

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

DIVISION:

Junior Division

CURRICULUM CONNECTIONS



Ontario
Curriculum



Health & Physical Education

A1. apply, to the best of their ability, a range of social-emotional learning skills as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade

B3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities

D1. demonstrate an understanding of factors that contribute to healthy development

D3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being

BEFORE YOU GO

Learning Goal

- Students will develop an awareness and understanding of concussions and concussion prevention. They will also learn about the importance of wearing an appropriate helmet for personal safety and injury prevention when participating in physical activities that require helmet protection.

Minds On Activity:

- The Ontario Ministry of Education requires all Ontario school boards to have a student concussion safety policy that meets certain minimum requirements, as outlined in this memorandum [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, educators, 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 help and the necessary time to recovery.
- Show [Dr. Mike Evans: Concussion 101](#) video to students.
- Lead the class in a group discussion. Example educator prompts:
 - Describe how someone can get a concussion.
 - What are some signs that you may experience if you do have a concussion?
 - What can you do if you suspect you have a concussion?
 - Who and where should you go to for help?

Action Activity

- As a class, list some physical activities and/or sports that require a certified helmet. Ask the students to describe why a helmet is needed in these activities and/or sports. Example student responses:
 - *When you wear a helmet and strike your head, the helmet will spread out and absorb the shock wave of the impact. It is important to learn about certified helmets that are meant for the specific physical activity and/or sport you are participating in.*
 - *When biking, it is important to wear a certified biking helmet. Although I may be a confident bike rider, I don't know when an accident may happen.*
 - *It is important to wear a certified helmet for skiing and/or snowboarding. Falls can also happen when participating in these sports, a helmet will help protect against a head injury.*
 - *Wearing a helmet when skiing and/or snowboarding can reduce head injuries such as fractured skulls, facial lacerations, and head lacerations.*

WHILE YOU ARE THERE

Schools on Snow Activity

- Students will learn to glide down snow-covered hills with a certified instructor who will provide instruction customized to each student's ability and experience.
- 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 their experience during the skiing and/or snowboarding activity. Example educator prompts:
 - Describe what was most successful for you in the skiing and/or snowboarding activity.
 - Describe what was the most challenging about the skiing and/or snowboarding activity.
 - How did you feel before, during and after the skiing and/or snowboarding activity?
 - Would you recommend this activity to a peer or friend?
 - Where can you go to learn more about how you can participate in skiing and/or snowboarding?
 - What other activities can you do outside during the winter season?
 - What did you enjoy most about this activity?

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

CROSS COUNTRY RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, 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 check posted trail conditions.*
- 2** *Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.*
- 3** *Always ski to right when meeting on-coming skiers.*
- 4** *Yield the track to faster skiers and skiers calling 'track'.*
- 5** *Ski in control. On two-way trails descending skiers have the right-of-way.*
- 6** *Do not stop where you obstruct a trail or are not visible to others. Move off the track quickly if you fall or during rest stops.*
- 7** *Do not litter. Take out what you pack in. Respect all property.*
- 8** *Report all incidents.*

**Know the Code - Be Safety Conscious
It is Your Responsibility**