

Policy HICA Attachment A:
Risk Levels for School Based Activities, Field Trips, and Student Travel

Green/Low Risk – Activities permitted providing that established divisional policies and procedures are followed.		
<ul style="list-style-type: none"> Bowling Court sports Cross-country skiing (excluding backcountry) <ul style="list-style-type: none"> Definition of Back Country: remote undeveloped rural area or sparsely inhabited rural areas; wilderness) Curling 	<ul style="list-style-type: none"> Fireworks Display/ (No participation by students, viewing only) Fishing Golf Gymnasium programs <ul style="list-style-type: none"> Safety Guidelines for Physical Activity in Alberta Schools) Hiking on trails 	<ul style="list-style-type: none"> Low risk of physical injury activities Sports field programs (Safety Guidelines for Physical Activity in Alberta Schools) Extra-curricular sports (cross country, volleyball, curling, basketball, badminton) under direct supervision of coach
AMBER/Moderate Risk – Planning for risk-reduction must be documented and plans must be followed.		
<ul style="list-style-type: none"> Amusement Parks Archery under qualified supervision) Baseball (Hardball) Ball Hockey Bottle Rocketry Broom Ball Canoeing and kayaking up to and including class II). <ul style="list-style-type: none"> Refer to Paddle Canada’s Paddling Association Risk Management Requirements (Annex C). Cheerleading (aerobic) Cycling (refer to Safety Guidelines for Physical Education Guidelines) – (road, paved trail, gravel path) Diving (under 5m) Farm Field Trips as allowed by the Guide to Education Handball Field Hockey Floor Hockey Firearms Courses (NO live ammunition) Football Gymnastics (balance beam, bar, pommel horse, vault, rings) 	<ul style="list-style-type: none"> Horseback Riding <ul style="list-style-type: none"> Vetted and Accredited – example trail riding) Hunter training <ul style="list-style-type: none"> Capturing of wildlife using traps, crossbows. (Firearms are listed as red activity) Ice fishing Ice hockey Ice Skating Lacrosse (field, box) Martial Arts Training (No Contact Involved/No Weapons) Mountain biking Cross-country <ul style="list-style-type: none"> 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 Green and easy blue trails in Taber Orienteering Ringette (ice) Bottle Rockets Roller blading/in-line skating Ropes courses (low 12 to 18 inches above the ground) 	<ul style="list-style-type: none"> Skating (outside) Skating on ice surfaces that are not controlled or in an environment that where one can break through the ice. Skateboarding/skateboarding parks Skiing (alpine) or Snowboarding Slingshot Softball Swimming (in pool or controlled area, supervision required) Track and Field – in field events: Include discuss, javelin, shot put, and high jump Tobogganing, tubing, crazy carpet, and sledding on a slope of less than five metres in height or with an incline of less than 30 degrees Wall-climbing (in licensed facility) Water Polo Water Slides/Water Parks Weightlifting Wrestling Rugby Sailing Scuba diving in swimming pool Self Defense (No Weapons)
RED/High Risk – Prohibited Activities		
<ul style="list-style-type: none"> Activities in Wilderness or Remote locations including hiking, biking, skiing and camping into the wilderness or remote areas Aerial Parks Air travel other than by commercial airline American gladiator style events Auto racing Axe throwing Axe training (learning how to handle and use an axe) Boxing, kick boxing, or any martial arts with full contact blows or kicks Bungee jumping Canoeing and kayaking in water greater than class II Caving Demolition derbies Diving from platform 5m or above) 	<ul style="list-style-type: none"> Hiking in hazardous areas <ul style="list-style-type: none"> Hiking in areas where the inherent risk of injury is higher due to the difficulty of the terrain or exposure to rapidly changing conditions that increase risks to a level which cannot be adequately managed Horse jumping Hot air ballooning (tethered and untethered) Ice climbing Inflatable Activities (Including Bouncy Castles Sumo Suits and Hamster Balls) Inflight air school hours (e.g. flying solo) Kick boxing Laser tag Martial Arts with full contact Mechanical bull riding, or simulated mechanical rodeo events Motocross (motorized or BMX bicycle) 	<ul style="list-style-type: none"> Parkour <ul style="list-style-type: none"> The activity or sport of moving rapidly through an area, typically in an urban environment, negotiating obstacles by running, jumping and climbing. Performances involving/including open flames Personal watercraft (“Seadoo”) Pyrotechnics Racing of watercraft Rifle ranges or firearm activities Rock climbing (wall climbing is moderate risk) <ul style="list-style-type: none"> Outside top rope or lead climbing Rocketry (use of model rockets designed to reach low altitudes and be recovered)

<ul style="list-style-type: none"> • Diving into or sliding on foam, mud, ice, or snow <ul style="list-style-type: none"> ◦ Any of these activities irrespective of method used or height of the activity • Drag racing • Dunk tanks • Excursions during or immediately after extreme weather or geological events (earthquakes, floods, hurricanes etc) • Excursions to war zones – imminent or existing • Excursions to regions with political or civil instability • 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) • Fencing • Float rides (e.g. parade) • Go-Karting • Gymnastics (Aerial) <ul style="list-style-type: none"> ◦ A stunt in which the gymnast turns completely over in the air without touching the apparatus with his or her hands • Hang Gliding • Hay and Sleigh Rides 	<ul style="list-style-type: none"> • Motorcycling of any nature • Mountain Biking backcountry – with no access to communication and health care • Mountain biking (Trail, Enduro and All-mountain Riding, Freeride and Downhill) <ul style="list-style-type: none"> ◦ 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. ◦ 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"> ▪ Think trails you can't ride up ◦ 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 • Mountain biking Jumping • Mountaineering • Moving water programs in water greater than class II • Off road / All-Terrain vehicles • Orbing/Zorbing (human hamster ball) • Paintball, or war games • Parasailing and paragliding 	<ul style="list-style-type: none"> • Rodeo event participation • Scuba diving and snorkeling in open water • Slip-and-slide devices • Ski jumping • Skiing – cross country (backcountry) <ul style="list-style-type: none"> ◦ Backcountry refers to remote, undeveloped rural areas or sparsely inhabited areas) • Skydiving • Snowmobiling of any nature • Stuntnastics <ul style="list-style-type: none"> ◦ Combines dance, stunts, gymnastics, and music. floor routine putting together various physical components, such as pyramid building • Swimming Open water <ul style="list-style-type: none"> ◦ Swimming in ocean, large lake and moving water • Tobogganing, tubing, crazy carpet, bobsledding, and sledding on a slope of greater than five meters height or with an incline greater than 30 degrees • Track and Field (pole vaulting) • Trampoline • Ultralight plane flight • Water Skiing • Winter biathlon with live ammunition • Zip-lining
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