



Rolling River School Division

ADMINISTRATIVE PROCEDURE

IGAB – PHYSICAL AND HEALTH EDUCATION – GRADES 9-12

PHILOSOPHY STATEMENT

The Rolling River School Division Board recognizes the importance of risk management in promoting safe participation in physical activity. It also recognizes that the responsibility for the care and safety of students for the OUT-of-Class delivery of portions of the Grades 9-12 Physical Education and Health Education (PE/HE) is shared by the home, school, and community.

Rationale:

The Rolling River School Division endorses a variety of OUT-of-Class physical activities through interscholastic, intramural and club activities that students may use as part of their Grade 9-12 PE/HE courses. Rolling River School Division is also involved in managing and evaluating students while they participate in non-school based activities (community-based or independent activities) as part of the OUT-of-Class physical activity component of their Grades 9-12 PE/HE courses. As there is an inherent risk in all physical activities and thus the risk of injury to participants always exists, the Board believes that this risk is significantly reduced when participants receive appropriate instruction and/or supervision and participate in an environment where rules and routines governing safety are taught and enforced. While the role of supervising and ensuring safe participation by students in school-based physical activities is the responsibility of the school division and its personnel, when the physical activity is non-school based this role is generally assumed by parents/guardians and students, often in collaboration with community organizations.

1. The time for Grades 9 and 10 is mandated at 110 hours per credit. Schools can choose to meet the mandated times within the timetable or use an OUT-of-Class model for up to 20 hours of the mandated 110 hours.
2. The time for Grades 11 and 12 is mandated at 110 hours per credit. Schools can choose to meet the mandated times within the timetable or use an OUT-of-Class model for up to 25% (27.5 hours) for Grade 11 and 50% (55 hours) for Grade 12, of the mandated 110 hours.
3. Schools will provide the student and parent/guardian with the safety information contained in [Manitoba Education's Grades 9-12 Physical Education/Health Education OUT-of-Class Physical Activity Safety Handbook](#) (the resource) for the physical activities chosen by the student for the OUT-of-Class component of the PE/HE course.
4. The PE/HE teacher will have the student develop a Personal Activity Plan for the OUT-of-Class component of the PE/HE course that respects divisional policy and will sign the plan as an indication to the student and parent that the plan has been accepted and satisfies the criteria required for completion.

5. The parent (or student 18 years and older) and student will sign-off on the plan via the Parent Consent Form (or [Student Consent Form for students 18 years and older](#)) accepting the Personal Activity Plan, acknowledging receipt of relevant physical activity safety information and accepting responsibility for monitoring the student's safety for non-school based OUT-of-Class activities.
6. The student will submit the signed consent form to the PE/HE teacher.
7. The PE/HE teacher will be assigned time to meet with the student on a regular basis for managing and evaluation progress for the OUT-of-Class component of the course.
8. School division personnel will not inspect the facilities or equipment to be used by students for non-school based physical activities, nor will school personnel be present or in any way involved in supervision of students, nor ensuring they receive appropriate instruction, while they participate in these activities.
9. The parent/guardian (or student 18 years and older) will be required to take responsibility for ensuring that the facilities, equipment and the level of instruction and /or supervision for non-school based physical activities the student has chosen for the OUT-of-Class component of the PE/HE course meet the safety standards recommended in the resource. If the parent (or student 18 years and older) does not consent to this responsibility, the student will be responsible for completing the requirements for the OUT-of-Class component through participation in school-based activities.
10. For all school-based physical activities, the school division will ensure that facilities, equipment and the level of instruction and/or supervision meet the safety standards recommended in [Safety Guidelines for Physical Activity in Manitoba Schools and Youth Safe Manitoba: School Field Trip Resource](#) as per divisional policy.
11. Physical activities chosen for the OUT-of-Class component of PE/HE courses must be selected from the list supplied in the resource. Any activities not included and dissimilar from any in this activity list will need to be approved by the PE/HE teacher unless the activity is considered high risk (i.e. Risk Factor Rating of 3 or 4 according to the resource). For these higher risk activities, inclusion for the OUT-of-Class component will require on-sight supervision, parent permission and the Superintendent's approval.

Date Adopted: April 8, 2008

Date Revised: June 17, 2015

Date Reaffirmed: October 30, 2019