

HIGH RISK ACTIVITIES

For the most up to date information for safety and planning please refer to and seek assistance from the Superintendent/designate.

Information can be found at:

OPHEA Curricular Guidelines <https://www.ophea.net/>

OPHEA Ontario Safety Guidelines <http://safety.ophea.net/>

OSBIE <http://www.osbie.on.ca/>

Examples of Activities:

- Cycling
- Downhill skiing
- Cross-country skiing
- Snowboarding
- Ice skating
- Hockey
- Outdoor camping
- Canoeing
- Kayaking
- Hiking
- Swimming
- Tobogganing/sliding on snow/tubing
- Dog sledding
- Wall climbing

Assessing Risk

