

INITIATIVES & INTEGRATED LEARNING

- [Environmental Education](#)
- [Foundations for a Healthy School](#)
- [Social Emotional Learning Skills](#)

MATERIALS

- Computer
- Internet access
- Projector and screen

ACTIVITY NAME:

SAFETY COMES FIRST

LEAD UP TO:

Skiing/Snowboarding

SUITABLE FOR:

PPL, PAF, PAI, PAD

DIVISION:

Secondary Division

CURRICULUM CONNECTIONS



Ontario
Curriculum



Health & Physical Education

A1. A3. Demonstrate responsibility for their own safety and the safety of others as they participate in physical activities

BEFORE YOU GO

Learning Goal

- Students will build awareness about concussions and concussion prevention, and demonstrate their knowledge and understanding with others.

Minds On Activity:

- With the authority under the Education Act, the Minister requires all school boards in Ontario to have a policy on concussion safety for students that meets certain minimum requirements, as outlined in this memorandum. Learn more about [Policy/Program Memorandum 158](#).
- Access [Ophea's Rowan's Law Day Toolkit for Schools](#) to learn more and share the following information with the class:
 - In March of 2018, the Ontario government passed Rowan's Law. This law was designed to educate parents/guardians/caregivers, coaches, teachers, and officials about the dangers of concussions, as well as protect amateur athletes and students. It is the first law of its kind in Canada and benefits both athletes and non-athletes.
 - By increasing concussion awareness and knowledge, we can change Ontario's culture around sports, physical activity and injury. [Rowan's Law](#) makes it easier for those who experience concussions to self-advocate for the help they need and the time necessary for recovery.
- Show [Dr. Mike Evans: Concussion 101](#) video to students.

Action Activity

- Review the information addressed in the video to ensure all students have a full understanding of the content presented.
- Share information about your School and School Board's concussion policy with students.
- Organize the class into small groups of 2-4 students.
- Have each group to create a Public Service Announcement that can be used to increase concussion education and awareness for one of the following target audiences:
 - Parents/guardians/caregivers
 - Educators
 - Coaches
 - Officials
 - Students
- Consider using the Public Service Announcements in a variety of environments:
 - Morning announcements
 - School e-Newsletter
 - Staff e-Newsletter

WHILE YOU ARE THERE

Schools on Snow Activity

- Before participating in the skiing or snowboarding activity, ensure that the Schools on Snow facility, school staff along with students are aware of the following:
 - Ontario Physical Activity Safety Standards, Concussions
 - Ontario Physical Activity Safety Standards:
 - Skiing (Alpine) or Snowboarding, Elementary; Curricular
 - Skiing (Alpine) or Snowboarding, Elementary; Interschool
 - Skiing (Alpine) or Snowboarding, Elementary, Intramural
- Educators who are organizing the Schools on Snow skiing/snowboarding activity should be aware of the school board's safety standards and protocols.

ONCE YOU GET BACK

Consolidation Activity

- Lead the class in a group discussion about concussion awareness. Example teacher prompts:
 - *Share some safety standards you adhered to during your skiing and/or snowboarding activity.*
 - *Given what we have learned about concussion injuries, what are some reasons why students may not always disclose information about a suspected injury to a trusted adult (e.g. educator, coach, official, parent/guardian/caregiver)?*
 - *If you suspect a concussion, describe why is it important to ask for help?*
 - *Describe what you need to create a physically and emotionally safe environment so that you are comfortable in sharing information regarding a suspected concussion.*

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

Know the Code - It is Your Responsibility