

# Summary of the September 2024 revisions to the Ontario Physical Activity Safety Standards in Education (OPASSE)

The following document contains a **summary**\* of the changes to the OPASSE for the 2024-2025 school year. If you have any questions regarding the changes, please email Ask Ophea at [safety@ophea.net](mailto:safety@ophea.net)

**\*Note:** This document is not an exhaustive summary of all changes and is not meant to replace reviewing all information related to the activity prior to commencing an activity.

## Legend:

E\_C = Elementary Curricular

E\_IM = Elementary Intramural

E\_IS = Elementary Interschool

S\_C = Secondary Curricular

S\_IM = Secondary Intramural

S\_IS = Secondary Interschool

# Revisions to Activity Pages

## E\_C, E\_IM, S\_C, S\_IM – All activity safety standards

### Definitions

Previous definitions:

- **Constant visual supervision:**
  - Constant visual supervision means that the teacher is physically present, watching the activity in question. Only one activity requiring “Constant visual” supervision may take place while other activities are going on.
  - Curricular example: During a track and field session, some students are involved in high jump, some are practising relay passing on the track while a third group is distance running around the school. For high jump, the teacher is at the high jump area and is observing the activity.
  - Intramural example: During a school outdoor special events day, some students are involved in parachute games, some in relay games, and others in a team scavenger hunt around the school. For parachute, the intramural supervisor is at the event and is observing activity.
- **In-the-area Supervision:**
  - In-the-area supervision means that the teacher could be in the gymnasium while another activity is taking place in an area adjacent to the gymnasium. In-the-area supervision requires the teacher to be readily accessible.
  - In-the-area supervision occurs:
    - in activities in which students may be out of sight for periods of time and the location of the teacher is not nearby (for example, alpine skiing, cross-country running). At least one of the following criteria must be in place:
      - The teacher is circulating.
      - The location of teacher has been communicated to students and volunteers.
    - in single activities and those that may be combined (for example, other in- the- area activities such as badminton, table tennis, handball – wall) with the following criteria in place:
      - The teacher must be circulating between the activities and readily accessible.

- The teacher informs students of the location of the activities.
  - Curricular example: During a track and field session, some students are involved in high jump, some are practising relay passing on the track while a third group is distance running around the school. For distance running, the students are running around the school and at times may be out of sight.
  - Intramural example: During a school outdoor special events day, some students are involved in parachute games, some in relay games, and others in a team scavenger hunt around the school. For a scavenger hunt, the students are running around the school grounds and at times may be out of sight.
- **On-site Supervision:**
  - On-site supervision entails teacher presence but not necessarily constantly viewing one specific activity. Momentary presence in adjoining rooms (for example, equipment room) to the gym is considered part of “on-site supervision”.
  - Curricular example: During a track and field session, some students are involved in high jump, some are practising relay passing on the track while a third group is distance running around the school. For a relay, the students are practising on the track and can be seen by the teacher who is with the high jumpers.
  - Intramural example: During a school outdoor special events day, some students are involved in parachute games, some in relay games, and others in a team scavenger hunt around the school. For relay games, the students are participating on the playground and can be seen by the intramural supervisor.

Updated to:

- **Direct Supervision:**
  - Direct Supervision requires that the teacher is physically present at the activity, providing visual and verbal oversight for management and direction of both, the activity and student safety.
    - Provisos:
      - No other activity can occur when part of the activity or the entire activity is under Direct Supervision when there is only one teacher supervising.
      - The Supervision section of the relevant activity safety standards page in the Ontario Physical Activity Safety Standards in Education describes when parts of an activity are under Direct Supervision.

- Where a Qualified Instructor(s) is providing the safety and initial skill instruction and monitoring for one activity and requires the teacher to be present at that activity for management and direction.
  - An activity may be under Direct Supervision:
    - During the entire duration of the activity;
    - During the set up and take down of equipment;
    - During the safety and initial skill instruction;
    - During the performance/practice of the activity skill; and
    - When the activities transition from Direct Supervision to On-Site Supervision.
- **On-Site Supervision:**
  - The teacher is present at one location where the student activity takes place (e.g., gymnasium, sports field, climbing wall at an Outside Activity Provider's facility, campsite) and is accessible for providing management and direction of the physical activity and student safety.
    - Provisos:
      - Where more than one activity occurs in one location, the teacher is circulating between the activities and is accessible for management and direction.
      - Momentary presence in adjoining rooms (e.g., equipment room, outdoor storage shed, boathouse, staff tent) is considered to be On-Site Supervision.
      - Where a Qualified Instructor(s) is providing the safety and initial skill instruction and monitoring for an activity or a combination of activities at one location and the teacher is present and is circulating and accessible for management and direction.
    - An activity may be under On-Site Supervision
      - During the entire duration of the activity;
      - During the safety and initial skill instruction;
      - With activities using multiple stations while the teacher is circulating;
      - When combining two or more activities at one location while the teacher is circulating; and
      - When activities transition from On-Site Supervision to In-the-Area Supervision.
- **In-the-Area Supervision:**

- The teacher is located in proximity to a combination of locations where the student activities take place, is circulating, and is accessible for providing management and direction of the physical activity and student safety.
  - Provisos:
    - The teacher is circulating between the activities occurring at separate locations, and is readily accessible, or the location of the teacher is communicated to the student.
    - Where a Qualified Instructor(s) is providing the safety and skill and instruction and is monitoring at a combination of locations, the teacher is located in proximity to where the student activities take place, is circulating between the activity locations, and is accessible for management and direction.
    - Students may be out of sight for periods of time.
  - An activity or a component of the activity is under In-the-Area Supervision:
    - Where the same activity is located in separate locations (e.g., Fitness activities);
    - Where two or more activities under In-the-Area Supervision occur in separate locations (e.g., Badminton, Table Tennis, Handball (Wall));
    - Where the skill application of the activity takes place at a separate location from the teacher (e.g., Cross Country Running, Skiing (Alpine), Cycling, hiking on trails);
    - When the activities occur in double or triple gymnasiums; and
    - Where more than one Qualified Instructor is providing activities at a combination of locations.

Rationale:

The definitions of the Types of Supervision required for each activity were reviewed and updated to increase clarity for school board/school leaders, teachers, intramural supervisors/monitors.

## **E\_C, E\_IM, S\_C, S\_IM – All activity safety standards**

### **Supervision**

All activity safety standards were reviewed and updated to ensure they reflect the revised Types of Supervision definitions and their applications.

## **E\_IS, S\_IS – All activity safety standards**

### **Definitions**

Previous definitions:

- **Constant visual supervision:**
  - The coach is physically present, watching the activity in question. Only one activity requiring “Constant visual” supervision may take place while other activities are going on.
  - For example, during a track and field practice, some students are involved in high jump, some in relay, and others in distance running. For high Jump, the coach is at the event and is observing the activity.
- **In-the-area Supervision:**
  - The coach could be in the gymnasium while another activity is taking place in an area adjacent to the gymnasium. In-the-area supervision requires the coach to be readily accessible.
  - For example, In-the-area supervision occurs:
    - in activities in which students may be out of sight for periods of time and the location of the coach is not nearby (for example, alpine skiing, cross-country running). At least one of the following criteria must be in place:
      - The coach is circulating
      - The location of the coach has been communicated to students and volunteers
    - in single activities and those that may be combined (for example, other in- the- area activities such as badminton, table tennis, handball – wall) with the following criteria in place:
      - The coach must be circulating between the activities and readily accessible
      - The coach informs the students of the location of the activities
- **On-site Supervision:**

- Entails coach presence but not necessarily constantly viewing one specific activity. Momentary presence in adjoining rooms (for example, equipment room) to the gym is considered part of “on-site supervision”.
- For example, during a track and field practice, some students are involved in high jump, some in relay, and others in distance running. For the relay, students are participating on the track/field and can be seen by the coach.

Updated to:

- **Direct Supervision:**
  - Direct Supervision requires *that the coach is physically present at the activity, providing visual and verbal oversight for management and direction of both the activity and student safety.*
    - **Provisos:**
      - No other activity can occur when part of the activity or the entire activity is under Direct Supervision when there is only one coach supervising.
      - The Supervision section of the relevant activity safety standards page in the Ontario Physical Activity Safety Standards in Education describes when parts of an activity are under Direct Supervision.
      - Where a Community Coach is providing the safety and initial skill instruction and monitoring, a Community Coach Liaison is accessible for management and direction as determined by the Principal/ Designate.
    - An activity may be under Direct Supervision:
      - During the entire duration of the activity;
      - During the set up and take down of equipment;
      - During the safety and initial skill instruction;
      - During the performance/practice of the activity skill; and
      - When the activities transition from Direct Supervision to On-Site Supervision.
- **On-Site Supervision:**
  - The coach is present at one location where the student activity takes place (e.g., gymnasium, sports field, tennis courts at an Outside Activity Provider’s facility) and is accessible for providing management and direction of the physical activity and student safety.
    - **Provisos:**

- Where more than one activity occurs in one location, the coach is circulating between the activities and is accessible for management and direction.
- Momentary presence in adjoining rooms (e.g., equipment room, outside storage shed, boathouse) is considered to be On-Site Supervision.
- Where a Community Coach is providing the safety and initial skill instruction and monitoring, a Community Coach Liaison is accessible for management and direction as determined by the Principal/Designate.
- An activity may be under On-Site Supervision:
  - During the entire duration of the activity;
  - During the safety and initial skill instruction;
  - With activities using multiple stations while the coach is circulating;
  - When combining two or more activities at one location while the coach is circulating; and
  - When activities transition from On-Site Supervision to In-the-Area Supervision.
- **In-the-Area Supervision:**
  - The Coach is located in proximity to a combination of locations where the student activities take place, is circulating, and is accessible for providing management and direction of the physical activity and student safety.
    - Provisos:
      - The coach is circulating between the activities, occurring at separate locations, and is readily accessible, or the location of the coach is communicated to the student.
      - Where a Community Coach is providing the safety and initial skill instruction and is monitoring, a Community Coach Liaison is accessible for management and direction as determined by the Principal/Designate.
      - Students may be out of sight for periods of time.
  - An activity or a component of the activity is under In-the-Area Supervision:
    - Where the same activity is located in separate locations. (e.g., Track and Field, Cross Country Running, Skiing (Alpine));



- Where two or more activities under In-the-Area Supervision occur in separate locations (e.g., Badminton, Table Tennis, Handball (Wall));
- Where the skill application of the activity takes place at a different location from the coach (e.g., Cross Country Running, Skiing (Alpine), Cycling);
- Where activities occur in double or triple gymnasiums; and
- Where more than one Qualified Instructor is providing activities at a combination of locations.

Rationale:

The definitions of the Types of Supervision required for each activity were reviewed and updated to increase clarity for school boards and coaches.

## **E\_IS, S\_IS - All Activity Safety Standards**

### **Supervision**

All activity safety standards were reviewed and updated to ensure they reflect the revised Types of Supervision definitions and their applications.

## **E\_C, E\_IM, E\_IS, S\_C, S\_IM, S\_IS – All Activity Safety Standards**

### **Terminology on OPASSE and Definitions**

All sections on OPASSE (e.g., Activity safety standards, Tools & Resources) have been updated to reflect new and revised terminology and definitions.

New terminology/added definitions:

- Monitor
- Monitoring
- Community Coach (*E\_IS, S\_IS only*)
- Teacher (*previously Supervisor*)
- Teacher Coach (*E\_IS, S\_IS only*)
- Volunteer

Revised terminology/updated definitions:

- Qualified Instructor was updated from Instructor and included on all activity pages
- Outside Activity Provider
- Coach (*E\_IS, S\_IS only*)
- Community Coach Liaison (*previously Coach Liaison*) (*E\_IS, S\_IS only*)

Rationale:

The terminology was updated or added to align with the terminology used in the updated definitions and their applications. The definitions for each of these terms are found on applicable activity safety standards.

## **E\_C, S\_C – Broomball; Ringette (Gym); Hockey (Ball/Cosom)**

### **Equipment**

Previous safety standard:

- Goalies must wear a protective mask (for example, properly fitted as per manufacturer's guidelines) and a properly worn hockey helmet with a cage or a softball mask

Updated to:

- Goalies must wear a protective face mask (for example, hockey helmet with a cage, a softball mask) properly fitted as per manufacturer's guidelines.

Rationale:

The protective face mask standard in the Equipment section was updated to increase clarity of the safety standard and align with other safety standards using similar equipment.

## **E\_C, S\_C – Track and Field (High Jump)**

### **Equipment**

Previous safety standards (*E\_C*):

- For curricular instruction:
  - The landing surface (excluding the Velcro mat apron around the outside) must be a minimum of 1.5m x 3.6m x .5m (5' x 12' x 20").

There must be one layer of Velcro mats around the three sides with no gaps.

- For interschool teams:
  - Practices and tryouts (whether done in class or outside instructional time):
    - Landing surface must be a minimum of 1.5m x 3.6m x .5m (5' x 12' x 20") and in addition there must be a double layer of Velcro mats along three sides with no gaps.
    - One landing mat, or landing mats in combination, may be used to meet or exceed the above minimum.
    - When two mats are placed end to end, use a cover or place a Velcro mat over the gap between landing mats.
    - Two jumping mats used end to end must be of the same thickness.
    - If conducting tryouts/practices during class time, consult mat regulations for interschool high jump.
    - Check landing mats regularly for damage.

Previous safety standards (S\_C):

- The landing area must be a minimum mat surface of 3m x 5m x .5m (10'X16.5'X20") as per IAAF Standards.
- Check mats regularly for damage and repair or replace as necessary.
- Two jumping pits used adjacent to one another must be of the same thickness and compaction rating and be covered to prevent a student from slipping between pits upon landing.

Updated to:

- Check all mats regularly for damage to repair or replace as necessary.
- For Scissor Jumping Techniques at a height below a student's waist:
  - A landing mat(s) that is at least (5cm/2") thick and 2.4m x 3.6m (8'x12') is required when students are:
    - landing on their feet,
    - jumping over a height lower than their waist
  - Landing mats must be:
    - properly placed for landings and precautions must be taken to minimize movement of mat on impact.
    - a minimum of 1m (3'3") from any wall and any other permanent structures.
  - When multiple general utility mats (5cm/2") are used to make a larger landing mat they must:
    - be firmly secured and attached together

- not overlap or have open spaces
- be composed of the following types of shock absorbing foams:
  - closed cell/cross-linked polyethylene foam 5cm (2")
  - open cell polyurethane foam (100 Indentation Force Deflection (I.F.D.) minimum) 5cm (2")
  - dual density foam 5cm (2")
  - mats of equivalent compaction rating as determined by manufacturer.
- For all other jumping techniques and for jumps higher than a student's waist:
  - The landing surface (excluding the apron made up of General Utility mats around the outside) must be a minimum of 1.5mx3.6mx0.5m (5'x12'x20').
  - There must be a double layer of General Utility mats around the three sides with no gaps.
  - Two jumping pits used adjacent to one another must be of the same thickness and compaction rating and be covered to prevent a student from slipping between pits upon landing.

Rationale:

When students are using the scissor technique and landing on their feet as a progression to high jump a 0.5m thickness mat may increase risk for students who cannot jump the height of the landing mat. Therefore, the updates were made to the landing surface/mats safety standards to include safety standards specific to scissor technique since this was not addressed in previous versions.

Updates to the apron around the landing surface included the addition of a double layer of mats for the E\_C safety standards for consistency with the E\_IS safety standards (for practices and tryouts). However, the size of the high jump landing surface did not change in any of the high jump categories.

The reference to "IAAF" (World Athletics [WA]) in the S\_C safety standards was removed since the mat thickness referenced in WA was increased to 0.7m and a change from a thickness of 0.5m to 0.7m may result in schools no longer being able to participate in high jump as their mats may not meet the updated thickness.

The reference to interschool teams in E\_C was removed since there are specific interschool High Jump safety standards.

# E\_IS, S\_IS – Track and Field (High Jump)

## Equipment

Previous safety standards (*E\_IS*):

**Landing Mats - Practices and tryouts** (whether done in class or outside instructional time)

- Landing surface must be a minimum of 1.5m x 3.6m x .5m (5' x 12' x 20") and in addition there must be a double layer of Velcro mats along three sides with no gaps.

**Landing Mats - Competition**

- The landing surface (excluding the Velcro apron around the outside) must be a minimum of 1.5m x 6m x .5m (5' x 20' x 20"). There must be one layer of Velcro mats around the three sides with no gaps.
- One mat, or mats in combination, may be used to meet or exceed the above minimums.
- The above mats must be placed end-to-end, parallel to crossbar.
- When two mats are placed end-to-end, use a cover or place a Velcro mat over the gap between crash mats.
- Two jumping mats used end-to-end must be of the same thickness.
- Check landing mats regularly for damage.

Updated to (*E\_IS*):

**Landing Mats**

- Check all mats regularly for damage and repair or replace as necessary.

**Practices and tryouts**

- The landing surface (excluding the apron made up of General Utility mats around the outside) must be a minimum of 1.5m x 3.6 m x 0.5m (5' x 12' x 20').
- There must be a double layer of General Utility mats around the three sides with no gaps.

**Competitions**

- The landing surface (excluding the apron made up of General Utility mats around the outside) must be a minimum of 1.5m x 6m x .5m (5' x 20' x 20").
- There must be a double layer of General Utility mats around the three sides with no gaps.
- One jumping pit, or jumping pits in combination, may be used to meet or exceed the above minimums.
- The above mats must be placed end-to-end, parallel to crossbar.
- Two jumping pits used adjacent to one another must be of the same thickness and compaction rating and be covered to prevent a student from slipping between pits upon landing.

Previous safety standard (S\_IS):

- The landing area must be a minimum mat surface of 3m x 5m x .5m (10'X16.5'X20") as per IAAF Standards.
- Checks mats regularly for damage and repair or replace as necessary.
- Jumping pits used adjacent to one another must be of the same thickness and compaction rating and be covered to prevent a student from slipping between pits upon landing.

Updated to (S\_IS):

- Check all mats regularly for damage and repair or replace as necessary.
- The landing surface (excluding the apron made up of General Utility mats around the outside) must be a minimum of 3m x 5m x .5m (10'X16.5'X20").
- One jumping pit, or jumping pits in combination, may be used to meet or exceed the above minimums.
- Two jumping pits used adjacent to one another must be of the same thickness and compaction rating and be covered to prevent a student from slipping between pits upon landing.

Rationale:

Updates to the apron around the landing surface included the addition of a double layer of mats for the E\_C safety standards for consistency with the E\_IS safety standards (for practices and tryouts). However, the size of the high jump landing surface did not change in any of the high jump categories.

The reference to "IAAF" (World Athletics [WA]) in the S\_IS safety standards was removed since the mat thickness referenced in WA was

increased to 0.7m and a change from a thickness of 0.5m to 0.7m may result in schools to no longer be able to participate in high jump as their mats may not meet the updated thickness.

## **E\_IS, S\_IS – Skiing (Alpine)**

### **Equipment**

Previous safety standard:

- In practice and competition, students must wear: a properly fitted (as per manufacturer's guidelines) and properly worn hard shell crash helmets (designed for Giant Slalom alpine ski racing) which provide complete head protection (front and back) and full ear protection. Fédération Internationale de Ski (FIS) approved slalom helmets with a chin guard attached to the helmet and bearing the following certification codes (ASTM F2040, CEN 1077, or Snell S98)

Updated to:

- In both practice and competition, students must wear a properly fitted (as per manufacturer's guidelines) and properly worn hard shell crash helmet that meets the International Ski and Snowboard Federation (FIS) equipment specifications. Helmets must bear a CE mark and conform to recognized and appropriate standards (for example, such as CEH. Din 1077, ASTM F2040, SNELL S98 or RS 98). For Slalom events, helmets must have an approved chin guard affixed to the helmet or the student must wear a mouthguard. If the helmet has soft ear protection it must meet the FIS Equipment specifications and is only permitted for helmets used in Slalom.

Previous safety standard:

- When renting equipment, the facility operator must provide:
  - Snow sport helmets that are in good condition and are certified by a recognized safety standards organization (for example, ASTM F2040, CEN 1077, Snell RS 98);

Updated to:

- When renting equipment, the facility operator must provide:
  - Helmets that meet the helmet requirements for practice and competition.

Rationale:

The helmet information has been updated to clarify the safety standards required. The updated safety standards are also consistent with OFSAA's Alpine Skiing Playing Regulations.

## Information for Parents/Guardians

Previous safety standard:

- That their child/ward must wear a properly fitted (as per manufacturer's guidelines) and properly worn snow sport helmet certified by a recognized safety standards organization (for example, ASTM F2040, CEN 1077, Snell S98) as appropriate for skiing

Updated to:

- That in both practice and competition, their child/ward must wear a properly fitted (as per manufacturer's guidelines) and properly worn hard shell crash helmet that meets the FIS equipment specifications. Helmets must bear a CE mark and conform to recognized and appropriate standards (for example, such as CEH. Din 1077, ASTM F2040, SNELL S98 or RS 98). For Slalom events, helmets must have an approved chin guard affixed to the helmet or the student must wear a mouthguard. If the helmet has soft ear protection it must meet the FIS Equipment specifications and is only permitted for helmets used in Slalom.

Rationale:

The helmet safety standard was updated to align with the helmet safety standard from the Equipment section.

## Information for Students

Previous safety standard:

- Prior to the competitions review the following with students:
  - A properly fitted (as per manufacturer's guidelines) and properly worn snow sport helmet certified by a recognized safety standards association (for example. ASTM F2040, CEN 1077, Snell S98) as appropriate for skiing must be worn

Updated to:

- Prior to students engaging in the activity review the following with them:
  - In both practice and competition, students must wear a properly fitted (as per manufacturer's guidelines) and properly worn hard



shell crash helmet that meets the FIS Equipment Specifications. Helmets must bear a CE mark and conform to recognized and appropriate standards (for example, such as CEH. Din 1077, ASTM F2040, SNELL S98 or RS 98). For Slalom events, helmets must have an approved chin guard affixed to the helmet or the student must wear a mouthguard. If the helmet has soft ear protection it must meet the FIS Equipment specifications and is only permitted for helmets used in Slalom.

Rationale:

The helmet safety standard was updated to align with the helmet safety standard from the Equipment section.

## **E\_IS, S\_IS – Swimming**

### **Qualifications**

Previous safety standard:

- At least one coach must possess one of the following coaching qualifications:
  - NCCP Community Sport Coach – Fundamentals Coach (Swimming 101) course
  - NCCP Competition Coach – Age Group Coach (Swimming 201) Course
  - Completion of swimming's NCCP level 1 and/or level 2 certification in the past

Updated to:

- At least one coach must possess one of the following coaching qualifications
  - NCCP Competition Introduction - Fundamentals Coach (Swimming 101) Course (trained)
  - NCCP Competition Coach - Age Group Coach (Swimming 201) Course (trained)
  - NCCP Swimming Level 1 and/or Level 2 – Certification (past).

Rationale:

Updates to the type of qualifications required to align with current terminology and levels used for NCCP courses.

## Certified Aquatic Coach Qualifications

A new subheading and safety standard have been included:

- As per Ontario Public Pools Regulation 565, s17. schools/school boards must adhere to the supervision requirements outlined in the Ontario Public Pools Regulation 565 s.17 (Supervision).
  - To be recognized as a Certified Aquatic Coach (Certified Aquatic Instructor in OPASSE) as per Ontario Public Pool Regulation 565, s 17, an individual must hold one of the following certifications:
    - NCCP Competition Introduction - Fundamentals Coach (Swimming 101) Course (Certified)
    - NCCP Competition Coach – Age Group Coach (Swimming 201) Course (Certified)
    - Accreditation as a NCCP Swimming Learning Facilitator Course

Rationale:

Qualifications for Certified Aquatic Coach were added to clarify the qualifications an individual is required to possess to coach swimming versus the qualifications an individual is required to be deemed a Certified Aquatic Coach (referred to in OPASSE as Aquatic Instructor).

## Outdoor Education Activities

The water-based Outdoor Education activities have been updated to streamline and increase alignment and clarity across all activities. Updates are primarily focused on the Equipment, Clothing/Footwear/Jewellery, Facilities, and First Aid sections of the following activities:

- E\_C, S\_C – Swimming - Leisure;
- E\_C, S\_C – Swimming - on Watercraft and Land-based Trips;
- E\_C, S\_C – Swimming - Instructional;
- E\_C, S\_C – Canoeing;
- E\_C, S\_C – Flatwater Kayaking;
- S\_C – Flatwater Stand-Up Paddle Boarding (SUP).

### **E\_C, S\_C – Swimming - Leisure; Swimming - on Watercraft and Land-based Trips; Swimming - Instructional**

#### First Aid

Previous safety standards:

- At least one aquatic instructor or lifeguard must have a minimum of a current (not more than three years prior to the day on which the holder is on duty) first aid certificate (standard or higher) including CPR C issued by one of the following agencies: St. John Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit.

Updated to:

- At least one individual must have a minimum of a current (three years from the date of issue) first aid certificate (minimum 15 hour course) including CPR C issued by one of the following agencies: St. John Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit. This individual must be at the swim area for the duration of the activity.

Rationale:

The First Aid section has been updated to provide more specific information regarding the length of the course required to be taken by at least one individual at the swim area for the duration of the activity and to align the safety standards for Outdoor Education swim and water-based activities.

## **E\_C, S\_C – Canoeing; E\_C, S\_C – Flat Water Kayaking; S\_C - Flatwater Stand-Up Paddle Boarding**

### **First Aid**

Previous safety standard:

- At least one Teacher, Trip Guide, or Monitor must have a minimum of a current (not more than three years prior to the day on which the holder is on duty) first aid certificate (standard or higher) issued by one of the following agencies: St. John Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit.

Updated to:

- At least one individual must have a minimum of a current (three years from the date of issue) first aid certificate (minimum 15 hour course) including CPR C issued by one of the following agencies: St. John

Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit. This individual must be present for the duration of the activity.

Rationale:

The First Aid section has been updated to provide more specific information regarding the length of the course required to be taken by at least one individual for the duration of the activity and to align the safety standards for Outdoor Education swimming and watercraft safety standards.

## **S\_C – Canoeing Moving Water; E\_C, S\_C – Canoeing; E\_C, S\_C – Flatwater Kayaking**

### **Supervision**

New safety standards have been added:

#### **Training**

- There must be a minimum of two (2) adults monitoring the activity. If the Qualified Instructor is also the Water Safety Supervisor, a second individual with the knowledge and skills is required to assist the Qualified Instructor. This role could be fulfilled by a Teacher, Volunteer, or an Outside Provider and must be approved by the school/school board.

#### **Single Day Trips**

- When the activity involves a day trip, there must be a minimum of three (3) adults monitoring the activity. If the Qualified Instructor is also the Water Safety Supervisor, two (2) other individuals with the knowledge and skills are required to assist the Qualified Instructor. These roles could be fulfilled by a Teacher, a Volunteer or an Outside Provider, and must be approved by the school/school board.

Rationale:

New safety standards have been added to the Supervision section to clarify monitoring standards for controlled area training and for paddling away from controlled area (i.e., Single Day Trips).

## S\_C – Canoeing Moving Water

The Outdoor Education (Canoeing Moving Water) safety standards were updated to be used in conjunction with the Outdoor Education (Canoeing) and/or Outdoor Education (Canoe Tripping) activity safety standards when part of the activity includes moving water. As a result, standards have been removed because they are already included on the Canoeing and Canoe Tripping safety standards and others that are specific to Canoe Moving Water have been updated and added for alignment. Please review the activity safety standards in its entirety for all the specific edits.

### Introduction

A new safety standard has been added:

- The Outdoor Education (Canoeing Moving Water) safety standards must be used in conjunction with one of the following activity safety standards when part of the activity includes moving water:
  - Outdoor Education (Canoeing) - Canoe Training and Single Day Trips which travel within 2 hours from the arrival of emergency medical assistance. (Pools, Lake Water Canoeing, Base Camp Canoeing)
  - Outdoor Education (Canoe Tripping) - Single Day and Multi Day Trips which travel more than 2 hours from the arrival of emergency medical assistance and Multi Day Trips which travel within 2 hours from the arrival of emergency medical assistance.

Rationale:

The Introduction section has been updated to provide increased clarity regarding safety standards related to moving water and to streamline access to content using hyperlinks to the appropriate activities in OPASSE.

Previous safety standard:

- Class I and Class II River Classifications Only.
- In both, Class I and Class II rivers there is no evidence of rapids with moderate, irregular waves, large waves or strainers, strong eddies or powerful currents (ref: International Scale of River Difficulty).

Updated to:

- The Outdoor Education (Canoeing Moving Water) safety standards outline additional safety requirements for canoeing activities that involve moving

water. Participation is restricted to Class I and Class II rivers only, as defined by the International Scale of River Difficulty:

- Class I: Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight; self-rescue is easy.
- Class II: Straightforward rapids with wide, clear channels which are evident without scouting. Occasional maneuvering may be required, but rocks and medium-sized waves are easily missed by trained paddlers.

Rationale:

The Introduction section has been updated to include specific information regarding the classes of rivers permitted for the activity and to align with other Outdoor Education safety standards.

## Equipment

The following safety standard has been removed:

- Canoes must be equipped with 1 paddle per person and flotation devices.

Rationale:

A flotation device is not always necessary in Class I and Class II, but rather, can be included at the discretion of the Instructor/Guide depending on the river. The reference to the paddle is not necessary as it is already required as part of the Outdoor Education (Canoeing) and Outdoor Education (Canoe Tripping) safety standards.

Previous safety standard:

- Properly fitted (as per manufacturer's guidelines) and properly worn white water helmets (for example, Protec, Shred, Wildwater) must be worn by all participants.

Updated to:

- All participants must wear a correctly fitted helmet designed to withstand multiple impacts and appropriate for moving water conditions (e.g. EN-1385 standard or higher). Bicycle helmets are prohibited.

Rationale:

Updated helmet information has been added to the Equipment section to increase clarity and emphasize that only helmets that are appropriate for/designed for moving water can be worn.

## Clothing/Footwear/Jewellery

A new safety standard has been added:

- Appropriate closed toe footwear must be worn (e.g. water shoes, neoprene booties, running shoes). Sandals are not permitted.

Rationale:

To increase student safety, closed toe footwear will protect feet from rocks in moving water.

## Facilities

The following safety standard has been added:

- Paddling a section of a river with strainers (e.g. downed trees in water) is not permitted.

Rationale:

The Facilities section has been updated to provide specific information about a condition that could increase the risk of safe student participation.

## Special Rules/Instructions

### Canoeing Moving Water Skills

Previous safety standard:

- Prior to canoeing in moving water, a prerequisite test must occur in a pool, shallow water, or sheltered bay for which students must demonstrate to the instructor competence in canoeing skills, as follow:
  - Proper entry/exit from canoe
  - Synchronized strokes
  - Positioning of paddlers
  - Packing the canoe
  - Maneuvers using the following basic strokes:
    - Forward and reverse strokes
    - J-stroke, stern draw and pry strokes
    - Draw and pry strokes, cross-bow draw stroke
  - Landing
  - Eddy out
  - Peel out
  - S-turn
  - Front ferry
  - Back ferry

- Portaging, lifts and carries
- Paddling forward in a straight line
- Sideslip
- Pivots 360 degrees in both directions
- Circles in both directions, to an approximate radius of 10 metres
- Stop

Updated to:

- Canoeing moving water skills are for the safe maneuvering of a canoe in moving water. These skills must be taught after the skills listed on the Outdoor Education (Canoeing) safety standards are taught.
- Canoe training, practice of skills, and demonstration of proficiency must occur in a pool, shallow water, sheltered bay, or in a low consequence moving water setting (e.g. paddle upstream easily against current, prior to large flat-water bay where recovery is easily achieved).
- Prior to the student's first ever attempt at paddling rapids from top to bottom, they must demonstrate the following moving water skills in a low consequence moving water setting:
  - Eddy out
  - Peel out
  - C-Turn
  - S-turn
  - Front ferry
  - Back ferry
  - Low brace

Rationale:

The Canoeing Moving Water Skills section has been updated to align with other Outdoor Education water-based activities, and to provide a specific list of skills that pertain to moving water.

## **Water Safety Assessment**

Previous safety standard:

- Prior to a canoeing in moving water, a prerequisite test must occur in a pool, shallow water, or sheltered bay for which students must demonstrate to the instructor competence in water safety as follow:
  - Swimming in currents wearing a PFD/lifejacket
  - Retrieving a swamped canoe
  - Self rescue (that is, feet first, on back, swim to shore)
  - Line toss and rescue
  - Communication in an emergency situation



- River reading (for example, downstream V, curling waves, hydraulics, standing waves, eddies, pillows, sweepers and strainers)
- River difficulty analysis

Updated to:

- Prior to a canoeing in moving water, water safety skills must be taught and practiced where most appropriate, which can occur in a pool, shallow water, sheltered bay, or in a low consequence moving water setting (e.g., paddle upstream easily against current, prior to large flat-water bay where recovery is easily achieved). The water safety skills include:
  - Swimming in currents wearing a PFD/lifejacket
    - Avoiding obstacles while swimming (for example canoe, rocks)
    - Self rescue (feet first on back, front crawl swim to shore)
  - Retrieving a swamped canoe
  - Receiving a line toss (on land and/or in water)
  - Communication (river signals)
  - Prior to the student's first ever attempt at paddling rapids (from top to bottom), river reading skills must be taught. These include, but are not limited to the following:
    - Downstream V / Upstream V
    - Curling waves
    - Hydraulics
    - Standing waves
    - Eddies and Eddy lines
    - Pillow rocks
    - Sweepers and Strainers

Rationale:

The Water Safety Assessment has been updated to Water Safety Skills along with the list that pertains to moving water for clarity.

## Supervision

### Supervision/Monitoring Ratios

Previous safety standard:

- Tandem boats: 1 supervisor per 10 students
- Solo canoes: 1 supervisor per 5 students

Updated to:

- One (1) Qualified Instructor and one (1) Water Safety Supervisor per 10 boats (maximum 2 students per boat).

Rationale:

The Qualified Instructors and Water Safety Supervisor Supervision/Monitoring Ratios have been updated to align with other Outdoor Education watercraft safety standards.

## Qualifications

Previous safety standard:

- A trip guide or instructor must have one of the following current certifications:
  - ORCKA Moving Water Instructor 2
  - ORCKA River Running Instructor 2
  - ORCKA Moving Water/River Running Instructor 1 or 2
  - Paddle Canada Advanced Moving Water (both tandem & solo)
  - equivalent to any of the above

Updated to:

- A Trip Guide or Qualified Instructor must have a minimum of one of the following current certifications:
  - ORCKA
    - Moving Water Instructor 1 or 2
    - River Running Instructor 1 or 2
  - Paddle Canada
    - Introduction or Intermediate Moving Water Instructor (tandem or solo)
  - Equivalent to any of the above

Rationale:

The Instructor Qualification section has been updated to increase clarity regarding the required qualifications.

Previous safety standard:

- A lifeguard must be 18 years of age or older and possess a current (the date on the certificate must not be older than two years) lifeguard certificate issued by one of the following organizations:
  - Lifesaving Society – National Lifeguard – Pool/Waterfront
  - Equivalent certificate approved by Minister of Health and Long Term Care

- A student may not act as a lifeguard if they are participating in the activity.

Updated to:

- At least one (1) Teacher, Qualified Instructor, Trip Guide, Assistant Trip Guide, or Volunteer with one (1) of the following current certifications must fill the role of Water Safety Supervisor for the Group when on, in or around moving water:
  - Whitewater Rescue Technician
  - Swiftwater Rescue Technician
  - Equivalent to any of the certifications listed
- A student may not act as the water safety supervisor if they are participating in the activity.

Rationale:

The safety standard for Lifeguard Qualifications was replaced with Water Safety Supervisor Qualifications to reflect current practices and safety standards and align with other Outdoor Education Watercraft safety standards.

The following safety standard has been removed:

- Refer to the Swim Test section for the swim test lifeguard qualification requirements.

Rationale:

As the revised Canoeing Moving Water safety standards are meant to be used in conjunction with the Outdoor Education (Canoeing) or the Outdoor Education (Canoe Tripping) safety standards, the requirements for the Swim Test were removed since they are already included in the Canoeing and Canoe Tripping safety standards.

## Swim Test

This section has been removed.

Rationale:

The safety standards related to the Swim Test have been removed. The revised Outdoor Education (Canoeing Moving Water) safety standards are meant to be used along with the Outdoor Education (Canoeing) and Outdoor Education (Canoe Tripping) safety standards which already include the Swim Test requirements.

## **E\_C, S\_C – Canoeing**

### **Supervision**

#### **Supervision/Monitoring Ratios**

Previous safety standard:

- 1 Teacher/Monitor per 12 students in tandem boats
- 1 Teacher/Monitor per 8 students in solo boats
- 1 Qualified Instructor per 25 students
- 1 Water Safety Supervisor per 25 students

Updated to:

- One (1) Qualified Instructor and one (1) Water Safety Supervisor per 14 boats (max 30 students)

Rationale:

The Supervision/Monitoring Ratios have been updated for clarity and to align with the Canoeing Training and Canoeing Single Day Trips safety standards.

### **Qualifications**

#### **Water Safety Supervisor**

A new safety standard has been added:

- Equivalent to any of the certifications listed
- A student may not act as the water safety supervisor if they are participating in the activity.

Rationale:

The Water Safety Supervisor safety standards have been updated to align with the other Outdoor Education watercraft safety standards.

## **E\_C, S\_C – Flatwater Kayaking**

### **Equipment**

Previous safety standard:

- Paddle (1 per paddler) and kayak must be checked for cracks, splinters and leaks.

Updated to:

- There must be one paddle per kayak, with some spare paddles taken along in case of broken or lost paddles.
- Paddles and kayaks must be checked for cracks, splinters and leaks.
- A repair kit must be available.
- A means of hydration (for example, direct access to potable water, water filter(s), water purifier(s), chemical purification treatment) must be available, accessible, and appropriate for the activity, location and duration of the trip.
- A set of maps for kayak trip location including marked access and potential evacuation locations must be available. A GPS unit may be used as an additional navigational tool but must not be used in place of print maps. An identical map set should also be available to the principal/designate and local emergency contact (for example, park official, area police station).
- The loading of a kayak with people and/or gear must not exceed the manufacturer's load capacity rating.

Rationale:

The Equipment section was updated to increase clarity of equipment needed for kayaking and alignment with safety standards for Kayak Tripping.

### **Clothing/Footwear/Jewellery**

Previous safety standard (S\_C):

Determine that all necessary clothing and footwear are included prior to departing on the excursion. Clothing (in layers where appropriate) and footwear appropriate to the activity, location and environmental conditions must be worn. Dry change of clothing kept in a watertight bag/container must be accessible.

Updated to:

- Students must be provided with a list of clothing and equipment prior to the activity.
- A process must be established to check student clothing and equipment prior to the trip.
- Determine that all necessary clothing and footwear are included prior to departing on the excursion.
- Clothing (in layers where appropriate) and footwear (that is, closed-toed shoes that provide traction when on land) appropriate for the activity, location and environmental conditions must be worn.
- Dry change of clothing kept in a watertight bag/container.
- Rain gear is encouraged.
- Articles (for example, jewellery and clothing) that could become tangled, caught or cause injury or restrict the student in the event of an emergency must not be worn.

Rationale:

The Clothing/Footwear/Jewellery section has been updated to provide more specific safety standards regarding clothing and increase clarity of the information provided across all activities.

Previous safety standard (*E\_C*):

- Appropriate clothing and footwear must be worn. Determine that all necessary clothing and footwear are included prior to departing on the excursion. Dry change of clothing kept in a watertight bag/container must be accessible.

Updated to:

- Students must be provided with a list of clothing and equipment prior to the activity.
- A process must be established to check student clothing and equipment prior to the trip.
- Determine that all necessary clothing and footwear are included prior to departing on the excursion.
- Clothing (in layers where appropriate) and footwear (that is, closed-toed shoes that provide traction when on land) appropriate for the activity, location and environmental conditions must be worn.
- Dry change of clothing kept in a watertight bag/container.
- Rain gear is encouraged.
- Articles (for example, jewellery and clothing) that could become tangled, caught or cause injury or restrict the student in the event of an emergency must not be worn.

Rationale:

The Clothing/Footwear/Jewellery section has been updated to provide more specific safety standards regarding clothing and increase clarity of the information provided across all activities.

## Supervision

### Supervision/Monitoring Ratios

Previous safety standard:

- 1-8 Students: personnel and qualifications required are 1 Teacher/Monitor, 1 first aid certification, and 1 Lifeguard certification. These qualifications can be fulfilled by one or more Teachers/Monitors.

Updated to:

- One (1) Qualified Instructor and one (1) Water Safety Supervisor per 16 boats (max 16 students)

Rationale:

The Supervision/Monitoring Ratios have been updated for clarity and to align the qualifications required for Qualified Instructors and Water Safety Supervisors.

## S\_C - Flatwater Stand Up Paddle Boarding (SUP)

### Subtitle

Previous section subtitle:

Pools, Ponds, Lake Water, Rivers

Updated to:

Stand Up Paddleboard Training and Single Day Trips Which Travel Within 2 Hours From the Arrival of Emergency Medical Assistance. (Pools, Base Camp SUP Paddling, Lake Water SUP Paddling)

Rationale:

The subtitle has been updated to align with other Outdoor Education watercraft safety standards and to use specific terminology related to Stand-Up Paddle Boarding.

## Introduction

Previous safety standard:

- White Water or Surf SUP are not appropriate activities at the secondary level.
- SUP navigation (for example, day travel or overnight trips) are not appropriate activities at the secondary level.

Updated to:

- Canoeing Moving Water and White Water Rafting above Class II, White Water Kayaking, as well as White Water or Surf SUP, are not appropriate activities at the secondary level. For Class I and Class II Rivers Consult:
  - Outdoor Education (Canoeing Moving Water)
  - Outdoor Education (Paddle Rafting)

The following safety standard has been added:

- Consult Outdoor Education (Swimming - on Watercraft and Land-based Trips) if swimming is to take place in a non-designated swim area while tripping.

Rationale:

The Introduction section has been updated to align with other Outdoor Education watercraft safety standards.

## Clothing/Footwear/Jewellery

Previous safety standard:

- Determine that all necessary clothing and footwear are included prior to departing. Clothing (in layers where appropriate) and footwear appropriate to the activity, location and environmental conditions must be worn.

Updated to:

- Students must be provided with a list of clothing and equipment prior to the activity.
- A process must be established to check student clothing and equipment prior to the trip.



- Determine that all necessary clothing and footwear are included prior to departing on the excursion.
- Clothing (in layers where appropriate) and footwear (that is, closed-toed shoes that provide traction when on land) appropriate for the activity, location and environmental conditions must be worn.
- Dry change of clothing kept in a watertight bag/container.
- Rain gear is encouraged.
- Articles (for example, jewellery and clothing) that could become tangled, caught or cause injury or restrict the student in the event of an emergency must not be worn.

Rationale:

The Clothing/Footwear/Jewellery section has been updated to provide more specific safety standards regarding clothing and increase clarity of the information provided across all activities.

## Facilities

The following safety standards have been removed:

- SUP activities must remain within a defined program waterfront area of the facility.
- SUP paddling must only occur within the direct vicinity of the program area. SUP trips and excursions that travel away from the launch and landing area are not permitted (for example, SUP day trips and overnight trips).

Previous safety standard:

- Water conditions must be appropriate for the type of SUP being used and the skill level of the group.

Updated to:

- Only established SUP trip routes must be used.
- The SUP route and water conditions must be appropriate to age/skill level of students.
- The Trip Guide must be familiar with the route (for example, length of route, terrain).
- Appropriate environmental and sanitary practices (for example, washroom routines) must be taught.

Rationale:

The Facilities section has been updated to increase clarity of safety standards and to align with other Outdoor Education watercraft safety standards.

## Special Rules/Instructions

### SUP Skills

Previous safety standards:

- Prior to SUP in deep water or open water, a prerequisite test must occur in a pool, shallow water, or sheltered bay for which students must demonstrate to the instructor competence in SUP skills, as follow:
  - Falling off safely
  - Remounting the board
  - Use of a leash
  - Understanding weather and paddling conditions
  - Lifting and carrying a board
  - Choosing and holding a paddle
  - Mounting a board at a beach or dock
  - Paddling considerations for windy conditions
  - Maneuvers using the following basic strokes:
    - Prone paddling
    - Paddling while kneeling
    - Standing up
    - Paddling in a straight line
    - Forward stroke
    - Braking stroke
    - Sweep strokes

Updated to:

- Skills for the safe maneuvering of a SUP must be taught in proper progression.
- SUP training, practice of skills and demonstration of proficiency must occur in a pool, shallow water, or sheltered bay.
- Before setting out on a day trip, skill knowledge and demonstration of proficiency must occur, either prior to the day of the trip or on the day of a trip, as follows:
  - Select, properly fit and properly secure personal protective equipment (P.F.D)
  - Lift, transport and lower the paddleboard
  - Launching and removing a paddleboard

- Mounting and dismounting
- Falling off safely
- Hold and use a paddle
- Use of a leash
- Paddleboarding positions
- Paddling while prone, sitting, kneeling and standing
- Balancing
- Bracing
- Propel the paddleboard in a desired line forward and in reverse
- Bring the paddleboard to a controlled stop
- Turn the paddleboard in either direction
- Displace the paddleboard sideward in both directions
- Safely land the paddleboard (shore and/or dock)

Rationale:

The Special Rules/Instructions section has been updated to increase clarity of the skills knowledge and demonstration of proficiency required specific to SUP.

## Supervision

New safety standards have been added:

### **Training and Single Day Trips**

- There must be a minimum of two (2) adults monitoring the activity. If the Qualified Instructor is also the Water Safety Supervisor, a second individual with the knowledge and skills is required to assist the Qualified Instructor. This role could be fulfilled by a Teacher, a Volunteer or an Outside Provider, and must be approved by the school/school board.
- The maximum number of students participating in the activity while on paddle boards or in the water at one time must not exceed 20.

Rationale:

New safety standards have been added to the Supervision section to clarify monitoring standards for controlled area training and for paddling away from controlled area (i.e., Single Day Trips).

### **Supervision/Monitoring Ratios**

Previous safety standard:

- 1-8 students: personnel and qualifications required are 1 Teacher/Monitor, 1 first aid certification, and 1 Water Safety Certification. These qualifications can be fulfilled by one or more Teachers/Monitors.

Updated to:

- 1 Qualified Instructor per 20 students
- 1 Water Safety Supervisor per 10 students

Rationale:

The Supervision/Monitoring Ratios have been updated for clarity and to align with the newly added Training and Single Day Trips safety standards.

## Qualifications

### Instructor Qualifications

Previous safety standard:

- An instructor must possess Paddle Canada Basic SUP Instructor Certification, or equivalent.

Updated to:

- There must be one Qualified Instructor with a minimum of one of the following current qualifications:
  - ORCKA
    - Stand Up Paddleboarding Instructor 1
  - Paddle Canada
    - Basic SUP Instructor

Rationale:

The Instructor Qualification section has been updated to increase clarity regarding the qualifications required.

## E\_C, S\_C - Paddle Rafting

### Introduction

The following safety standard has been added:

- Consult Outdoor Education (Swimming - on Watercraft and Land-based Trips) if swimming is to take place in a non-designated swim area while tripping.

Rationale:

The Introduction section has been updated to align with other Outdoor Education watercraft safety standards.

Previous safety standard (*S\_C only*):

- Flatwater, Class I and Class II River Classifications only.
- In both Class I and Class II there is no evidence of rapids with moderate, irregular waves, large waves or strainers, strong eddies or powerful currents (source: International Scale of River Difficulty).
- White Water Canoeing, White Water Kayaking and White Water Rafting are not appropriate activities at the Secondary level.

Updated to (*S\_C only*):

- The Outdoor Education (Paddle Rafting) safety standards outlines the safety requirements for paddle rafting activities that involve moving water. Participation is restricted to Class I and Class II rivers only, as defined by the International Scale of River Difficulty:
  - Class I: Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight; self-rescue is easy.
  - Class II: Straightforward rapids with wide, clear channels which are evident without scouting. Occasional maneuvering may be required, but rocks and medium-sized waves are easily missed by trained paddlers.
- Canoeing Moving Water and White Water Rafting above Class II, White Water Kayaking, as well as White Water or Surf SUP, are not appropriate activities at the secondary level. For Class I and Class II Rivers Consult:
  - Outdoor Education (Canoeing Moving Water)

Rationale:

The Introduction section has been updated to align with the Canoeing Moving Water safety standards.

Previous safety standard (*E\_C only*):

- Flatwater and Class I River Classification Only
- In class I there is no evidence of rapids with moderate, irregular waves, large waves or strainers, strong eddies or powerful currents (source: International Scale of River Difficulty).

Updated to (*E\_C only*):

- The Outdoor Education (Paddle Rafting) safety standards outlines the safety requirements for paddle rafting activities that involve moving water. Participation is restricted to Class I rivers only, as defined by the International Scale of River Difficulty:
  - Class I: Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight; self-rescue is easy.

Rationale:

The Introduction section has been updated to align with the Canoeing Moving Water safety standards. Note: only Class I Rivers are permitted at the elementary level.

## First Aid

Previous safety standards:

- At least one Teacher, Trip Guide, or Monitor with a minimum of a current (three years from the date of issue) first aid certificate (minimum 15 hour course) including CPR C issued by one of the following agencies: St. John Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit must be at the swim area for the duration of the activity.

Updated to:

- At least one individual must have a minimum of a current (three years from the date of issue) first aid certificate (minimum 15 hour course) including CPR C issued by one of the following agencies: St. John Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit. This individual must be present for the duration of the activity.

Rationale:

The First Aid section has been updated to provide more specific information regarding the length of the course required to be taken by at least one individual for the duration of the activity and to align the safety standards for Outdoor Education swimming and watercraft safety standards.