



Outdoor Activity Checklist

Outdoor Activities refer to activities performed outdoors no matter the season.

Outdoor Activities include, but are not limited to: hiking, camping, skiing, skating, swimming, fishing, trail riding, and snowshoeing. Essentially, any activity that takes place outdoors and is not normally part of your club projects.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practices to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting.

Training and Preparation

- All youth members and their parents/guardians are informed of potential risks involved in the activity, as well as the safety rules and procedures. (i.e. slips, trips, or falls while hiking).
- All sessions are conducted in a safe environment (i.e. approved recreational area, designated for the activity).
- Site conditions are researched in advance; participants are informed.
- Weather conditions are researched in advance; participants are informed.
- Clothing and supplies are brought in relation to the current and forecasted conditions (i.e. dressing in layers).
- Instruction on safety precautions is received from a trained leader or an experienced instructor who can demonstrate the skills and safety precautions.
- All sessions are conducted in a safe environment. Any potential risks have been defused or flagged.
- Safety rules and procedures are learned prior to participation.
- Skills/movements are learned in proper progression.
- All youth members and their parents/guardians are informed of the equipment, clothing, food, and water required for the activity.
- Each session is conducted with a proper warm-up and cool-down.

Supervision

- Adheres to Youth Safety Supervision Policy, Rule of Two, and Supervision Ratios.
- Safety rules and procedures are enforced throughout the activity.
- Emergency action plan is in place to deal with accidents/injuries.
- Uses a “buddy system” to monitor participants’ physical condition in hot or cold weather for an extended period of time.

Facility

- Activity area is free of hazards/debris.
- Participants are aware of potential hazards (e.g. limited visibility, wind, snow, ice)
- Proper lighting and ventilation, when applicable.
- Safety rules/regulations are posted or made clear at the beginning of activity.
- Indoor facility has a clearly marked emergency exit.

Equipment

- Equipment to be used is suitable and in good condition.
- Equipment is checked by a qualified person before every session.
- Instructions are given regarding the proper use and maintenance of equipment.



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- Leaders check to ensure that each youth has the required materials prior to participation.
- Leaders ensure that a first aid kit and a designated emergency phone are available.