

MATERIALS

- Computer
- Internet access
- Projector and screen

ACTIVITY NAME:

SAFETY COMES FIRST

LEAD UP TO:

Skiing/Snowboarding

DIVISION:

High School

CURRICULUM CONNECTIONS



**Curriculum
Connections**



Nova Scotia

GCO: Students will be expected to apply effective risk practices in health and skill related physical activities.

Newfoundland & Labrador

GCO 6: Exhibit personal development, such as a positive self-esteem, self-responsibility, leadership, decision-making, cooperation, self-reflection and empowerment during physical activity.

Prince Edward Island

Outcome 6: Students will be expected to ensure safety and injury prevention procedures for self and others.

New Brunswick

Wellbeing Strand - Big Idea Social Emotional: Discuss how an alternative environment may require a particular safety precaution.

BEFORE YOU GO

Learning Goal

- Students will build awareness about concussions and concussion prevention, and demonstrate their knowledge and understanding with others.

Minds On Activity:

- Concussions are a serious concern in activities and sports, especially when it comes to school-aged athletes. It is important to ensure students' concussion awareness and are educated on the risks and symptoms associated with head injuries. By teaching proper technique and enforcing safety protocols, coaches and educators can prevent these dangerous injuries from occurring, or at the very least, minimize the impact. Visit the following links for important information to share with students:
 - [Nova Scotia](#)
 - [New Brunswick](#)
 - [Newfoundland & Labrador](#)
 - [Prince Edward Island](#) -
- Show [Dr. Mike Evans: Concussion 101](#) video to students.

Action Activity

- Review the information addressed in the video to ensure all students have a full understanding of the content presented.
- Share information about your School and School Board's concussion policy with students.
- Organize the class into small groups of 2-4 students.
- Have each group to create a Public Service Announcement that can be used to increase concussion education and awareness for one of the following target audiences:
 - Parents/guardians/caregivers
 - Educators
 - Coaches
 - Officials
 - Students
- Consider using the Public Service Announcements in a variety of environments:
 - Morning announcements
 - School e-Newsletter
 - Staff e-Newsletter

WHILE YOU ARE THERE

Schools on Snow Activity

- Before participating in the skiing or snowboarding activity, ensure that the Schools on Snow facility, school staff along with students are aware of the following information from your province:
 - [Nova Scotia](#)
 - [New Brunswick](#)
 - [Newfoundland & Labrador](#)
 - [Prince Edward Island](#) -
- Educators who are organizing the Schools on Snow skiing/snowboarding activity should be aware of the school board's safety standards and protocols.

ONCE YOU GET BACK

Consolidation Activity

- Lead the class in a group discussion about concussion awareness. Example teacher prompts:
 - *Share some safety standards you adhered to during your skiing and/or snowboarding activity.*
 - *Given what we have learned about concussion injuries, what are some reasons why students may not always disclose information about a suspected injury to a trusted adult (e.g. educator, coach, official, parent/guardian/caregiver)?*
 - *If you suspect a concussion, describe why is it important to ask for help?*
 - *Describe what you need to create a physically and emotionally safe environment so that you are comfortable in sharing information regarding a suspected concussion.*

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

Know the Code - It is Your Responsibility

CROSS COUNTRY RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

1 *Always check posted trail conditions.*

5 *Ski in control. On two-way trails descending skiers have the right-of-way.*

2 *Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.*

6 *Do not stop where you obstruct a trail or are not visible to others. Move off the track quickly if you fall or during rest stops.*

3 *Always ski to right when meeting on-coming skiers.*

7 *Do not litter. Take out what you pack in. Respect all property.*

4 *Yield the track to faster skiers and skiers calling 'track'.*

8 *Report all incidents.*

**Know the Code - Be Safety Conscious
It is Your Responsibility**