

USIC Approved, Restricted, Prohibited Activities Chart 2023 USIC Review and Revised: January 2023						
Resource Guiding Document: SPHEReS (School Physical Activity, Health & Education Resource for Safety) https://myspheres.ca/en/		Note: This is not an exhaustive list of all activities (onsite or offsite). Any activities not seen here require a detailed proposal describing activity , risks, and risk mitigation strategies and must be submitted for review and approval to Division administration prior to engaging in the activity				To search this document, press "CTRL" + "F"
Title	USIC Risk Category (Green, Yellow, Red)	Status	Not Permitted for Grades	Minimum Required Supervision Ratio	Other Conditions (in addition to Field Trip approval)	Common Risks and Dangers (a specific risk assessment must be conducted)
Aerial Arts	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		No Conditions - Not Permitted	
Airplane Rides (not commercial flights)	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students or Staff – No Conditions or Exceptions	
Amusement Parks	Yellow (Restricted)	Some Grades, with Conditions	K – 6	1 adult per 12 students	Only pemitted in vetted parks: Heritage Park, Calaway Park, Disney World, Disney Land, Universal Studios. (roller coaster rides and drop rides are not permitted)	Head, neck, or back injury, traumatic brain injury; slips, trips, falls (bruises, broken bones, bumps); exposure to communicable infection, illness, or disease; muscle strains and/or sprains; nausea, dizziness or upset stomach; exposure to flashing/strobe lights (epileptic seizures); exposure to the elements if outdoor amusement park (sunburns, windburn, heat/cold); possible exposure to smells and/or foods at concession stands (if allergies caution should be used); loud noises;
Archery	Yellow (Restricted)	Some Grades, with Conditions	K - 3	Gr 4-6: 1 adult per 10 students Gr 7-9: 1 adult per 12 students Gr10-12: 1 adult per 15 students	In school or as taught in an approved Archery Facility under increased supervision. Must follow guidelines in School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Bone, muscle and joint injuries; chest and arm bruising; bow string slap; friction injuries; blisters, welts; cuts and punctures; exposure to communicable infection, illness, or disease
Art Classes	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students K-12: 1 adult per class	Art projects must be age appropriate and instruction provided.	Slips, Trips, Falls (bruises, broken bones, bumps); exposure to communicable infection, illness, or disease; possible cuts or injury from paper, glass or other materials used for the Art Projects.
Auto racing (including Go-Karting)	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students or Staff – No Conditions or Exceptions	
Axe throwing or training	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students or Staff – No Conditions or Exceptions	
Baseball (i.e. hardball)	Yellow (Restricted)	Some Grades, with Conditions	K - 9	1 adult per class	Permitted in Academy settings where students participate in specialized athletic training programs.	Concussion/traumatic brain injury, facial injury, sprain/strain/dislocation/fracture, knee injury, bumps and bruises, dehydration.
Basketball, Benchball, Endball	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students K-12: 1 adult per class	Adapt the activity to be suitable to age, ability, and grade level. For lower elementary clear other equipment/benches from the playing area and provide padded bounadries. For Pre-Kindergarten /ECS Program students, child-height baskets should be used or no baskets at all.	Slips, trips, falls; exposure to communicable infection, illness, or disease; bone, muscle, and joint injuries; physical contact with/by other individuals, objects, or equipment including the ball; vigorous physical exertion and strenuous cardiovascular exercise; mechanical failure of any piece of equipment; , concussion or other head injuries, Abrasions, bruises, muscle soreness or swelling; extreme weather conditions if outdoors.
Bicycle motocross (BMX)	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	

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Bowling, Bocce, Lawn Bowling	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students K-12: 1 adult per class	5 pin suitable for Pre-Kindergarten/ECS Programs & Grades K-6. 5 or 10 pin suitable for Grades 7-12. Pre-Kindergarten/ECS Programs to Grade 3 should use field hockey balls or similar for bocce/lawn bowling. Must follow guidelines at each bowling alley and the School Physical Activity, Health & Education Resource for Safety (SPHERes).	Slips, trips, falls; exposure to communicable infection, illness, or disease; bone, muscle, and joint injuries; physical contact with/by other individuals, objects, or equipment including the ball; vigorous physical exertion and strenuous cardiovascular exercise; mechanical failure of any piece of equipment; , concussion or other head injuries; abrasions, bruises, muscle soreness or swelling; extreme weather conditions if outdoors.
Boxing or kick boxing or martial arts with full contact	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Broomball	Yellow (Restricted)	Some Grades, with Conditions	K - 3	Gr 4-6: 1 adult per 10 students Gr 7-9: 1 adult per 12 students Gr10-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHERes). If playing on ice, CSA approved hockey helmets must be worn.	Abrasions, sprains, strains, fractures, or dislocations; loss of balance; concussion or other head injuries; difficulty or inability to control one's speed and direction; variation or changes in the playing surface; physical contact with equipment or other players; failing to play safely or within the limitations of one's own abilities; negligence of other participants
Bungee jumping	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Camping (overnight)	Yellow (Restricted)	Some Grades, with Conditions	K-3	Gr 4-6: 1 adult per 10 students Gr 7-12: 1 adult per 12 students	Each planned camping activity must be individually approved. Backcountry camping is permitted only within Alberta for Grades 7 & up and by special authorization from the Superintendent of Schools. Lead teacher is required to notify park wardens/RCMP/local rescue service of the trip details.	Extreme weather conditions (heat or cold exposure); dehydration; exposure to communicable infection, illness, or disease; home sickness/fear; insect bites/stings; slips, trips, falls; abrasions, sprains, strains, fractures, or dislocations; and/or concussion or other head injuries; equipment malfunction/shelter collapse; getting lost or separated from the group; wildlife encounters; burns/fire hazards; exposure to noxious vegetation; contaminated water/poor sanitation; communication challenges due to lack of cellular service
Canoeing (flat or moving water of grade 1 or less)	Yellow (Restricted)	Some Grades, with Conditions	K - 5	1 adult per 8 students	Maximum of 1 Paddle Canada Instructor per every 8 students as per the School Physical Activity, Health & Education Resource for Safety (SPHERes). Correctly fitting and Transport Canada-approved PFD / life jacket, must be worn, with zippers and clasps done up properly, at all times while on the water.	Risks from being in/on/around water (capsizing, drowning); equipment failure; hypothermia from swimming in cold water; injuries due to lifting/carrying boats and equipment; injuries from paddling (sprains, muscle aches); slips, trips, falls resulting in abrasions, sprains, strains, fractures, or dislocations; concussion or other head injuries; exposure to extreme weather, cold/heat and sun (sunburns); exposure to communicable infection, illness, or disease; wildlife/marine life encounters; emergency rescue challenges
Cardio and aerobic fitness activities, programs, and workouts (non-contact)	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students K-12: 1 adult per class	Includes activities in both indoor and outdoor settings. In outdoor settings assure that ground is level and remove any obstructions or hazardous objects. Activities must be grade/age appropriate.	Slips, trips, falls; exposure to communicable infection, illness, or disease; bone, muscle, and joint injuries; physical contact with/by other individuals, objects, or equipment; vigorous physical exertion and strenuous cardiovascular exercise; equipment failure; concussion or other head injuries; abrasions, bruises, muscle soreness or swelling; extreme weather conditions if outdoors.

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Carnival Games	Yellow (Restricted)	All Grades, with Conditions		ELP: 1 adult per 8 students K-12: 1 adult per 12 students	The following are NOT PERMITTED: Inflatable play equipment including bouncy castles, jump house, obstacle courses, slides, or wrestling (sumo) suits Dunk tanks Mechanical bulls Shooting games Casino games	Slips, trips, falls; exposure to communicable infection, illness, or disease; bone, muscle, and joint injuries; abrasions, bumps, bruises; physical contact with/by other individuals, objects, or equipment; games may not be suitable for individuals suffering from epilepsy, vertigo, visual impairment or any sensory, balance or associated medical condition.
Caving (spelunking)	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Cheerleading (Aerobic)	Yellow (Restricted)	Some Grades, with Conditions	K – 6	1 adult per 12 students	Teachers/coaches should have completed the Alberta Cheerleading Association’s Coaches’ Certification Program. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Concussion or other head and spine injuries; abrasions, sprains, strains, fractures, or dislocations; loss of balance; slips, trips, falls; bone, muscle, and joint injuries; physical contact with/by other individuals, objects, or equipment; dehydration; exposure to communicable infection, illness, or disease
Court Sports including: Dodgeball Ball Hockey Floor Hockey Kick Volleyball Netball Newcombe Ball Ringette (Floor) Team Handball Volleyball	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students K-12: 1 adult per class	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Concussion or other head injuries; slips, trips, falls; broken, fractured or dislocated bones, joints, ligaments or tendons; abrasions, sprains, strains, bruises, muscle soreness or swelling; physical contact by/with participants, objects, or equipment; vigorous physical exertion, strenuous cardiovascular movements; mechanical failure or improper setup/use of any piece of equipment; extreme weather conditions; exposure to communicable infection, illness, or disease
Cricket	Yellow (Restricted)	Some Grades, with Conditions	ELP	Gr K-6: 1 adult per 10 students Gr 7-12: 1 adult per 12 students	Cricket is suitable for Grade 7 and over using markers to ensure students do not enter the batting area during a round. Cricket Variations (e.g., Kanga Cricket, Cricket Wicket, Continuous Cricket, Wood Cricket) suitable for grades K - 12. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Concussion or other head injuries; slips, trips, falls; broken, fractured or dislocated bones, joints, ligaments or tendons; abrasions, sprains, strains, bruises, muscle soreness or swelling; physical contact by/with participants, objects, or equipment; vigorous physical exertion, strenuous cardiovascular movements; mechanical failure of any piece of equipment; negligence of other persons, including other spectators, individuals, or employees; extreme weather conditions; exposure to communicable infection, illness, or disease
Cross Country Skiing	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students Gr K-3: 1 adult per 10 students Gr 4-12: 1 adult per 12 students	For trips to commercial sites at least one instructor/leader must possess a CANSI 1 or Community Coaching certification in Cross-Country Skiing or equivalent. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Slips, trips, falls; broken, fractured or dislocated bones, joints, ligaments or tendons; abrasions, sprains, strains, bruises, muscle soreness or swelling; changing weather conditions; variations in the surface or sub-surface; exposure to cold temperatures (hypothermia, frost bite); collision with natural or man-made objects; animal encounters; exposure to communicable infection, illness, or disease

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Curling and Crockicurl	Yellow (Restricted)	All Grades, with Conditions		ELP: 1 adult per 8 studentsGr K-6: 1 adult per 10 students Gr 7-12: 1 adult per 12 students	Helmets recommended	Concussion or other head injuries; slips, trips, falls; broken, fractured or dislocated bones, joints, ligaments or tendons; abrasions, sprains, strains, bruises, muscle soreness or swelling; physical contact by/with participants, objects, or equipment; vigorous physical exertion, strenuous cardiovascular movements; mechanical failure of any piece of equipment; negligence of other persons, including other spectators, individuals, or employees; extreme weather conditions; exposure to communicable infection, illness, or disease
Cycling (road)	Yellow (Restricted)	All Grades, with Conditions		ELP-Gr 3: 1 adult per 8 students Gr 4-12: 1 adult per 15 students	Pre-Kindergarten/ECS Programs and Grades K-3 on school grounds only. Correctly-fitting approved bicycle helmets must be worn. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Changing weather conditions (heat or cold exposure); equipment malfunctions; separation from the group; loss of control; uneven terrain, obstacles; collisions with other cyclists, vehicles, or pedestrians; animal encounters; insect bites/stings; dehydration; exposure to communicable infection, illness, or disease; falls; broken, fractured or dislocated bones, joints, ligaments or tendons; abrasions, sprains, strains, bruises, muscle soreness or swelling
Dance/Permance Arts	Green (No restrictions)	All Grades		ELP: 1 adult per 8 students K-12: 1 adult per class	Must be age appropriate and instruction provided.	Slips, Trips, Falls (bruises, broken bones, bumps); exposure to communicable infection, illness, or disease; muscle strains and/or sprains;
Demolition Derby	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Diving	Yellow (Restricted)	Some Grades, with Conditions	K - 3	Gr 4-12: 1 adult per 12 students	Prior to giving students access to deep water (above chest height) for swimming or other activities students must be able to meet the Swim to Survive Standard. Water depths must conform to FINA regulations. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Falling or colliding with the pool, pool deck, pool bottom, walls, stands, equipment or with other participants; concussions; serious neck and spinal injuries potentially resulting in complete or partial paralysis; brain damage; blindness; serious injury to internal organs; serious injury to bones, joints, ligaments, muscles and tendons; contusions; dislocations; sprains; strains; and fractures; bacterial infections; rashes; and the transmission of communicable diseases, including viruses, bacteria, parasites; equipment failure.
Downhill Skiing	Yellow (Restricted)	Some Grades, with Conditions	K - 3	Gr 4-12: 1 adult per 8 students	Must be evaluated by a trained professional at the ski hill. A ratio of 1 supervisor for every 8 students is required at Hidden Valley. CSA approved ski/snowboard helmets are required. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS). Back country and heli skiing not permitted.	Vigorous physical exertion; serious head, neck and spinal injuries; moving extremely fast with little control; colliding with other skiers or snowboarders, trees, rocks, the lift, or any other objects on the ski hill; bone, muscle, joint injuries; abrasions; extreme weather conditions including avalanche; becoming lost or separated from the group; equipment malfunction.
Drag racing	Red (Prohibited)	No Grades, Not Permitted	K - 12		Not Permitted for Any Students and/or Staff – No Conditions or Exceptions	
Dunk tank activities	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Educational Presentations	Green (No restrictions)	All Grades, with Conditions		ELPL: 1 adult per 8 students K-12: 1 adult per class	The content of presentations must be reviewed in advance to ensure curricular tie-in and potential controversial content.	Exposure to controversial content; potential exposure to flashing lights or other theatrical effects; exposure to communicable infection, illness, or disease; slips, trips falls resulting in abrasions, sprains, strains, fractures, or dislocations; and/or concussion or other head injuries.
Escape Rooms and Mental Puzzles/Challenges	Yellow (Restricted)	Some Grades, with Conditions	ELP	K-12: 1 adult per group	Escape rooms must always allow players to free themselves in the event of an emergency.	Claustrophobia; fear/anxiety; slips, trips, falls resulting in abrasions, sprains, strains, bruises

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Extreme Sports	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Fencing	Yellow (Restricted)	Some Grades, with Conditions	K - 3	Gr 4-6: 1 adult per 10 students Gr 7-9: 1 adult per 12 students Gr 10-12: 1 adult per 15 students	Full equipment must be worn including mask, jacket, gloves, shoes with good grip. A plastic chest protector is optional. A foil with a rubber tip or button for electric scoring should be used.	Abrasions; loss of balance; bone, muscle, and joint injuries; physical contact with/by other individuals, objects, or equipment; exposure to communicable infection, illness, or disease; possible skin penetration from the equipment.
Field Hockey	Yellow (Restricted)	Some Grades, with Conditions	K - 3	Gr 4-6: 1 adult per 10 students Gr 7-9: 1 adult per 12 students Gr 10-12: 1 adult per 15 students	Goalkeepers must wear a CSA approved hockey helmet and face mask at all times. Goalkeepers should wear gloves, a chest protector, a lower abdominal protector, goalie pads and kickers.	Concussion or other head injuries; slips, trips, falls; broken, fractured or dislocated bones, joints, ligaments or tendons; abrasions, sprains, strains, bruises, muscle soreness or swelling; physical contact by/with participants, objects, or equipment; vigorous physical exertion, strenuous cardiovascular movements; exposure to communicable infection, illness, or disease.
Field Studies	Green (No restrictions)	All Grades, with Conditions		ELPL: 1 adult per 8 students K-12: 1 adult per class	Does not include backcountry or other strenuous activities. Conditions will vary by venue and field study. A risk assessment must be completed to identify conditions.	Exposure to communicable infection, illness, or disease; exposure to unknown substances or molds; slips, trips, falls resulting in abrasions, sprains, strains, fractures, or dislocations; and/or concussion or other head injuries.
Fishing	Green (No restrictions)	Some Grades, with Conditions	K-3	Gr 4-6: 1 adult per 10 students Gr 7-12: 1 adult per 12 students	Grade 4 and under must wear life jackets. Life jackets are strongly recommended for all participants. Equipment that is appropriately sized to match the ability and strength levels of participants. Appropriate licences as applicable and adhere to all permit requirements. Ice Fishing is not permitted.	Sunburn; insect bites/stings, ticks/Lyme disease; extreme weather conditions, drowning/hypothermia; slips, trips, falls (bruises, broken bones, bumps); exposure to communicable infection, illness, or disease; muscle strains and/or sprains; skin irritation; cuts/abrasions/punctures from hooks; waterborne illness
Football (flag/touch)	Yellow (Restricted)	Some Grades, with Conditions	K - 3	Gr 4-6: 1 adult per 10 students Gr 7-12: 1 adult per 15 students	Use footballs appropriate to the size and ability of the students (e.g., smaller football or Nerf™ ball for younger students) Goal posts should be out of play or padded Blocking, pushing or tackling should not be allowed	Sprains, strains, dislocations, fractures; soft tissue injuries; head injury/concussion; slips/trips/falls; heat-related illness, dehydration; insect bites/stings

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Football (Tackle)	Yellow (Restricted)	Some Grades, with Conditions	K-6	Gr 7-9: 1 adult per 12 students Gr 10-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Exposure to communicable infection, illness, or disease; physical contact with other participants including tackling, being tackled, and other potentially dangerous collisions; executing strenuous and demanding physical techniques, and exerting and stretching various muscle groups; vigorous physical exertion, strenuous cardiovascular workouts and rapid movements; the failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment; spinal cord injuries which may render the Individual permanently paralyzed; serious injury to virtually all bones, joints, ligaments, muscles, and tendons; abrasions, sprains, strains, fractures, or dislocations; concussion or other head injuries, including but not limited to closed head injury or blunt head trauma; not wearing appropriate safety or protective equipment; falling, tripping, slipping, and tackling; contact with grass, turf, and other surfaces which may result in bacterial infections and rashes; collisions with fences, poles, stands, and sporting equipment; extreme weather conditions
Gaga Ball Pits	Green (No restrictions)	All Grades, with Conditions		Pre-K-Gr 3: 1 adult per 8 students Gr 4-12: 1 adult per 15 students	Lightweight and bouncy balls should be used in the Gaga Pit, with a diameter around 10 inches Prior to play, inspect Gaga Pit walls for security and remove any splinters Be sure all players can easily enter and exit the Gaga Pit safely	Sprains, strains, dislocations, fractures; soft tissue injuries; head injury/concussion; slips/trips/falls; cuts/scrapes; heat-related illness, dehydration; insect bites/stings
Golf	Green (No restrictions)	Some Grades, with Conditions	ECS/K Course play not permitted for Grades 1-5	Gr 1-3: 1 adult per 8 students Gr 4-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Being struck by a golf ball or club; uneven ground, slips/trips/falls, sprains/strains/dislocations/fractures; cuts/scrapes; insect bites/stings; wildlife encounters; heat-related illness; adverse weather conditions; moving vehicles in the vicinity
Gymnastics: Balance Beam Beam Board Box Horse Climbers Gymnic Ball Mats & Tumbling Rhythmic	Green (No restrictions)	All Grades, with Conditions		ECS-Gr 3: 1 adult per 8 students Gr 4-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Strains, sprains, fractures, dislocations; abrasions, contusions, lacerations; spinal cord injuries; head injuries and concussions; physical contact with other participants, spotters, spectators, equipment, and hazards; collisions with walls, any gymnastics apparatus, floors, or mats; Falling, tumbling, or hitting any gymnastics apparatus, the floor, mats, or other surfaces; exposure to communicable infection, illness, or disease
Gymnastics: High Bar Parallel Bars Pommel Horse Rings Ropes Springboard Uneven Parallel Bars Vault	Yellow (Restricted)	Some Grades, with Conditions	K – 6	Gr 7-9: 1 adult per 12 students Gr 10-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Strains, sprains, fractures, dislocations; abrasions, contusions, lacerations; spinal cord injuries; head injuries and concussions; physical contact with other participants, spotters, spectators, equipment, and hazards; collisions with walls, any gymnastics apparatus, floors, or mats; falling, tumbling, or hitting any gymnastics apparatus, the floor, mats, or other surfaces; exposure to communicable infection, illness, or disease
Gymnastics: Trampolines	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Hang gliding, paragliding, parachuting, sky-diving	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students or Staff – No Conditions or Exceptions	
Hiking in hazardous areas (i.e. Crypt Lake, West Coast Trail)	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students of Staff – No Conditions or Exceptions	

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Hiking on Maintained Trails (day trip only)	Green (No restrictions)	All Grades, with Conditions		ECS-K-Gr 3: 1 adult per 8 students Gr 4-12: 1 adult per 15 students	At least 2 supervisors per group with a supervisor assigned to the front and back of the group. Must be age appropriate and a maintained trail. Teacher should be familiar with route. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Strains, sprains, fractures, dislocations; head injuries and concussions; cuts, lacerations, contusions, abrasions, blistering; sunburn; insect bites/stings, tick bites, Lyme disease exposure; dehydration, heat exhaustion, frostbite; wildlife encounters, human encounters, becoming lost or separated from the group; fatigue/overexertion; irritation caused by vegetation
Horse jumping	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students or Staff – No Conditions or Exceptions	
Horseback Riding/ Equestrian	Yellow (Restricted)	Some Grades, with Conditions	K - 4	Gr 4-6: 1 adult per 10 students Gr 7-12: 1 adult per 15 students	Supervision by an NCCP certified instructor/coach is required at all times. Closed-toed heeled footwear and approved ASTM certified equestrian specific riding helmets must be worn when working around or riding horses.	Exposure to communicable or bacterial infection, illness, or disease; insect bites/stings; falling off, being bitten, kicked, stepped on, or bucked off the horse; extreme weather, heat or cold-related illness; physical contact/collisions with other individuals, horses, spectators, or equipment; bones, muscle, joint, ligament, tendon, and spinal cord injuries; contusions, abrasions, sprains, strains, fractures, or dislocations; concussion or other head injuries, including but not limited to closed head injury or blunt head trauma.
Hot air balloon rides	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Ice climbing	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Ice Fishing	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Ice Hockey	Yellow (Restricted)	Some Grades, with Conditions	K – 6	Gr 7-12: 1 adult per 15 students	Grade 7 and over must follow guidelines in Physical Safety Guidelines from Alberta Ed (SPHEReS).	Concussion or other head injuries; slips, trips, falls; broken, fractured or dislocated bones, joints, ligaments or tendons; cuts, abrasions, sprains, strains, bruises, muscle soreness or swelling; physical contact by/with participants, objects, or equipment; vigorous physical exertion, strenuous cardiovascular movements; exposure to communicable infection, illness, or disease
Ice Skating	Yellow (Restricted)	All Grades, with Conditions		ECS-Gr 3: 1 adult per 8 students Gr 4-12: 1 adult per 15 students	All grades must Follow guidelines in Physical Safety Guidelines from Alberta Ed. (SPHEReS) (SPHEReS) Not permitted on outdoor rinks without confirmation from Fire Department that the ice is safe for use. Helmets are required.	Concussion or other head injuries; slips, trips, falls; broken, fractured or dislocated bones, joints, ligaments or tendons; cuts, abrasions, sprains, strains, bruises, muscle soreness or swelling; physical contact by/with participants, objects, or equipment; vigorous physical exertion, strenuous cardiovascular movements; exposure to communicable infection, illness, or disease
Inflatable bouncers and obstacle courses (bouncy castle)	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students or Staff – No Conditions or Exceptions	

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Kayaking (flat water, no current)	Yellow (Restricted)	Some Grades, with Conditions	K – 3	Gr 4-12: 1 adult per 10 students	Pool kayaking is permitted for Grades 4 & 5. Constant visual supervision by a certified NLS Lifeguard and a certified Kayak Instructor is required. Lake kayaking is permitted for Grades 6 & up. Constant visual supervision by a certified Kayak Instructor is required. All participants must wear a properly fitted lifejacket/PFD. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Drowning or water inhalation; equipment failure or entanglement, falling into the water, capsizing or being knocked unconscious in the water; hypothermia; slips, trips, falls; abrasions, sprains, strains, fractures, or dislocations; concussion or other head injuries; exposure to weather, cold or heat-related illness; exposure to communicable infection, illness, or disease; insect bites/stings
Kayaking (moving water of grade 1 or less)	Yellow (Restricted)	Some Grades, with Conditions	K - 6	Gr 7-12: 1 adult per 6 students	Permitted only with a properly certified/qualified guide. Constant visual supervision by a certified Kayak Instructor is required. At least 1 staff must possess Swift Water Rescue certification. At least 1 supervisor must have completed the river run within the past season. All participants must wear a properly fitted lifejacket/PFD. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Drowning or water inhalation; equipment failure or entanglement, falling into the water, capsizing or being knocked unconscious in the water; hypothermia; slips, trips, falls; abrasions, sprains, strains, fractures, or dislocations; concussion or other head injuries; exposure to weather, cold or heat-related illness; exposure to communicable infection, illness, or disease; insect bites/stings
Lacrosse (box & field)	Yellow (Restricted)	Some Grades, with Conditions	K – 6	Gr 7-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Slips, trips, falls; exposure to communicable infection, illness, or disease; muscle strains and/or sprains; hard physical contact by participants, objects, or equipment including the ball; extreme weather conditions; concussion or other head injuries, broken, fractured or dislocated bones, joints, ligaments or tendons; abrasions, sprains, strains, bruises, muscle soreness or swelling
Martial Arts (non-contact)	Yellow (Restricted)	Some Grades, with Conditions	K – 3	Gr 4-6: 1 adult per 10 students Gr 7-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Slips, trips, falls; physical contact by participants, objects, or equipment; exposure to communicable infection, illness, or disease; muscle strains and/or sprains; concussion or other head injuries, broken, fractured or dislocated bones, joints, ligaments or tendons; blisters, abrasions, sprains, strains, bruises, muscle soreness or swelling
Mechanical bull riding	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Mini Golf	Green (No restrictions)	All Grades, with Conditions		ECS: 1 adult per 8 students K-12: 1 adult per group		Injury through slips, trips, falls, physical contact by participants, objects, or equipment including the ball or club; exposure to communicable infection, illness, or disease; muscle strains and/or sprains; extreme weather conditions.
Motorcycling of any nature	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	

Title	USIC Risk Category (Green, Yellow, Red)	Status	Not Permitted for Grades	Minimum Required Supervision Ratio	Other Conditions (in addition to Field Trip approval)	Common Risks and Dangers (a specific risk assessment must be conducted)
Mountain biking	Yellow (Restricted)	Some Grades, with Conditions	ECS	K-Gr 3: 1 adult per 8 students Gr 4-12: 1 adult per 15 students	K-3 are permitted to ride only on paved areas onsite. Trails are selected according to technical elements present and skill level of the students. Correctly-fitting approved bicycle helmets must be worn by all participants. Prior to initial use of route, teacher should do a ride-through to address safety and suitability concerns. At least 2 supervisors per group with a supervisor assigned to the front and back of the group. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Falls; becoming lost or separated from the group; fatigue/overexertion, dehydration; extreme weather, heat or cold-related illness; harmful vegetation, insect bites/stings, wildlife/animal encounters, human encounters; physical contact/collisions with other cyclists; equipment failure; vehicle traffic; head injuries, including concussion, lacerations, abrasions, contusions, and head or neck fracture; broken bones, muscle injuries, bruises, cuts and scrapes.
Mountain scrambling and technical mountaineering	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Ninja Activities	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Obstacle Courses (non-gymnastic)	Green (No restrictions)	All Grades, with Conditions		ECS: 1 adult per 8 students K-12: 1 adult per class	Inflatable obstacle courses not permitted.	Injury through slips, trips, falls, physical contact by participants, objects, or equipment; exposure to communicable infection, illness, or disease; muscle strains and/or sprains; extreme weather conditions.
Off-Road (All Terrain Vehicles)	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Orbing/Zorbing (human hamster ball)	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Paddleboarding	Yellow (Restricted)	Some Grades, with Conditions	K – 6	Gr 7-12: 1 adult per 10 students	Permitted for Grade 7 & up in flat water water only. All participants must wear a properly fitted lifejacket/PFD.	Drowning or water inhalation; falling, capsizing or being knocked in the water; hypothermia; slips, trips, falls; abrasions, sprains, strains, fractures, or dislocations; concussion or other head injuries; exposure to weather, cold or heat-related illness; exposure to waterborne or communicable infection, illness, or disease; insect bites/stings
Paintball, laser tag or war games	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Parkour	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Performances involving open flames	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Petting Zoo / Hobby Farm	Green (No restrictions)	All Grades, with Conditions		ECS: 1 adult per 8 students K-12: 1 adult per class	Must have explicit permission from parents/guardians. Conditions will vary based on animal and exposure. See Therapy Animals or Equine Therapy for specific conditions with therapy animals.	Unpredictable animal behaviour, strikes, kicks, bites or scratches; animal secretions; allergic reactions to the animal or dust/pollens on the animal; phobia or fear; exposure to communicable or bacterial infection, illness, or disease; cuts, scrapes or bruises; abrasions, sprains, strains, fractures, or dislocations; concussion or other head injuries.
Pyrotechnics or fireworks displays	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	

Title	USIC Risk Category (Green, Yellow, Red)	Status	Not Permitted for Grades	Minimum Required Supervision Ratio	Other Conditions (in addition to Field Trip approval)	Common Risks and Dangers (a specific risk assessment must be conducted)
Racquet Sports including: Badminton Paddleball Pickleball Scoopball Table Tennis Tennis	Green (No restrictions)	All Grades		ECS: 1 adult per 8 students K-12: 1 adult per class		Slips, trips, falls (bruises, cuts, broken bones); eye injuries, exposure to communicable infection, illness, or disease; equipment failure; collisions with other participants or equipment; muscle strains and/or sprains; fatigue, dehydration, inclement weather conditions
Racquetball/Squash	Yellow (Restricted)	Some Grades, with Conditions	K-6	Gr 7-12: 1 adult per 15 students	Protective eyewear is required for all participants	Concussion or other head injuries; slips, trips, falls; broken, fractured or dislocated bones, joints, ligaments or tendons; cuts, abrasions, sprains, strains, bruises, muscle soreness or swelling; eye injuries, physical contact by/with participants, objects, or equipment; vigorous physical exertion, strenuous cardiovascular movements; exposure to communicable infection, illness, or disease
Rifle Ranges, Firearms or other activities involving guns (includes winter biathlon with live rounds)	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students or Staff – No Conditions or Exceptions	
Ringette	Yellow (Restricted)	Some Grades, with Conditions	K - 3	Gr 4-6: 1 adult per 12 students Gr 7-12: 1 adult per 15 students	All participants must wear a CSA approved hockey helmet, ringette facemask and skates, and use regulation ringette sticks and rings. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Concussion or other head injuries; slips, trips, falls; broken, fractured or dislocated bones, joints, ligaments or tendons; cuts, abrasions, sprains, strains, bruises, muscle soreness or swelling; physical contact by/with participants, objects, or equipment; vigorous physical exertion, strenuous cardiovascular movements; exposure to communicable infection, illness, or disease
Rock Climbing (not wall climbing)	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Rodeo events	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Rope Courses/Climbing	Yellow (Restricted)	All Grades, with Conditions		ELP: 1 adult per 8 students Gr K-3: 1 adult per 10 students Gr 4-12: 1 adult per 12 students	Course elements must be no higher than 1.5m from the base. Base must have mats or other surfacing that provides good impact absorption.	Equipment/structure failure; entanglement/entrapment; falling objects; wildlife encounters; extreme weather conditions; exposure to communicable infection, illness, or disease; slips, trips, falls resulting in injury to bones, joints, ligaments, muscles, tendons; abrasions, sprains, strains, fractures, or dislocations; concussion or other head injuries
Rugby (Union, Non-contact & Flag)	Green (No restrictions)	Some Grades, with Conditions	K - 3	Gr 4-6: 1 adult per 12 students Gr 7-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Slips, trips, falls (bruises, cuts, broken bones); exposure to communicable infection, illness, or disease; collisions with other participants or equipment; muscle strains and/or sprains; mouth/face/ear injuries; fatigue, dehydration, heat-related illness, inclement weather conditions
Sailing	Yellow (Restricted)	Some Grades, with Conditions	K – 6	Gr 7-12: 1 adult per 10 students	All participants must wear an approved PFD at all times when in/on water. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Drowning or water inhalation; equipment failure or entanglement/entrapment, falling into the water, capsizing or being knocked unconscious in the water; hypothermia; slips, trips, falls; abrasions, sprains, strains, fractures, crush injuries, dislocations; concussion or other head injuries; adverse weather, cold or heat-related illness; exposure to communicable infection, illness, or disease; insect bites/stings
Scuba diving (open water or in pools)	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	

Title	USIC Risk Category (Green, Yellow, Red)	Status	Not Permitted for Grades	Minimum Required Supervision Ratio	Other Conditions (in addition to Field Trip approval)	Common Risks and Dangers (a specific risk assessment must be conducted)
Seadoos	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Skateboarding, Scootering, Inline/Roller Skating	Yellow (Restricted)	All Grades, with Conditions		ELP: 1 adult per 8 students Gr K-3: 1 adult per 10 students Gr 4-12: 1 adult per 12 students	K-3 are permitted to ride only in designated areas onsite. All participantrs must wear a correctly fitting approved CSA, ANSI, ASTM, or Snell helmet. Elbow pads, knee pads and wrist guards are strongly recommended.	Slips, trips, falls, colliisions resulting in strains, sprains, fractures, contusions and abrasions; concussion or other head injuries including traumatic brain injuries; exposure to communicable infection, illness, or disease; muscle strains and/or sprains;
Ski Jumping	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Slip and Slide	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Snowboarding	Yellow (Restricted)	Some Grades, with Conditions	K - 3	1 adult per 8 students	Must be evaluated by a trained professional at the ski hill. A ratio of 1 supervisor for every 8 students is required at Hidden Valley. CSA approved ski/snowboard helmets are required. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Vigorous physical exertion; serious head, neck and spinal injuries; moving extremely fast with little control; colliding with other skiers or snowboarders, trees, rocks, the lift, or any other objects on the ski hill; bone, muscle, joint injuries; abrasions; extreme weather conditions including avalanche; becoming lost or separated from the group; equipment malfunction
Snowmobiling	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
Snowshoeing	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students Gr K-6: 1 adult per 10 students Gr 7-12: 1 adult per 15 students	Must be age appropriate and a maintained trail. Teacher should be familiar with route. At least 2 supervisors per group with a supervisor assigned to the front and back of the group. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Slips, trips, and falls; strains, sprains, fractures, dislocations; head injuries and concussions; cuts, contusions, abrasions, blistering; sunburn; dehydration, heat exhaustion, hypothermia, frostbite; wildlife encounters, becoming lost or separated from the group; fatigue/overexertion
Soccer	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students Gr K-6: 1 adult per 10 students Gr 7-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Slips, trips, falls (bruises, cuts, broken bones); exposure to communicable infection, illness, or disease; equipment failure; collisions with other participants or equipment; muscle strains and/or sprains; fatigue, dehydration, inclement weather conditions
Softball, Slo-Pitch, T-Ball	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students Gr K-6: 1 adult per 10 students Gr 7-12: 1 adult per 15 students	Short bats with a wide diameter and larger lightweight balls are an appropriate adaptation for Pre-Kindergarten/ECS Program students. Catcher's mask and chest protector should be worn for softball and T-ball.	Slips, trips, falls, strains, sprains, fractures, dislocations; head injuries and concussions; cuts, contusions, abrasions, blistering; exposure to communicable infection, illness, or disease; equipment failure; collisions with other participants; being hit by the ball or bat; muscle strains and/or sprains; fatigue, dehydration, sunburn or heat-related illnness; inclement weather conditions
Splash/Spray Parks	Green (No restrictions)	All Grades		ELP: 1 adult per 8 students Gr K-6: 1 adult per 10 students Gr 7-12: 1 adult per 15 students	Conduct an inspection of the area and remove any hazards prior to play.	Slips, trips, falls; cuts, abrasions, bruises, sprains, strains, fractures, or dislocations; inclement weather, sunbun, heat-related illness; insect bites/stings; exposure to bacteria, infection, illness, or disease
Stuntnastics	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	

Title	USIC Risk Category (Green, Yellow, Red)	Status	Not Permitted for Grades	Minimum Required Supervision Ratio	Other Conditions (in addition to Field Trip approval)	Common Risks and Dangers (a specific risk assessment must be conducted)
Swimming (Open Water)	Yellow (Restricted)	Some Grades, with Conditions	K-3	Gr 4-6: 1 adult per 10 students Gr 7-12: 1 adult per 15 students	Gr 4-6 permitted only if the location is supervised by a certified lifeguard. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Drowning or water inhalation; collisions with other swimmers or watercraft; panic, cold water shock/hypothermia; cuts, abrasions, bruises, sprains, strains, fractures, or dislocations; overexertion, fatigue, muscle cramps; exposure to weather, exposure to waterborne bacteria, infection, illness, or disease; bites/stings from aquatic life
Swimming (Pool)	Yellow (Restricted)	All Grades, with Conditions		Under age 7: 1 adult per 3 students Age 7 & up: 1 adult per 15 students	Must comply with individual venue supervision ratios as applicable. Grade 4 & up are permitted to swim in hotel pools following division supervision ratios and supervisors remaining on deck.	Drowning or water inhalation; slips, trips, falls; collisions with other swimmers; panic; cuts, abrasions, bruises, sprains, strains, fractures, or dislocations; overexertion, fatigue, muscle cramps; exposure to bacteria, infection, illness, or disease
Team Handball	Yellow (Restricted)	Some Grades, with Conditions	K - 2	Gr 3-6: 1 adult per 12 students Gr 7-12: 1 adult per class	Rules for Grades 3-6 are different from those for Grades 7- 12 and are available from the Alberta Team Handball Federation.	Slips, trips, falls, strains, sprains, fractures, dislocations; head injuries and concussions; cuts, contusions, abrasions, blistering; exposure to communicable infection, illness, or disease; equipment failure; collisions with other participants; being hit by the ball; muscle strains and/or sprains; fatigue, dehydration, sunburn or heat-related illness; inclement weather conditions
Tobogganing, tubing, sledding	Yellow (Restricted)	All Grades, with Conditions		ELP: 1 adult per 8 students Gr 4-6: 1 adult per 12 students Gr 7-12: 1 adult per 15 students	The slope must be less than 35 degrees and the hill a height of less than 5 meters. An approved ski/snowboard or hockey helmet is strongly recommended. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Slips, Trips, Falls (bruises, broken bones, bumps); exposure to communicable infection, illness, or disease; muscle strains and/or sprains; Concussions or other head injuries.
Track & Field: Discus	Yellow (Restricted)	Some Grades, with Conditions	K – 3	Gr 4-6: 1 adult per 12 students Gr 7-12: 1 adult per 15 students	Gr 4 - 6 permitted using modified discus-type equipment of a size and weight appropriate for the age and ability of the student.	Slips, Trips, Falls (bruises, broken bones, bumps); exposure to communicable infection, illness, or disease; muscle strains and/or sprains; contact with a discus that may result in concussion, abrasions, bruises or broken bones.
Track & Field: High Jump	Yellow (Restricted)	Some Grades, with Conditions	K - 3	Gr 4-6: 1 adult per 12 students Gr 7-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEReS).	Slips, trips, falls and impact injuries (bruises, broken bones, abrasions, concussion or other head injuries); exposure to communicable infection, illness, or disease; muscle strains and/or sprains; equipment malfunction or incorrect setup.
Track & Field: Hurdles	Green (No restrictions)	Some Grades, with Conditions	K – 3	Gr 4-6: 1 adult per 12 students Gr 7-12: 1 adult per 15 students	Grades 4 - 6 permitted using modified hurdles	Slips, trips, falls and impact injuries (bruises, broken bones, abrasions, concussion or other head injuries); exposure to communicable infection, illness, or disease; muscle strains and/or sprains; equipment malfunction or incorrect setup.
Track & Field: Javelin	Yellow (Restricted)	Some Grades, with Conditions	K-4	Gr 4-6: 1 adult per 12 students Gr 7-12: 1 adult per 15 students	Grades 5 - 7 permitted using modified javelin-type implements (baseball throw, turbo jav, & mini jav)	Slips, Trips, Falls (bruises, broken bones, abrasions); exposure to communicable infection, illness, or disease; muscle strains and/or sprains; contact with a javelin resulting in concussion, impalement, bruises, bumps or broken bones.

Title	USIC Risk Category (Green, Yellow, Red)	Status	Not Permitted for Grades	Minimum Required Supervision Ratio	Other Conditions (in addition to Field Trip approval)	Common Risks and Dangers (a specific risk assessment must be conducted)
Track & Field: Pole Vault	Yellow (Restricted)	Some Grades, with Conditions	K - 9	Gr 4-6: 1 adult per 12 students Gr 7-12: 1 adult per 15 students	Poles and landing mats must meet International Amateur Athletic Federation (IAAF) specifications. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Slips, trips, falls, collisions, and impact injuries (bruises, broken bones, abrasions, concussion or other head injuries); exposure to communicable infection, illness, or disease; muscle strains and/or sprains; equipment malfunction or incorrect setup.
Track & Field: Shot Put	Yellow (Restricted)	Some Grades, with Conditions	K – 3	Gr 4-6: 1 adult per 12 students Gr 7-12: 1 adult per 15 students	Grades 4 - 6 permitted using modified shot-type implements of appropriate size, weight and material for students (e.g., softballs, other types of light ball).	Slips, trips, falls and impact injuries (bruises, broken bones, abrasions, concussion or other head injuries); exposure to communicable infection, illness, or disease; muscle strains and/or sprains; equipment malfunction or incorrect setup.
Trampoline use	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students or Staff – No Conditions or Exceptions	
Triathlon	Yellow (Restricted)	Some Grades, with Conditions	K – 3	Gr 4-6: 1 adult per 10 students Gr 7-12: 1 adult per 15 students	On-site supervision by a certified Lifeguard is required during the swimming portion. Correctly-fitting approved bicycle helmets must be worn during the cycling portion. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Drowning; cold water shock/hypothermia, heat or cold-related illness, extreme weather; collisions between participants; traffic hazards; slips, trips, falls; bruises, broken bones, abrasions; muscle strains and sprains; concussion, head and spinal injuries; exposure to waterborne bacteria, communicable infection, illness, or disease; muscle strains and/or sprains; becoming lost or separated from the group
Ultra-light Plane Flight	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Wall Climbing	Yellow (Restricted)	All Grades, with Conditions		ELP: 1 adult per 8 students Gr K-3: 1 adult per 10 students Gr 4-12: 1 adult per 12 students	Pre-K - Grade 3 are permitted to use walls modified for the early childhood population with larger hand holds, lower climbing level, cushioned landing surface, and increased supervision. Wall climbing is permitted in licensed facilities only.	Exposure to communicable infection, illness, or disease; slips, trips, falls; abrasions, sprains, strains, fractures, or dislocations; and/or concussion or other head injuries; collision with/hit by other participants, equipment, or the wall; disorientation, fear of heights; entanglement, entrapment; equipment failure or incorrect setup; suspension trauma
Water Parks /Water Slides	Yellow (Restricted)	Some Grades, with Conditions	K - 6	Gr 7-12: 1 adult per 15 students	Constant supervision by a certified Lifeguard is required. Only pemitted in vetted parks: Heritage Park, Calaway Park, Disney World, Disney Land, Universal Studios. (roller coaster rides and drop rides are not permitted)	Drowning or water inhalation; wet surfaces, slips, trips, falls resulting in abrasions, sprains, strains, fractures, or dislocations; impact injuries, concussion or other head injuries; exposure to inclement weather, sunburn; collision with equipment or other individuals resulting in bumps, bruises, broken bones; exposure to communicable infection, illness, or disease; disorientation/fear; entanglement, entrapment; equipment failure or incorrect setup
Water Polo	Yellow (Restricted)	Some Grades, with Conditions	K – 6	Gr 7-12: 1 adult per 15 students	Constant supervision by a certified Lifeguard is required. Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Drowning or water inhalation; slips, trips, falls resulting in abrasions, sprains, strains, fractures, or dislocations; impact injuries, concussion or other head injuries; exposure to inclement weather, sunburn; contact with equipment or other individuals resulting in bumps, bruises, broken bones; exposure to communicable infection, illness, or disease.
Water Skiing	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Watercraft Racing	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	

Title	USIC Risk Category (Green, Yellow, Red)	Status	Not Permitted for Grades	Minimum Required Supervision Ratio	Other Conditions (in addition to Field Trip approval)	Common Risks and Dangers (a specific risk assessment must be conducted)
Wave riding/indoor surfing	Red (Prohibited)	No Grades, Not Permitted	K-13		Not Permitted for Any Students – No Conditions or Exceptions	
Weight Training (Resistance Training)	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students Gr K-3: 1 adult per 12 students Gr 4-12: 1 adult per 15 students	Grade 6 and under are limited to exercises using Body Weight, Free Weights, and Resistance Bands and are not permitted to use Kettlebells, Squat Racks or Weight Machines	Slips, trips, falls; exposure to communicable infection, illness, or disease; muscle strains and/or sprains; broken bones, bruises or abrasions; contact with a weight or equipment, equipment failure or incorrect setup.
White water canoeing	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
White water kayaking	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	
White water rafting	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Winter biathlon activities involving firearms	Red (Prohibited)	No Grades, Not Permitted	K-12		Not Permitted for Any Students – No Conditions or Exceptions	
Winter Camping Trips	Yellow (Restricted)	Some Grades, with Conditions	K – 6	Gr 7-12: 1 adult per 10 students	Winter camping is permitted only within Alberta and by special authorization from the Superintendent of Schools. Each planned camping activity must be individually approved. Lead teacher is required to notify park wardens of the trip details.	Fire/burns, abrasions, sprains, strains, fractures, or dislocations; concussion or other head injuries; exposure to communicable infection, illness, or disease; natural disasters, hypothermia frostbite, sunstroke, sunburn or other weather exposures and heat or cold-related illness; wildlife and human encounters; becoming lost or separated from the group; structure/roof collapse; inoperable communication systems
Wrestling	Yellow (Restricted)	Some Grades, with Conditions	K - 3	Gr 4-6: 1 adult per 12 students Gr 7-12: 1 adult per 15 students	Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Slips, trips, falls; bruises, broken bones, abrasion, concussion, loss of consciousness, head and spinal injury; exposure to communicable infection, illness, or disease; muscle strains and/or sprains; forceful contact with the floor, equipment, or another individual.
Yoga involving animals	Red (Prohibited)	No Grades, Not Permitted	K-13		Not Permitted for Any Students – No Conditions or Exceptions	
Yoga/Pilates	Green (No restrictions)	All Grades, with Conditions		ELP: 1 adult per 8 students Gr K-3: 1 adult per 12 students Gr 4-12: 1 adult per 15 students	Temperature of room cannot exceed 30°C (hot yoga is not permitted). Must follow guidelines in the School Physical Activity, Health & Education Resource for Safety (SPHEREs).	Slips, trips, falls; bruises, abrasion, concussion, loss of consciousness, muscle cramps, strains and/or sprains; exposure to communicable infection, illness, or disease.
Zip Lining	Red (Prohibited)	No Grades, Not Permitted	K - 12 and Staff		Not Permitted for Any Students – No Conditions or Exceptions	

Additional Risk Management Guidelines

a. All third party service providers (onsite or off-site) require that the activity, qualification, and site suitability be vetted prior to consideration of an activity.	d. Adult supervisors must have an active role in providing constant visual supervision* to ensure activity safety. Third party supervision is not considered adequate.
c. Parents must sign an Acknowledgement of Risk form (Informed Consent Form) for all activities.	e. A minimum of one teacher staff member with current first aid is required as part of the supervisory component of the activity
c. The Division does not sign waivers. Service providers requiring a waiver for activities will not be approved.	g. A mix of male and female of supervisors should be considered as appropriate.