO A CITY PARK**

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog, thunder storms, lightning, sunny/hot conditions.

All manner of injuries associated with participation in planned activities during the field trip.

All manner of injuries resulting from use of equipment, materials or facilities.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators.

Close access to rivers, ponds and pools- drowning exposures.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**VISIT TO A LAKE, RIVER AND PORT**

Slip/Trip/Fall hazards associated with wet rock surfaces.

Injury or Drowning due to swimming in water too deep or strong currents for student's skill level.

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, thunderstorms, lightning, etc.

Possible hypothermia if water conditions are cold.

All manner of injuries and/or death which may result in the transportation to and from the facility.

Diving into unknown waters can cause bodily harm, neck injuries and potential death.  
**VISIT TO A RESTAURANT**

All manner of injuries resulting from slip/trip/fall.

Slip/Fall exposures with stairs, ramps, dark areas, seating.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, skate boarders, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones, etc.

All manner of injuries associated with participation in planned activities during the field trip.

All manner of injuries resulting from spills including but not limited to burns, cuts.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**VISIT TO A WATERPARK**

Slip/Trip/Fall hazards associated with wet pool deck surfaces, change rooms, pool toys, running, horseplay, towels, water park equipment.

Injury or Drowning exposures due to diving, water too deep for students skill level, swallow water, panic, no guards on drains or filter systems, no life guard on duty, horseplay, inadequate life safety equipment.

Chemical exposures due to chlorine and associated pool treatments, possible physical reactions for students

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, thunderstorms, lightning, etc.

All manner of injuries and/or death which may result in the transportation to and from the facility.  
**VISIT TO AN AMUSEMENT PARK**

All manner of injuries resulting from slip/trip/fall.

Exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators, escalators, water pools.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones while operating go carts. Collisions with other go carts.

Injuries from contact with batting cage equipment, errant golf balls.

Slip/Fall exposures with stairs, ramps, dark areas, seating.

Slip/Trip/Fall hazards associated with park surfaces, changes in elevation, running, horseplay, rides, amusement park equipment.

Injury or Accident exposures due to poor rides & equipment maintenance, food related illness due amusement concessions, students not tall enough for certain rides, panic if lost, adequate supervision, horseplay, inadequate rules for students.

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, thunderstorms, lightning.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **VOLLEYBALL**

Slip/Trip/Fall hazards associated with poor court conditions, slippery floor waxes, water or sweat on the court, players benches, seating stands, wax burn from sliding on the court.

Injuries resulting from ankle rollovers, sprains, strains, getting caught in the net, being hit by the ball, running into steel posts of volleyball nets, colliding with other players.

All manner of injuries resulting from the use of apparatus and equipment.

All manner of injuries resulting in muscular and soft tissue injuries including bruises, scrapes, cuts from collisions with the wall, floor, uneven playing surfaces, contact with other participants.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **WALK/RUN AROUND THE COMMUNITY**

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog, thunder storms, lightning, sunny/hot conditions.

Motor traffic exposures such as crossing streets and intersections, side walk bike traffic, high traffic times, speeding vehicles, blind spots, crosswalks, railway crossings, bus stops, LRT, construction zones.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, pot holes, trees, stairs, parking lots, ramps, elevators.

#### **YOGA**

Yoga and similar activities involve inherent risks, dangers and hazards that are associated with unique movement patterns and skills.

All manner of injuries resulting in broken bones, head injuries, dislocations, tendon and ligament damage, damage to teeth and dental work and spinal injuries that could result in various degrees of paralysis.

Injuries from executing strenuous and demanding physical techniques.

Possible injuries resulting from stretching muscles, strains, pulls.

Possible injuries resulting from improper floor matting to reduce resistance.

All manner of injuries and/or death which may result in the transportation to and from the facility.

#### **ZIP LINE**

All manner of injuries resulting from swinging with the use of cables, harnesses and ropes.

All manner of injuries resulting from possible equipment failure and/or malfunction.

All manner of injuries resulting from fatigue, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.

Weather related risks such as sunny/hot temperatures (Sunburn), high winds, rain, fog, snow, thunderstorms, lightning.


All manner of head, neck, spinal injuries.


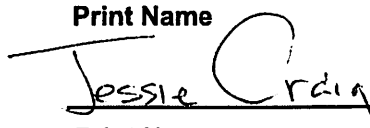
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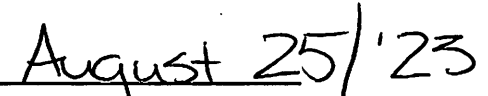
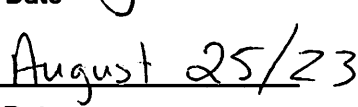
Date Submitted for Approval Aug 9, 2023

**Signatures**

  
Principal (Signature)

  
Lead Teacher and Contact  
(Signature)

  
Print Name  
  
Print Name

  
Date  
  
Date