

**Green/Low Risk – Activities permitted providing that established divisional policies and procedures are followed.**

<ul style="list-style-type: none"> <li>• Bowling</li> <li>• Court sports</li> <li>• Cross-country skiing (excluding backcountry)             <ul style="list-style-type: none"> <li>○ Definition of Back Country: remote undeveloped rural area or sparsely inhabited rural areas; wilderness)</li> </ul> </li> <li>• Curling</li> </ul>	<ul style="list-style-type: none"> <li>• Fishing</li> <li>• Golf</li> <li>• Gymnasium programs (Safety Guidelines for Physical Activity in Alberta Schools)</li> <li>• Gymnastics (floor or raised less than 1 foot)</li> <li>• Hiking on trails</li> </ul>	<ul style="list-style-type: none"> <li>• Low risk physical injury activities</li> <li>• Sports field programs Safety Guidelines for Physical Activity in Alberta Schools)</li> <li>• Extra-curricular sports (cross country, volleyball, curling, basketball, badminton) under direct supervision of coach</li> </ul>
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**AMBER/Moderate Risk – Planning for risk-reduction must be documented and plans must be followed.**

<ul style="list-style-type: none"> <li>• Amusement Parks (Physics curriculum based only)</li> <li>• Archery (indoor (in school) or as taught in an Archery Facility, under supervision)             <ul style="list-style-type: none"> <li>○ The sport or skill of shooting with a bow and arrows, especially at a target indoors with direct supervision</li> </ul> </li> <li>• Baseball (Hardball)</li> <li>• Ball Hockey</li> <li>• Bottle Rocketry</li> <li>• Broom Ball</li> <li>• Canoeing in still waters (based on Paddle Canada’s still waters).             <ul style="list-style-type: none"> <li>○ To qualify for Amber Program, the following must be met:</li> <li>○ At least one instructor certified by Paddle Canada or another Provincial Association, which must include First Aid certification</li> <li>○ Must have 1 to 5 Boat Ratio (Solo canoeing is 5 participants per instructor; tandem canoeing is 10 participants per instructor)</li> <li>○ Additional supervisors must be competent paddlers and known to the certified instructors                 <ul style="list-style-type: none"> <li>▪ Refer to Paddle Canada’s Paddling Association Risk Management Requirements</li> </ul> </li> </ul> </li> <li>• Cycling (Physical Education Guidelines) – (road, paved trail, gravel path)</li> <li>• Diving</li> <li>• European Handball (team)</li> <li>• Cheerleading (aerobic)</li> <li>• Field Hockey</li> <li>• Floor Hockey</li> <li>• Firearms Courses (NO live ammunition)</li> <li>• Football</li> </ul>	<ul style="list-style-type: none"> <li>• Gymnastics (balance beam, bar, pommel horse, vault, rings)</li> <li>• Horseback Riding (Vetted and Accredited Facility – example trail riding)</li> <li>• Hunter training             <ul style="list-style-type: none"> <li>○ Capturing of wildlife using traps, crossbows. (Firearms are listed as red activity)</li> </ul> </li> <li>• Ice fishing</li> <li>• Ice hockey</li> <li>• Ice Skating (Due Diligence)</li> <li>• Kayaking (lake)</li> <li>• Lacrosse (field, box)</li> <li>• Martial Arts Training (No Contact Involved/No Weapons)</li> <li>• Mountain biking Cross-country             <ul style="list-style-type: none"> <li>○ Cross-country courses and trails consist of a mix of rough forest paths and single track (also referred to as double track depending on width), smooth fire roads, and even paved paths connecting other trails</li> <li>○ Green and easy blue trails in Taber</li> </ul> </li> <li>• Orienteering</li> <li>• Ringette (ice)</li> <li>• Roller blading/in-line skating</li> <li>• Ropes courses (high and low)</li> <li>• Rugby</li> <li>• Sailing</li> <li>• Scuba diving in swimming pool</li> <li>• Self Defense (No Weapons)</li> <li>• Skating (Mountain)             <ul style="list-style-type: none"> <li>○ Skating on ice surfaces that are not controlled or in an environment that where one can break through the ice. Such as lakes, rivers, where there is a risk of penetrating the ice and individual can drown and risk hypothermia.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Skateboarding/skateboarding parks</li> <li>• Skiing (alpine) or Snowboarding             <ul style="list-style-type: none"> <li>○ Not Self Evaluated must be trained by ski hill</li> </ul> </li> <li>• Softball</li> <li>• Swimming (in pool with lifeguard present)</li> <li>• Track and Field – in field events: Include discuss, javelin, shot put, pole vault and high jump</li> <li>• Tobogganing, tubing, crazy carpet, and sledding on a slope of less than five metres in height or with an incline of less than 35 degrees</li> <li>• Trampoline (not raised and with 1 student)</li> <li>• Wall-climbing</li> <li>• Moving water programs, rafting, kayaking and canoeing, in waters less than Class II (based on International River Classification System). Moving water includes ocean, large lakes, rivers and streams.             <ul style="list-style-type: none"> <li>○ Proper risk management procedures as stipulated in the Paddle Canada’s Risk Management Requirements</li> <li>○ Refer to Paddle Canada’s Paddling Association Risk Management Requirements (Annex C). A certified instructor under the program must be able to assess the risk level of the water.</li> </ul> </li> <li>• Water Polo</li> <li>• Water Slides/Water Parks (Parks need to be vetted)</li> <li>• Weightlifting</li> <li>• Winter and Summer camp-outs</li> <li>• Wrestling</li> </ul>
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## RED/High Risk – Prohibited Activities

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| <ul style="list-style-type: none"> <li>• Activities in Wilderness or Remote locations including hiking, biking, skiing or camping trips outside Alberta and overnight backcountry trips within Alberta</li> <li>• Aerial Parks</li> <li>• Airplane Rides/Air Travel (not commercial flights)</li> <li>• Air travel other than by commercial airline</li> <li>• American gladiator style events</li> <li>• Amusement Parks/Rides (except Heritage Park, curriculum based physics field trips to West Edmonton Mall or Calaway Park &amp; Disneyland and DisneyWorld)</li> <li>• Axe training</li> <li>• Auto racing</li> <li>• Back Country Mountain Biking             <ul style="list-style-type: none"> <li>○ Remote and no access to communication and health care. Mountain biking refers to the use of specialized off-road bikes that are used for cross-country and downhill biking</li> </ul> </li> <li>• Boxing, kick boxing, or any martial arts with full contact blows or kicks</li> <li>• Bungee jumping</li> <li>• Caving</li> <li>• Demolition derbies</li> <li>• Diving into or sliding on foam, mud, ice, or snow             <ul style="list-style-type: none"> <li>○ Any of these activities irrespective of method used or height of the activity</li> </ul> </li> <li>• Drag racing</li> <li>• Dunk tanks</li> <li>• Excursions to natural disaster areas – i.e. earthquakes, floods, hurricane, tornado zones             <ul style="list-style-type: none"> <li>○ Planning an activity or trip in an area where there is a highly likelihood of these events occurring when forecasted or the season for the occurrence of these events</li> </ul> </li> <li>• Excursions to war zones – imminent or existing</li> <li>• Excursions to regions with political or civil instability</li> <li>• Extreme Sports (recreational activities perceived as involving a high degree of risk. These activities often involve speed, height, a high level of physical exertion, and highly specialized gear)</li> <li>• Fencing</li> <li>• Fireworks Display/ (No participation by students)</li> <li>• Go-Karting</li> <li>• Gymnastics (Aerial)             <ul style="list-style-type: none"> <li>○ A stunt in which the gymnast turns completely over in the air without touching the apparatus with his or her hands</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Hang Gliding</li> <li>• Hay and Sleigh Rides</li> <li>• High Platform Diving – Jumping or Diving off High platforms (i.e. Max Bell)</li> <li>• Hiking in hazardous areas, such as W. Coast Trail             <ul style="list-style-type: none"> <li>○ Hiking in areas where the inherent risk of injury is higher due to the difficulty rating or exposure to rapidly changing conditions that increase risks to a level which cannot be adequately managed</li> </ul> </li> <li>• Horse jumping</li> <li>• Hot air ballooning (tethered and untethered)</li> <li>• Ice climbing</li> <li>• Inflatable Activities (Including Bouncy Castles Sumo Suits and Hamster Balls)</li> <li>• Luge above the tourist start at Canada Olympic Park</li> <li>• Martial Arts training involving contact</li> <li>• Mechanical bull riding, or simulated mechanical rodeo events</li> <li>• Motocross (motorized or BMX bicycle)</li> <li>• Motorcycling of any nature</li> <li>• Mountain Biking (Trail, Enduro and All-mountain Riding, Freeride and Downhill)             <ul style="list-style-type: none"> <li>○ Trail Mountain Biking is more aggressive type of cross-country riding. It generally means riding less fire roads and easy tracks and replacing them with more technical single tracks both up and down.</li> <li>○ Enduro and all-mountain riding is faster, steeper and more aggressive, involving bigger drops and jumps. Unexpected terrain hazards are involved.                 <ul style="list-style-type: none"> <li>▪ Trails you can't ride up</li> </ul> </li> <li>○ Freeride and Downhill: This level of mountain biking is designed for the advanced and extreme riders involving high speed, technical sections and massive drops. Generally held in mountain biking parks/lift access</li> </ul> </li> <li>• Mountain biking Jumping</li> <li>• Mountain/Rock climbing (outside top rope or lead climbing)</li> <li>• Off road / All-Terrain vehicles</li> <li>• Open water swimming             <ul style="list-style-type: none"> <li>○ Swimming in ocean, large lake and moving water</li> </ul> </li> <li>• Orbing/Zorbing (human hamster ball)</li> <li>• Paintball, laser tag or war games</li> <li>• Parasailing and paragliding</li> </ul> | <ul style="list-style-type: none"> <li>• Parkour             <ul style="list-style-type: none"> <li>○ The activity or sport of moving rapidly through an area, typically in an urban environment, negotiating obstacles by running, jumping and climbing.</li> </ul> </li> <li>• Performances involving/including open flames</li> <li>• Personal watercraft (“Seadoos”)</li> <li>• Pyrotechnics</li> <li>• Racing of watercraft</li> <li>• Rifle ranges or firearm activities</li> <li>• Rock climbing (wall climbing permitted)</li> <li>• Rocketry (except for bottle rocketry which is a restricted activity)</li> <li>• Rodeo event participation</li> <li>• Scuba diving and snorkeling in open water</li> <li>• Slipe-and-slide devices</li> <li>• Ski jumping</li> <li>• Skydiving</li> <li>• Snowmobiling of any nature</li> <li>• Stuntnastics             <ul style="list-style-type: none"> <li>○ It combines dance, stunts, gymnastics, and music along with your imagination. It is a floor routine by putting together various creative and physical components, such as pyramid building or other formations. Stuntnastics routines can be created with one or more people.</li> </ul> </li> <li>• Tobogganing, tubing, crazy carpet, bobsledding, and sledding on a slope of greater than five meters height or with an incline greater than 35 degrees</li> <li>• Trampoline</li> <li>• Ultralight plane flight</li> <li>• Water Skiing</li> <li>• Winter biathlon with live ammunition</li> <li>• Moving water programs, rafting, kayaking and canoeing, in waters greater than Class II (based on International River Classification System). Moving water includes ocean, large lakes, rivers and streams.             <ul style="list-style-type: none"> <li>○ Programs less than the above level may be amber activity, if the school division has the proper risk management procedures as stipulated in the Paddle Canada’s Risk Management Requirements</li> <li>○ Refer to Paddle Canada’s Paddling Association Risk Management Requirements (Annex C). A certified instructor under the program must be able to assess the risk level of the water.</li> </ul> </li> <li>• Zip-lining</li> </ul> |
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