

## ACTIVITY RISKS

---

### PHYSICAL EDUCATION AND ATHLETICS

#### ATHLETICS/SCHOOL ATHLETIC TEAMS or INDIVIDUAL SPORTING EVENT:

- Sport injuries including those from contact sports, collisions with obstacles or people, slipping and falling, concussions, dehydration, hypothermia, equipment failures, weather conditions (lightning, snow, rain, fog),

#### ICE SKATING AND ICE HOCKEY:

- Transportation to and from site, hypothermia or frostbite, dehydration, concussions, falls on ice, collisions with other objects or people, injury from collision or falls

#### SWIMMING:

- Injury, slipping and falling, drowning, hypothermia, heat stroke or sunburn, diving

#### ROAD SPORTS (IN-LINE SKATING, RUNNING OR WALKING ON ROADS OR SIDEWALKS):

- Dehydration, injury, uneven surfaces, collision with objects or people, tripping and falling, vehicles, getting separated from the group, losing control, sunburn or heat stroke, weather conditions (lightning, snow, rain fog), hypothermia, hyperthermia

#### CYCLING OR ROAD BIKING:

- Weather conditions, lightning, vehicles on the road, separation from the group, bicycle malfunctions, injury, loss of control, collisions with other cyclists, uneven pavement, dehydration, hypothermia, hyperthermia

### PERFORMING ARTS

Includes drama productions, music concerts and art exhibitions. Risks associated with these activities may include:

- Collision with obstacles or people, dehydration, equipment failures, concussions, slipping and falling, losing control, etc.

### OUTDOOR AND ADVENTURE ACTIVITIES

#### BACKPACKING:

- Becoming separated from the group or lost, injury, weather conditions, illness, hypothermia, hyperthermia, sunburn, dehydration, wildlife encounters, stream crossings, ticks, water treatment, losing the trail

#### CANOEING:

- Hypothermia and cold water submersion, drowning, inclement weather conditions (lightning, wind, rain, snow, fog), injury, illness, sunburn or heat stroke, shore-based joint injuries, wildlife encounters, current, strainers, deadheads, sweepers, rocks, getting separated from group

#### HIKING (includes MOUNTAIN SCRAMBLING/HIKING):

- Becoming separated from the group or lost, injury, weather conditions, illness, hypothermia, hyperthermia, sunburn or heat stroke, dehydration, wildlife encounters, stream crossings, ticks, water treatment, losing the trail, falling rocks, weather conditions (lightning, snow, rain, fog), frostbite, slip and fall, avalanches

#### HORSEBACK RIDING:

- Falling off the horse or other traumatic injury, being separated from the group, unpredictable horse behavior, bucking and kicking horses, losing the trail, weather conditions (lightning, rain, fog, snow), stream crossings, illness, hypothermia, dehydration, ticks, wildlife encounters

#### KAYAKING:

- Hypothermia and cold water submersion, drowning, injury, illness, dehydration, sunburn or heat stroke, weather (lightning, wind, rain, snow, fog), becoming trapped in an overturned boat, wildlife encounters,

current, strainers, deadheads, sweepers, rocks, getting separated from the group, losing equipment, undercut rocks, waterfalls, dangerous hydraulics, sudden fluctuations in water level, becoming trapped in an overturned boat, open water crossings, tides, boat traffic

#### **MOUNTAIN BIKING:**

- Rough and uneven terrain, speed and obstacles, loss of control, loss of trail, separation from the group, dehydration, sunburn or heat stroke, illness, falling, bike crashes or collisions, wildlife encounters

#### **RAFTING:**

- Cold water submersion and hypothermia, drowning, weather conditions (lightning, snow, rain, wind), injury, illness, current, sweepers, strainers, deadheads, rocks, waterfalls, dangerous hydraulics, wrapping the raft around obstacles in the river (trees, rocks), sudden rise in water level, wildlife encounters

#### **ROCK CLIMBING:**

- Falling rocks, uneven terrain, falls, sunburn, hypothermia, hyperthermia, weather conditions (snow, rain, lightning, fog), dehydration, injury, illness, wildlife encounters

#### **RODEO:**

- Unpredictable horses and livestock, uncontrollable horses or livestock, falling off horses, being kicked by horses or livestock, colliding with obstacles (fences, posts, pens, chutes, gates and walls), uneven or non maintained and non padded ground surfaces

#### **SCUBA DIVING:**

- Injury, illness, drowning, cold water submersion, hypothermia, getting separated from the group, wildlife encounters

#### **SPELUNKING (CAVING):**

- Falling rocks, uneven terrain, falls, hypothermia, weather conditions (snow, rain, lightning, fog), dehydration, injury, wildlife encounters, illness

#### **WALL CLIMBING:**

- Falls, injury, scrapes, bumps or bruises, climbing without a belay, being dropped by one's belayer, improper operation of equipment, climbing unroped

### **INTERNATIONAL TRAVEL**

Includes travel involving land, air or water outside of Canada. Risks associated with this travel may include:

- Flight delays or cancellations, stolen or lost items, poor roads, lower standard of medical care or facilities, lower standard of food quality, lower standard public health, diseases related to destination, terrorism, issues with customs (immigration or visas), destabilizing political or economical states, lost baggage, etc.

### **SKIING, SNOWBOARDING, SNOWSHOEING**

- Injury, collisions with trees or other people, falling, uneven terrain, other skiers or snowboarders, sunburn, hypothermia or frostbite, weather conditions (snow storms, wind, cold temperatures), equipment malfunction, speed, dehydration, getting lost, losing the trail, getting separated from group, avalanche, illness, wildlife encounters