

The Ontario Physical Education Safety Guidelines - 2010 Addition of SADS Information

The Safety Guidelines (managed by Ophea) represent the minimum standards of risk management practice for school boards for physical activities and sports. They outline safe practices for every activity in order to minimize the risk of accidents or injuries. They are a valuable resource for school boards, teachers, intramural supervisors and coaches and any other physical activity provider or promoter.

The Safety Guidelines are divided into six modules: Elementary and Secondary Curricular, Elementary and Secondary Intramural Activities and Clubs and Elementary and Secondary Interscholar Athletics.

The documents consist of a Generic Section that provides overarching guidelines, Activity Pages that provide specifics in the areas of equipment, clothing/footwear, facilities, special rules and instructions, and supervision for each activity and an Appendices section that provides sample documents boards may use and modify.

The Safety Guidelines, updated and released for September 2010, were revised to include the following statement in the Generic Section in regard to **Sudden Arrhythmia Death Syndrome**:

If a student experiences one of the following episodes at school, or at a school sponsored activity, it may be a warning sign of Sudden Arrhythmia Death Syndrome (SADS), call 911:

- *fainting or seizure during physical activity*
- *fainting or seizure resulting from emotional excitement, emotional distress or being startled (e.g. a sudden loud noise such as a school fire alarm system)*

The student must seek medical attention before he/she returns to play.

Ophea: Healthy Schools, Healthy Communities exists to support schools and communities through quality program and supports, partnerships and advocacy to enable children and youth to lead healthy, active lives.

Visit www.ophea.net for more information.

