

Administrative Application	
<p>Safety and Emergency Measures 10610</p> <p>Physical Education / Extra-Curricular Sports Safety</p>	<p>Last Reviewed / Approved on: February 20, 2026</p>
	<p>References:</p> <p><i>The Education Act, 1995, s. 188</i> Saskatchewan Physical Education: Safety Guidelines for Policy Development, Summer 1998 Regina Catholic Schools: A Safety Handbook for Physical Education and Extra-Curricular Sports, 2025 Policy 12 – Role of the Director</p>
	<p>Status: Operational</p>

Preamble

Physical activity contributes to students' physical, academic, and social well-being and is an important part of the educational program. Participation in a variety of learning activities enhances learning. The Regina Catholic School Division (RCSD) supports physical education activities that align with curriculum and determines approval of these activities.

RCSD is committed to ensuring a physical education program, grounded in instructional and supervisory practices that value student safety as the main priority. All physical education programs or activities must be developmentally appropriate for students. All activities must be related to the instructional program of the schools and be part of the Saskatchewan Ministry of Education physical education curricula.

RCSD recognizes that no physical education program or activity is entirely risk-free. The focus of the school division is to ensure that the benefits of a particular activity do not over-weigh the inherent probability of injury.

Definitions

1. **Approved Activities**

These activities are permissible providing they have been evaluated for safety concerns identified in the *Regina Catholic Schools: A Safety Handbook for Physical Education and Extra-Curricular Sports, 2025*.

2. **Approved Grade-Limited Activities**

These activities are permissible at specified grade levels, providing they have been evaluated for safety concerns as outlined in the *Regina Catholic Schools: A Safety Handbook for Physical Education and Extra-Curricular Sports, 2025*.

Application

1. This application applies to the instruction and conduct of physical education in the classroom, gymnasium, playground, and other appropriate areas, including non-school property.
2. The standard of care applied to the physical education program or activities is that exercised by a careful parent of a large family.
3. RCSD recognizes many authorities that refer to safety guidelines. These authorities include governing bodies of provincial sports, the medical community, local experts, and Saskatchewan High School Athletics Association. In addition to these authorities, the *Saskatchewan Physical Education: Safety Guidelines for Policy Development, April 1998* informs the *RCSD Safety Handbook for Physical Education and Extra-Curricular Sports, 2025*. Notwithstanding the importance of written guidelines, they should not replace common sense, professional judgement, and diligence in the application of an appropriate standard of care.

4. **Roles and Responsibilities**

Safety is everyone's responsibility. General safety principles apply to everyone, not only students. Board members, teachers, in-school administrators, and other staff and community members who help with physical education classes shall observe an acceptable standard of care. The prevailing standard of care the court applies to physical education activities is that exercised by a careful parent/guardian of a large family. The following points outline roles and responsibilities:

a. Catholic Education Centre

- i. Identify foreseeable risks. Take precautions to minimize these risks.
- ii. Maintain school division administrative applications in place to deal with emergencies.
- iii. Offer certified First Aid and CPR support to all supervisory and teaching staff.
- iv. Provide plans for ongoing upgrades and maintaining of facility infrastructure.
- v. Develop inspection procedures and schedules for all physical activity.

b. School-Based Administrator (Principal)

- i. Communicate school procedures to deal with emergencies.
- ii. Ensure that all staff follows safety provisions in place for transportation of students when leaving the school campus.

- iii. Communicate guidelines for monitoring staff qualifications and training, specific to activities.
 - iv. Provide a first aid kit that is easily accessible by staff and volunteers.
 - v. Ensure that staff has access to student leave information.
- c. Teachers/Staff/Authorized Personnel
- i. Follow the same safety procedures and wear the same protective equipment as students when participating in physical education activities. This includes wearing running shoes in the gym.
 - ii. Be familiar with student health information.
 - iii. Teach activities suitable for the age, mental, and physical condition of the participants. Refer to *Regina Catholic Schools: A Safety Handbook for Physical Education and Extra-Curricular Sports, 2025*.
 - iv. Have students participate in progressively taught and properly executed activities while avoiding unnecessary dangers inherent to the activity.
 - v. Perform a pre-activity check to ensure the facility and equipment is adequate and meets safety requirements.
 - vi. Identify foreseeable risks and take precautions to minimize these risks.
- d. Parents/Guardians
- i. Provide designated school personnel with adequate information about the special medical needs of their children by completion of a health information form.
 - ii. Support their children and the school staff in implementing safe physical education practices.
- e. Students
- i. Assume a level of responsibility for their personal safety that is appropriate for their age and level of skill.
 - ii. Actively participate to benefit from instruction.
 - iii. Follow school expectations concerning behaviour and cooperation.

5. Consideration of Supervision

- a. Teachers, staff, or authorized personnel should establish routines, rules of acceptable behaviour and student responsibilities at the beginning of the year

and reinforce them throughout the school year.

- b. Teachers, staff, or authorized personnel who observe unsafe behaviour must stop the activity and provide corrections for students. All staff must deal with individual students who are endangering the safety of themselves and/or others according to school expectations.
- c. Discuss risks and safety concerns with students and parents/guardians to make them aware of the potential risks.
- d. All third-party instructors, coaches, and supervisors must be appropriately qualified, and a teacher must be present and in charge at all times. With approval by the Director, School Administrator or designated Superintendent, coaches and supervisors can lead activities without a teacher present.
- e. When supervising various physical education activities there are varied levels of supervision required. There is "direct supervision," "on-site supervision," and "in-the-area supervision". These levels of supervision are further defined as:
 - i. **Direct supervision** – activities that are higher in risk and require constant monitoring.
 - ii. **On-site supervision** – spread out activities that do not require constant monitoring.
 - iii. **In-the-area supervision** – activities that cover large areas where constant visual supervision is not possible.
- f. The *Regina Catholic Schools: A Safety Handbook for Physical Education and Extra-Curricular Sports, 2025* recommends suggested levels of supervision.

6. Safety Equipment

- a. The first aid kit should be stocked and accessible. If the activity is off campus, a first aid kit must be brought along.
- b. Access to EDSBY and Emergency phone numbers should be accessible. Sports teams must carry this information when they travel.
- c. Students shall wear appropriate clothing and footwear for that activity.
- d. Students must remove or cover jewellery before participating in physical education activities.
- e. Supervisors shall strive to ensure equipment fits properly and is appropriate of the skill level of the individual and the activity.
- f. Students must wear protective equipment for a specific activity as outlined in the *Regina Catholic Schools: A Safety Handbook for Physical Education and Extra-*

Curricular Sports, 2025.

7. **Instructional Guidelines**

The following instructional guidelines apply:

- a. Teach skills in a proper and logical progression.
- b. Games and activities should reflect the skills taught.
- c. The following of rules and etiquette as outlined by staff and/or facility.

8. **Approved Physical Education Activities**

The following activities are permitted when conducted within the restrictions outlined in the *Regina Catholic Schools: A Safety Handbook for Physical Education and Extra-Curricular Sports 2025*.

1. Approved Activities List / Approved Grade Limited Activities List (Table 1)

Approved Activities	Approved Grade-Limited Activities
<p>Aquatics: Swimming, Synchro, Lessons, Water Polo, Water Sliding, Diving</p> <p>Basketball</p> <p>Bowling: 5 Pin, 10 Pin, Lawn Bowling, Bocce Ball</p> <p>Broomball</p> <p>Cheerleading</p> <p>Cricket</p> <p>Cross-Country Running</p> <p>Curling</p> <p>Cycling</p> <p>Dance, Rhythmics</p> <p>Disc Golf</p> <p>Fitness Activities: Aerobics, Circuit Training, Resistance Training, DrumFIT, etc.</p> <p>Football: Flag, Touch</p> <p>Golf</p> <p>Gymnastics: Educational and Off-site</p> <p>Hockey: Ball, Field, Floor, Ice</p> <p>Horseshoes/Cornhole</p> <p>Ice Hockey/Ringette</p> <p>Lacrosse (Soft)</p> <p>Low Organized Games (e.g. Kin-Ball, Tag, Scoop Ball, Skipping)</p> <p>Martial Arts (Self-Defense)</p> <p>Orienteering/Geocaching</p> <p>Parachute Activities</p> <p>Racquet Sports: Badminton, Pickleball, Racquetball, Squash, Tennis</p> <p>Relaxation Exercises (e.g. Yoga, Tai Chi)</p> <p>Rugby (Non-contact)</p> <p>Scooter Boards</p> <p>Shoreline Fishing</p> <p>Skating (Ice)</p> <p>Snowshoeing</p> <p>Soccer</p> <p>Softball</p> <p>Team Handball/Tchoukball</p> <p>Tetherball</p> <p>Tobogganing</p> <p>Track and Field: Long Jump, Triple Jump, Sprints, Distance, Relays</p> <p>Ultimate Frisbee</p> <p>Urban Trekking</p> <p>Volleyball</p> <p>Wrestling</p>	<p>Alpine Skiing/Snowboarding/ Snow Tubing (6 – 12)</p> <p>Archery (5 – 12)</p> <p>Boxing (9 – 12) noncontact boxing (6 – 12)</p> <p>Canoeing/Flatwater/Kayaking/Rowing (6 – 12)</p> <p>Cross Country Skiing (6 – 12)</p> <p>Fencing (6 – 12)</p> <p>Field Hockey (6 – 12)</p> <p>Ice Fishing (6 – 12)</p> <p>Inflatable Play Structures (9 – 12)</p> <p>In-Line Skating (6 – 12)</p> <p>Outdoor Education (Grade approved)</p> <p>Parkour (6 – 12)</p> <p>Scuba Diving/Snorkelling (9 – 12)</p> <p>Track and Field:</p> <p style="padding-left: 40px;">Discus (9 – 12)</p> <p style="padding-left: 40px;">High Jump (4 – 12)</p> <p style="padding-left: 40px;">Hurdles (9 – 12)</p> <p style="padding-left: 40px;">Javelin (9 – 12)</p> <p style="padding-left: 40px;">Shot Put (4 – 12)</p> <p>Wall Climbing (7 – 12)</p> <p>Weight Training (9 – 12)</p>
<p>Note: If an activity is not listed you must contact the Superintendent for approval.</p>	

9. Activity Review Process

- a. Request to add or delete an activity must be made in writing to the Area of Superintendent in charge of Physical Education who will review requests or as need arises.
- b. The Regina Catholic Schools Sports Safety Advisory committee will consist of individuals with expertise in Physical Education, including an elementary teacher, a high school teacher, an in-school administrator, and a designated Superintendent.
- c. Decisions will be based on:
 - i. Ministry of Education physical education curriculum requirements.
 - ii. Recommendations of *Saskatchewan Physical Education Safety Guidelines*.
 - iii. *Saskatchewan High Schools Athletic Association* rulebook.
 - iv. Previous best practices in the school division.
 - v. Policies from other school divisions within and outside Saskatchewan.
 - vi. Individual evaluations of each activity from a “risk versus gains” perspective.