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**Subject:** Student Physical Activity Safety Standards  
**Effective:** October 1, 2002  
**Revised:** *September 22, 2009; September 2, 2013*

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### 1.0 PURPOSE

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This policy provides safety standards for curricular, co-curricular, and extra-curricular physical activities.

This policy replaces Policy 302 – Weight Training in the Public Schools and Policy 305 – The Use of Trampolines and Minitramps in the Public Schools.

### 2.0 APPLICATION

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This policy applies to all curricular, co-curricular, and extra-curricular physical activities in which students participate.

### 3.0 DEFINITIONS

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**Curricular** means falling within the curriculum approved by the Department of Education and Early Childhood Development.

**Co-curricular** means organized by teaching staff to achieve curriculum objectives, using or extending into instructional time and including all students in a class (e.g. field trips to Quebec City, provincial art galleries, science fairs, music festivals, student leadership forums, ski trips).

**Extra-curricular** means endorsed by the school, organized by persons who may or may not be employed by the school, may or may not contribute to curriculum objectives, and are normally conducted outside the instructional day (e.g. inter-scholastic and intra-mural sports, school dances, winter carnivals).

### 4.0 LEGAL AUTHORITY

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[Education Act](#)

6(b.2) The Minister may establish provincial policies and guidelines related to public education within the scope of this Act.

Original signed by

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**MINISTER**

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**5.0 GOALS / PRINCIPLES**

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- 5.1** The Department of Education and Early Childhood Development promotes and supports the participation of students in a variety of physical activities. We believe a positive introduction to a diversity of physical activities will increase the likelihood of New Brunswickers adopting active lifestyles in youth and for life.
- 5.2** The Department of Education and Early Childhood Development must be assured, however, that all reasonable safety measures are in place for the protection of students.

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**6.0 REQUIREMENTS / STANDARDS**

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- 6.1** Schools shall not permit a student to participate in a physical activity which is foreseeably inappropriate for the student's physical or mental development or particular health condition.
- 6.2** Students shall only be permitted to engage in a physical activity if the standards in the *New Brunswick Physical Education Safety Guidelines* ([Elementary and Middle School Guidelines](#), [High School Guidelines](#)) for that activity are met, or if it can be demonstrated that alternate means of ensuring safety are in place.
- 6.3** Written permission from parents and the appropriate Superintendent (or designate) is required for student participation in physical activities:
- which are not listed in the *New Brunswick Physical Education Safety Guidelines* ([Elementary and Middle School Guidelines](#), [High School Guidelines](#)) or;
  - which are listed, but recommended in the guidelines for an older age group; or
  - as directed in the guidelines.
- 6.4** Supervisors are responsible for verifying the safety of facilities and equipment to be used during the course of the activity(ies) they are supervising, prior to the commencement of the activity(ies). Supervisors are also responsible for ensuring damage to any facility or equipment, of which they become aware and which is likely to affect safety, is flagged for subsequent users. This flagging should initiate normal school procedures for removal or repair.
- 6.5** The following physical activities have been identified as requiring particular limitations as specified below.

**6.5.1 Weight Training**

If weight training is to be available, it shall only be offered subject to District Education Council policy, the safety requirements specified in the *New Brunswick Physical Education Safety Guidelines* ([High School Guidelines](#)), and only to students in grades 9

through 12. Participation by younger students will require written permission of the superintendent (or designate) as well as written parental permission.

### **6.5.2 Use of Trampolines, Mini Trampolines and Exercise Trampolines**

Trampolines and mini trampolines shall not be used for curricular, co-curricular or extra-curricular activities. However, students may use the exercise trampolines for therapeutic purposes, if they are under the direction of a physical or occupational therapist and have proper supervision.

### **6.5.3 Alpine Skiing/Snowboarding/Snowblading**

Conditions which must be met when students participate in curricular, co-curricular and extra-curricular alpine skiing/snowboarding/snowblading are included in [Appendix A](#).

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## **7.0 GUIDELINES / RECOMMENDATIONS**

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N/A

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## **8.0 DISTRICT EDUCATION COUNCIL POLICY-MAKING**

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District Education Councils may set safety standards which are more stringent than those defined in the *New Brunswick Physical Education Safety Guidelines* ([Elementary and Middle School Guidelines](#), [High School Guidelines](#)) providing they do not curtail the delivery of required curriculum.

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## **9.0 REFERENCES**

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### [Education Act](#)

*45(4)(b) The Minister shall determine the physical plant standards for a safe and healthy school facility.*

[Policy 132](#) – Contribution of Resources by Parents

[New Brunswick Physical Education Safety Guidelines: Elementary and Middle School Guidelines](#)

[New Brunswick Physical Education Safety Guidelines: High School Guidelines](#)

DEPARTMENT OF EDUCATION AND EARLY CHILDHOOD DEVELOPMENT

**POLICY 709**

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**10.0 CONTACTS FOR MORE INFORMATION**

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Department of Education and Early Childhood Development – Educational Services Division  
(Anglophone) (506) 453-3678

Department of Education and Early Childhood Development – Policy and Planning Division  
(506) 453-3090

Original signed by

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**MINISTER**