



ARMIC STANDARDIZED RISK MANAGEMENT PRACTICES ACTIVITIES LIST

This activity list applies to student, staff and volunteer activities organized or managed by the school board.

ARMIC Subscribers have agreed to take a risk-managed approach to their operational activities, including all activities organized or managed by a Subscriber school board. To ensure the safety of all parties, Subscribers should employ resources such as the Alberta Guide to Education, the Safety Guidelines for Activities in Alberta Schools, and the Spheres Guidelines for guidance.

Green activities are lower risk activities and can be undertaken in a manner appropriate for the age and ability of the group.

Amber activities are moderate risk activities that should be approached with additional caution and risk management.

Red activities are prohibited under the ARMIC risk management program and are not covered by ARMIC’s general liability insurance policy.

Should a board have a school that wants to undertake a red/prohibited activity, the Board/School must purchase additional liability insurance or provide evidence of additional insurance that sufficiently removes the risks of the prohibited activity from the ARMIC’s general liability as per recommendation provided by the Broker.

If a member board wishes to appeal the placement of an activity they must:

1. Present their case to the Risk Management and Claims Committee; and
2. Risk Management and Claims Committee and the member board present their argument at the next subscribers meeting.

Subscribers then vote to either move the activity to another category or to leave it as is. If an activity is moved from a higher risk category to a lower risk category, the Broker should provide a risk assessment report to indicate the measures to mitigate the risk.

If the activity is moved to a different category, a full risk assessment should be conducted by the Broker and members that wish to participate in the activity should be made aware of the risk mitigation practices that they must undertake.

The Risk Management and Claims Committee has the authority to provide a one-year transition period, ending March 31, 2022, for boards that wish to continue undertaking the red activities as they develop proper risk management procedures and find sufficient insurance coverage.

The Risk Management and Claims Committee may recommend to the Subscribers’ meeting for any additions, deletions or classification changes of the current activities.

Questions on the prohibited activities list are to be directed to the Broker’s risk consultant. Most activities follow the Alberta Education Guide to Physical Activities in Schools. Requests for changes to this document should be submitted to Risk Management Committee for consideration.

ACTIVITY NAME	CURRENT INFO/DEFINITION	Category
Bowling		1-Low Risk
Court Sports		1-Low Risk
Curling		1-Low Risk
Fireworks Display	Viewing Only – No participation	1-Low Risk
Fishing		1-Low Risk
Golf		1-Low Risk
Gymnasium Program (Safety Guidelines for Physical Activity in Alberta Schools)		1-Low Risk
Hiking on Trails		1-Low Risk
Low Risk Activities	Activities that carry a low risk of physical Injury	1-Low Risk
Skiing – Cross Country (excluding Back Country)	Backcountry refers to remote, undeveloped rural areas or sparsely inhabited rural areas; wilderness	1-Low Risk
Sports Field Programs (Safety Guidelines for Physical Activity in Alberta Schools)		1-Low Risk
Amusement Park Rides		2-Moderate Risk
Archery –under qualified supervision		2-Moderate Risk



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Baseball (Hardball)	A ball game played between two teams of nine on a field with a diamond-shaped circuit of four bases	2-Moderate Risk
Broom Ball	A game similar to ice hockey, usually played on a rink, in which the players use brooms instead of hockey sticks to shoot a volleyball into the opponent's goal.	2-Moderate Risk
Canoeing – up to and including Class II	Refer to Paddle Canada's Paddling Association Risk Management Requirements – Annex C- International River Classification System.	2-Moderate Risk
Cheerleading (aerobic)	A sport involving the performance of organized cheering, chanting, and dancing in support of a sports team at games	2-Moderate Risk
Classroom Flight Training		2-Moderate Risk
Crazy Carpet on a slope of less than five metres in height or with an incline of less than 30 degrees		2-Moderate Risk
Cycling	Cycling activities which follow the Safety Guidelines for Physical Activities in Alberta Schools	2-Moderate Risk
Diving		2-Moderate Risk
Farming Field Trips (including feeding livestock and upkeep of greenhouses)	As allowed by the Alberta Guide to Education	2-Moderate Risk
Firearms courses (no live ammunition)		2-Moderate Risk
Fishing – Ice Fishing	Fishing through holes in the ice on a lake or river	2-Moderate Risk
Football		2-Moderate Risk
Gymnastics	Exercises developing or displaying physical agility and coordination. The modern sport of gymnastics typically involves exercises on uneven bars, balance beam, floor, and vaulting horse (for women), and horizontal and parallel bars, rings, floor, and pommel horse (for men).	2-Moderate Risk
Hockey – Ball Hockey	A form of hockey played in a gymnasium or arena, or on any outdoor surface without ice, using a hard plastic ball in place of a puck	2-Moderate Risk
Hockey – Field Hockey	A game played between two teams of eleven players who use hooked sticks to drive a small hard ball toward goals at opposite ends of a field.	2-Moderate Risk
Hockey – Floor Hockey	Floor hockey is an off-ice sport played by two teams whose main objective is to hit a puck or ball into the opponent's goal using a plastic stick.	2-Moderate Risk
Hockey – Ice Hockey	A fast contact sport played on an ice rink between two teams of six skaters, who attempt to drive the puck into the opposing goal with hooked or angled sticks	2-Moderate Risk
Horseback Riding	The sport or activity of riding horses	2-Moderate Risk
Hunter training	Capturing of wildlife using traps, crossbows. (Firearms are prohibited)	2-Moderate Risk
Kayaking – Up to and including Class II	Refer to Paddle Canada's Paddling Association Risk Management Requirements – Annex C- International River Classification System.	2-Moderate Risk
Lacrosse (Field, Box)	A team game, originally played by North American Indigenous people, in which the ball is thrown, caught, and carried with a long-handled stick having a curved L-shaped or triangular frame at one end with a piece of shallow netting in the angle.	2-Moderate Risk
Martial Arts Training	Various sports or skills, mainly of Japanese origin, that originated as forms of self-defence or attack, such as judo, karate, and kendo (refer to Safety Guidelines for Physical Activity in Alberta Schools)	2-Moderate Risk
Mountain Biking (Cross Country)	Cross-country courses and trails consist of a mix of rough forest paths and single track (also referred to as double track depending on width), smooth fire roads, and even paved paths connecting other trails	2-Moderate Risk
Orienteering	A competitive sport in which participants find their way to various checkpoints across rough country with the aid	2-Moderate Risk



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	of a map and compass, the winner being the one with the lowest elapsed time.	
Ringette (Ice)	A game resembling ice hockey, played with a straight stick and a rubber ring, and in which no intentional body contact is allowed.	2-Moderate Risk
Rocketry – Bottle Rockets	A firework typically consisting of a cylindrical case that is partly filled with combustible material and fastened to a guiding stick which may be placed in a bottle to control the direction of the rocket's launch	2-Moderate Risk
Roller blading	A boot with a single row of small wheels on the bottom that you wear in order to travel along quickly for enjoyment	2-Moderate Risk
Ropes Courses (low)	a series of cables, ropes, and obstacles strung between trees or poles, 12 to 18 inches above the ground	2-Moderate Risk
Rugby		2-Moderate Risk
Sailing		2-Moderate Risk
Scuba diving in a swimming pool (Minimum standards)		2-Moderate Risk
Self Defence (no weapons)	The defence of one's person or interests, especially through the use of physical force, which is permitted in certain cases as an answer to a charge of violent crime	2-Moderate Risk
Skateboarding/Skateboarding parks		2-Moderate Risk
Skating – Ice Skating		2-Moderate Risk
Skating – Ice Skating - Outdoor	Skating on ice surfaces where there is a risk of penetrating the ice.	2-Moderate Risk
Skiing - Downhill		2-Moderate Risk
Sledding on a slope of less than five metres in height or with an incline of less than 30 degrees		2-Moderate Risk
Slingshot	Following the guidelines for Archery in Spheres and the Safety Guidelines for Activity in Alberta Schools	2-Moderate Risk
Snowboarding		2-Moderate Risk
Softball	A sport similar to baseball played on a small diamond with a ball that is larger than a baseball and that is pitched underhand	2-Moderate Risk
Swimming - in pool or controlled swimming area	<u>Supervision required</u>	2-Moderate Risk
Swimming (Synchronized)	A sport in which members of a team of swimmers perform coordinated or identical movements in time to music.	2-Moderate Risk
Team Handball or “European Handball”	A game played between two teams of seven players each, the object being to throw the ball into a hockeylike goal at either end of the rectangular court. The ball is moved by dribbling and passing with the hands	2-Moderate Risk
Tobogganing on a slope of less than five metres in height or with an incline of less than 30 degrees		2-Moderate Risk
Track and Field- in field events: Include discus, javelin, shot put, and high jump		2-Moderate Risk
Tubing on a slope of less than five metres in height or with an incline of less than 30 degrees		2-Moderate Risk
Wall Climbing (In licensed facilities)		2-Moderate Risk
Water Polo	A seven-a-side game played by swimmers in a pool, with a ball like a volleyball that is thrown into the opponent's net	2-Moderate Risk
Water slides/water park		2-Moderate Risk
Weightlifting	The sport or activity of lifting barbells or other heavy weights.	2-Moderate Risk



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Activities in Wilderness or Remote locations	Taking any activity including but not limited to hiking, biking, or camping into wilderness or remote areas greatly increases the risk.	3-Prohibited
Aerial Gymnastics (excluding cheerleading)	A stunt in which the gymnast turns completely over in the air without touching the apparatus with his or her hands	3-Prohibited
Aerial Parks	Parks which have various structures or layouts usually with ropes and bridges elevated by manmade structures or in a forested area	3-Prohibited
Air travel other than by commercial airline		3-Prohibited
American Gladiator style events	An athletic competition game show where contestants, referred to as "contenders", competed against the show's titular Gladiators in a series of physical games called "events" with the goal to be crowned the Grand Champion	3-Prohibited
Auto racing	Auto racing is a motorsport involving the racing of automobiles for competition	3-Prohibited
Axe throwing		3-Prohibited
Axe training	Learning how to handle and utilize an axe	3-Prohibited
Bobsledding		3-Prohibited
Boxing	Contact is prohibited	3-Prohibited
Bungee jumping	The activity of leaping from a high place while secured by a long nylon-cased rubber band around the ankles	3-Prohibited
Canoeing – water greater than Class II	Refer to Paddle Canada's Paddling Association Risk Management Requirements – Annex C- International River Classification System.	3-Prohibited
Caving	Also known as spelunking - the exploration of caves	3-Prohibited
Crazy Carpet on a slope of greater than five meters in height or with an incline of greater than 30 degrees		3-Prohibited
Demolition derbies	A competition in which typically older cars are driven into each other until only one is left running	3-Prohibited
Demolition of derelict vehicles, equipment or buildings		3-Prohibited
Diving – High Platform	Diving from a platform 5m or above.	3-Prohibited
Diving into or sliding on foam, mud, ice or snow	Any of these activities irrespective of method used or height of the activity	3-Prohibited
Drag Racing	A race between two or more cars over a short distance, usually a quarter of a mile, as a test of acceleration	3-Prohibited
Dunk Tanks	An attraction at a carnival or similar event in which contestants throw balls at a target with the aim of triggering a mechanism that causes a seated person to drop into a tank of water	3-Prohibited
Excursions during or immediately after extreme weather or geological events (earthquakes, floods, hurricanes, etc.)		3-Prohibited
Excursions to regions with political or civil instability		3-Prohibited
Excursions to war zones – imminent or existing		3-Prohibited
Extreme Sports (recreational activities perceived as involving a high degree of risk. These activities often involve speed, height, a high level of physical exertion, and highly specialized gear)		3-Prohibited
Fencing	The sport of fighting with swords, especially foils, épées, or sabres, according to a set of rules, in order to score points against an opponent	3-Prohibited



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Float Rides (example – a parade float)		3-Prohibited
Go-Karting		3-Prohibited
Hang Gliding	The sport of launching oneself from a cliff or a steep incline and soaring through the air by means of a hang glide	3-Prohibited
Hay Rides		3-Prohibited
Hiking in hazardous areas	Hiking in areas where the inherent risk of injury is higher due to the difficulty of the terrain or exposure to rapidly changing conditions that increase risks to a level which cannot be adequately managed	3-Prohibited
Horse jumping		3-Prohibited
Hot air balloon rides (tethered and untethered)		3-Prohibited
Ice climbing		3-Prohibited
In flight air school hours (i.e. flying solo)		3-Prohibited
Inflatable Activities (Including Bouncy Castles Sumo Suits and Hamster Balls)		3-Prohibited
Kayaking – In moving water greater than Class II	Refer to Paddle Canada’s Paddling Association Risk Management Requirements – Annex C- International River Classification System.	3-Prohibited
Kick Boxing	Contact is prohibited	3-Prohibited
Laser Tag		3-Prohibited
Martial Arts – with full contact	Contact is prohibited	3-Prohibited
Mechanical bull riding or simulated mechanical rodeo events		3-Prohibited
Moto-cross (motorized or BMX bicycle)		3-Prohibited
Motorcycling of any nature		3-Prohibited
Mountain Biking – Back Country	<u>Biking in remote areas with no access to communication and health care.</u>	3-Prohibited
Mountain Biking (Trail, Enduro and All-mountain Riding, Freeride and Downhill)	Trail Mountain Biking is more aggressive type of cross-country riding. It generally means riding less fire roads and easy tracks and replacing them with more technical single tracks both up and down. Enduro and all-mountain riding is faster, steeper and more aggressive, involving bigger drops and jumps. Unexpected terrain hazards are involved. Freeride and Downhill: This level of mountain biking is designed for the advanced and extreme riders involving high speed, technical sections and massive drops. Generally held in mountain biking parks.	3-Prohibited
Mountaineering		3-Prohibited
Moving water programs in waters greater than Class II	Refer to Paddle Canada’s Paddling Association Risk Management Requirements (Annex C- International River Classification System).	3-Prohibited
Off road/All-Terrain vehicles		3-Prohibited
Orbing/Zorbing (human hamster ball)	An extreme sport in which a person is strapped inside a very large plastic ball and rolled down a hillside	3-Prohibited
Paintball		3-Prohibited
Parasailing and paragliding		3-Prohibited
Parkour	The activity or sport of moving rapidly through an area, typically in an urban environment, negotiating obstacles by running, jumping and climbing.	3-Prohibited
Performances involving/including open flames	Open flame devices are defined as candles, torches, butane burners or any other flame producing device	3-Prohibited
Personal watercraft (“Seadoos”)		3-Prohibited
Pole Vault (Track and Field)		3-Prohibited



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Pyrotechnics	Pyrotechnics is the science and craft of using self-contained and self-sustained exothermic chemical reactions to make heat, light, gas, smoke and/or sound	3-Prohibited
Racing of watercraft	Competition using water vessels or waterborne vessels. Watercraft are vehicles used in water, including boats, ships, hovercraft and jetskis. Watercraft usually have a propulsive capability (whether by sail, oar, paddle or engine) and hence are distinct from a simple device that merely floats, such as a log raft.	3-Prohibited
Rifle Ranges or other activities involving firearms	A place for practicing shooting with rifles and/or firearms	3-Prohibited
Rock climbing (wall climbing is permitted)	The sport or activity of climbing rock faces, especially with the aid of ropes and special equipment.	3-Prohibited
Rocketry	Use of model rockets designed to reach low altitudes and be recovered by a variety of means.	3-Prohibited
Rodeo event participation	American style professional rodeos generally comprise the following events: tie-down roping, team roping, steer wrestling, saddle bronc riding, bareback bronc riding, bull riding and barrel racing.	3-Prohibited
Scuba diving - Open Water	Open water - any natural body of water, rivers, lakes, and oceans	3-Prohibited
Ski Jumping	Descending from a specially designed ramp on skis.	3-Prohibited
Skiing – Cross Country (Back Country)	Backcountry refers to remote, undeveloped rural areas or sparsely inhabited rural areas; wilderness	3-Prohibited
Skydiving	A sport in which a person jumps from an aircraft and falls for as long as possible before opening a parachute	3-Prohibited
Sledding sledding on a slope of greater than five meters in height or with an incline of greater than 30 degrees		3-Prohibited
Sleigh Rides		3-Prohibited
Slip and Slide Devices		3-Prohibited
Snorkeling – Open water	Open water - any natural body of water, rivers, lakes, and oceans	3-Prohibited
Snowmobiling	A sport in which a person operates motorized vehicle designed for winter travel and recreation on snow.	3-Prohibited
Stuntnastics	It combines dance, stunts, gymnastics, and music along with your imagination. It is a floor routine by putting together various creative and physical components, such as pyramid building or other formations.	3-Prohibited
Swimming – Open Water	Swimming in ocean, large lakes or moving water	3-Prohibited
Tobogganing on a slope of greater than five meters in height or with an incline of greater than 30 degrees		3-Prohibited
Trampoline	The sport of jumping and tumbling on a trampoline	3-Prohibited
Tubing sledding on a slope of greater than five meters in height or with an incline of greater than 30 degrees		3-Prohibited
Ultra-light plane flight	Ultralight aviation (called microlight aviation in some countries) is the flying of lightweight, 1- or 2-seat fixed-wing aircraft	3-Prohibited
War games		3-Prohibited
Water skiing	Water skiing is a surface water sport in which an individual is pulled behind a boat or a cable ski installation over a body of water, skimming the surface on two skis or one ski	3-Prohibited
Winter biathlon with live ammunition	The biathlon is a winter sport that combines cross-country skiing and rifle shooting	3-Prohibited
Zip lining	A cable suspended above an incline to which a pulley and harness are attached for a rider	3-Prohibited



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Activities List – Alphabetical

ACTIVITY NAME	CURRENT INFO/DEFINITION	Category
Activities in Wilderness or Remote locations	Taking any activity including but not limited to hiking, biking, or camping into wilderness or remote areas greatly increases the risk.	3-Prohibited
Aerial Gymnastics (excluding cheerleading)	A stunt in which the gymnast turns completely over in the air without touching the apparatus with his or her hands	3-Prohibited
Aerial Parks	Parks which have various structures or layouts usually with ropes and bridges elevated by manmade structures or in a forested area	3-Prohibited
Air travel other than by commercial airline		3-Prohibited
American Gladiator style events	An athletic competition game show where contestants, referred to as "contenders", competed against the show's titular Gladiators in a series of physical games called "events" with the goal to be crowned the Grand Champion	3-Prohibited
Amusement Park Rides		2-Moderate Risk
Archery –under qualified supervision		2-Moderate Risk
Auto racing	Auto racing is a motorsport involving the racing of automobiles for competition	3-Prohibited
Axe throwing		3-Prohibited
Axe training	Learning how to handle and utilize an axe	3-Prohibited
Baseball (Hardball)	A ball game played between two teams of nine on a field with a diamond-shaped circuit of four bases	2-Moderate Risk
Bobsledding		3-Prohibited
Bowling		1-Low Risk
Boxing	Contact is prohibited	3-Prohibited
Broom Ball	A game similar to ice hockey, usually played on a rink, in which the players use brooms instead of hockey sticks to shoot a volleyball into the opponent's goal.	2-Moderate Risk
Bungee jumping	The activity of leaping from a high place while secured by a long nylon-cased rubber band around the ankles	3-Prohibited
Canoeing – up to and including Class II	Refer to Paddle Canada's Paddling Association Risk Management Requirements – Annex C- International River Classification System.	2-Moderate Risk
Canoeing – water greater than Class II	Refer to Paddle Canada's Paddling Association Risk Management Requirements – Annex C- International River Classification System.	3-Prohibited
Caving	Also known as spelunking - the exploration of caves	3-Prohibited
Cheerleading (aerobic)	A sport involving the performance of organized cheering, chanting, and dancing in support of a sports team at games	2-Moderate Risk
Classroom Flight Training		2-Moderate Risk
Court Sports		1-Low Risk
Crazy Carpet on a slope of less than five metres in height or with an incline of less than 30 degrees		2-Moderate Risk
Crazy Carpet on a slope of greater than five meters in height or with an incline of greater than 30 degrees		3-Prohibited
Curling		1-Low Risk
Cycling	Cycling activities which follow the Safety Guidelines for Physical Activities in Alberta Schools	2-Moderate Risk
Demolition derbies	A competition in which typically older cars are driven into each other until only one is left running	3-Prohibited
Demolition of derelict vehicles, equipment or buildings		3-Prohibited



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Diving		2-Moderate Risk
Diving – High Platform	Diving from a platform 5m or above.	3-Prohibited
Diving into or sliding on foam, mud, ice or snow	Any of these activities irrespective of method used or height of the activity	3-Prohibited
Drag Racing	A race between two or more cars over a short distance, usually a quarter of a mile, as a test of acceleration	3-Prohibited
Dunk Tanks	An attraction at a carnival or similar event in which contestants throw balls at a target with the aim of triggering a mechanism that causes a seated person to drop into a tank of water	3-Prohibited
Excursions during or immediately after extreme weather or geological events (earthquakes, floods, hurricanes, etc.)		3-Prohibited
Excursions to regions with political or civil instability		3-Prohibited
Excursions to war zones – imminent or existing		3-Prohibited
Extreme Sports (recreational activities perceived as involving a high degree of risk. These activities often involve speed, height, a high level of physical exertion, and highly specialized gear)		3-Prohibited
Farming Field Trips (including feeding livestock and upkeep of greenhouses)	As allowed by the Alberta Guide to Education	2-Moderate Risk
Fencing	The sport of fighting with swords, especially foils, épées, or sabres, according to a set of rules, in order to score points against an opponent	3-Prohibited
Firearms courses (no live ammunition)		2-Moderate Risk
Fireworks Display	Viewing Only – No participation	1-Low Risk
Fishing		1-Low Risk
Fishing – Ice Fishing	Fishing through holes in the ice on a lake or river	2-Moderate Risk
Float Rides (example – a parade float)		3-Prohibited
Football		2-Moderate Risk
Go-Karting		3-Prohibited
Golf		1-Low Risk
Gymnasium Program (Safety Guidelines for Physical Activity in Alberta Schools)		1-Low Risk
Gymnastics	Exercises developing or displaying physical agility and coordination. The modern sport of gymnastics typically involves exercises on uneven bars, balance beam, floor, and vaulting horse (for women), and horizontal and parallel bars, rings, floor, and pommel horse (for men).	2-Moderate Risk
Hang Gliding	The sport of launching oneself from a cliff or a steep incline and soaring through the air by means of a hang glide	3-Prohibited
Hay Rides		3-Prohibited
Hiking in hazardous areas	Hiking in areas where the inherent risk of injury is higher due to the difficulty of the terrain or exposure to rapidly changing conditions that increase risks to a level which cannot be adequately managed	3-Prohibited
Hiking on Trails		1-Low Risk
Hockey – Ball Hockey	A form of hockey played in a gymnasium or arena, or on any outdoor surface without ice, using a hard plastic ball in place of a puck	2-Moderate Risk



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Hockey – Floor Hockey	Floor hockey is an off-ice sport played by two teams whose main objective is to hit a puck or ball into the opponent's goal using a plastic stick.	2-Moderate Risk
Hockey – Ice Hockey	A fast contact sport played on an ice rink between two teams of six skaters, who attempt to drive the puck into the opposing goal with hooked or angled sticks	2-Moderate Risk
Horse jumping		3-Prohibited
Horseback Riding	The sport or activity of riding horses	2-Moderate Risk
Hot air balloon rides (tethered and untethered)		3-Prohibited
Hunter training	Capturing of wildlife using traps, crossbows. (Firearms are prohibited)	2-Moderate Risk
Ice climbing		3-Prohibited
In flight air school hours (i.e. flying solo)		3-Prohibited
Inflatable Activities (Including Bouncy Castles Sumo Suits and Hamster Balls)		3-Prohibited
Kayaking – In moving water greater than Class II	Refer to Paddle Canada's Paddling Association Risk Management Requirements – Annex C- International River Classification System.	3-Prohibited
Kayaking – Up to and including Class II	Refer to Paddle Canada's Paddling Association Risk Management Requirements – Annex C- International River Classification System.	2-Moderate Risk
Kick Boxing	Contact is prohibited	3-Prohibited
Lacrosse (Field, Box)	A team game, originally played by North American Indigenous people, in which the ball is thrown, caught, and carried with a long-handled stick having a curved L-shaped or triangular frame at one end with a piece of shallow netting in the angle.	2-Moderate Risk
Laser Tag		3-Prohibited
Low Risk Activities	Activities that carry a low risk of physical injury	1-Low Risk
Martial Arts – with full contact	Contact is prohibited	3-Prohibited
Martial Arts Training	Various sports or skills, mainly of Japanese origin, that originated as forms of self-defence or attack, such as judo, karate, and kendo (refer to Safety Guidelines for Physical Activity in Alberta Schools)	2-Moderate Risk
Mechanical bull riding or simulated mechanical rodeo events		3-Prohibited
Moto-cross (motorized or BMX bicycle)		3-Prohibited
Motorcycling of any nature		3-Prohibited
Mountain Biking – Back Country	<u>Biking in remote areas with no access to communication and health care.</u>	3-Prohibited
Mountain Biking (Cross Country)	Cross-country courses and trails consist of a mix of rough forest paths and single track (also referred to as double track depending on width), smooth fire roads, and even paved paths connecting other trails	2-Moderate Risk
Mountain Biking (Trail, Enduro and All-mountain Riding, Freeride and Downhill)	Trail Mountain Biking is more aggressive type of cross-country riding. It generally means riding less fire roads and easy tracks and replacing them with more technical single tracks both up and down. Enduro and all-mountain riding is faster, steeper and more aggressive, involving bigger drops and jumps. Unexpected terrain hazards are involved. Freeride and Downhill: This level of mountain biking is designed for the advanced and extreme riders involving high speed, technical sections and massive drops. Generally held in mountain biking parks.	3-Prohibited
Mountaineering		3-Prohibited



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Moving water programs in waters greater than Class II	Refer to Paddle Canada’s Paddling Association Risk Management Requirements (Annex C- International River Classification System).	3-Prohibited
Off road/All-Terrain vehicles		3-Prohibited
Orbing/Zorbing (human hamster ball)	An extreme sport in which a person is strapped inside a very large plastic ball and rolled down a hillside	3-Prohibited
Orienteering	A competitive sport in which participants find their way to various checkpoints across rough country with the aid of a map and compass, the winner being the one with the lowest elapsed time.	2-Moderate Risk
Paintball		3-Prohibited
Parasailing and paragliding		3-Prohibited
Parkour	The activity or sport of moving rapidly through an area, typically in an urban environment, negotiating obstacles by running, jumping and climbing.	3-Prohibited
Performances involving/including open flames	Open flame devices are defined as candles, torches, butane burners or any other flame producing device	3-Prohibited
Personal watercraft (“Seadoos”)		3-Prohibited
Pole Vault (Track and Field)		3-Prohibited
Pyrotechnics	Pyrotechnics is the science and craft of using self-contained and self-sustained exothermic chemical reactions to make heat, light, gas, smoke and/or sound	3-Prohibited
Racing of watercraft	Competition using water vessels or waterborne vessels. Watercraft are vehicles used in water, including boats, ships, hovercraft and jetskis. Watercraft usually have a propulsive capability (whether by sail, oar, paddle or engine) and hence are distinct from a simple device that merely floats, such as a log raft.	3-Prohibited
Rifle Ranges or other activities involving firearms	A place for practicing shooting with rifles and/or firearms	3-Prohibited
Ringette (Ice)	A game resembling ice hockey, played with a straight stick and a rubber ring, and in which no intentional body contact is allowed.	2-Moderate Risk
Rock climbing (wall climbing is permitted)	The sport or activity of climbing rock faces, especially with the aid of ropes and special equipment.	3-Prohibited
Rocketry	Use of model rockets designed to reach low altitudes and be recovered by a variety of means.	3-Prohibited
Rocketry – Bottle Rockets	A firework typically consisting of a cylindrical case that is partly filled with combustible material and fastened to a guiding stick which may be placed in a bottle to control the direction of the rocket's launch	2-Moderate Risk
Rodeo event participation	American style professional rodeos generally comprise the following events: tie-down roping, team roping, steer wrestling, saddle bronc riding, bareback bronc riding, bull riding and barrel racing.	3-Prohibited
Roller blading	A boot with a single row of small wheels on the bottom that you wear in order to travel along quickly for enjoyment	2-Moderate Risk
Ropes Courses (low)	a series of cables, ropes, and obstacles strung between trees or poles, 12 to 18 inches above the ground	2-Moderate Risk
Rugby		2-Moderate Risk
Sailing		2-Moderate Risk
Scuba diving - Open Water	Open water - any natural body of water, rivers, lakes, and oceans	3-Prohibited
Scuba diving in a swimming pool (Minimum standards)		2-Moderate Risk
Self Defence (no weapons)	The defence of one's person or interests, especially through the use of physical force, which is permitted in certain cases as an answer to a charge of violent crime	2-Moderate Risk
Skateboarding/Skateboarding parks		2-Moderate Risk
Skating – Ice Skating		2-Moderate Risk



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Skating – Ice Skating - Outdoor	Skating on ice surfaces where there is a risk of penetrating the ice.	2-Moderate Risk
Ski Jumping	Descending from a specially designed ramp on skis.	3-Prohibited
Skiing – Cross Country (Back Country)	Backcountry refers to remote, undeveloped rural areas or sparsely inhabited rural areas; wilderness	3-Prohibited
Skiing – Cross Country (excluding Back Country)	Backcountry refers to remote, undeveloped rural areas or sparsely inhabited rural areas; wilderness	1-Low Risk
Skiing - Downhill		2-Moderate Risk
Skydiving	A sport in which a person jumps from an aircraft and falls for as long as possible before opening a parachute	3-Prohibited
Sledding on a slope of less than five metres in height or with an incline of less than 30 degrees		2-Moderate Risk
Sledding sledding on a slope of greater than five meters in height or with an incline of greater than 30 degrees		3-Prohibited
Sleigh Rides		3-Prohibited
Slingshot	Following the guidelines for Archery in Spheres and the Safety Guidelines for Activity in Alberta Schools	2-Moderate Risk
Slip and Slide Devices		3-Prohibited
Snorkeling – Open water	Open water - any natural body of water, rivers, lakes, and oceans	3-Prohibited
Snowboarding		2-Moderate Risk
Snowmobiling	A sport in which a person operates motorized vehicle designed for winter travel and recreation on snow.	3-Prohibited
Softball	A sport similar to baseball played on a small diamond with a ball that is larger than a baseball and that is pitched underhand	2-Moderate Risk
Sports Field Programs (Safety Guidelines for Physical Activity in Alberta Schools)		1-Low Risk
Stuntnastics	It combines dance, stunts, gymnastics, and music along with your imagination. It is a floor routine by putting together various creative and physical components, such as pyramid building or other formations.	3-Prohibited
Swimming - in pool or controlled swimming area	<u>Supervision required</u>	2-Moderate Risk
Swimming – Open Water	Swimming in ocean, large lakes or moving water	3-Prohibited
Swimming (Synchronized)	A sport in which members of a team of swimmers perform coordinated or identical movements in time to music.	2-Moderate Risk
Team Handball or “European Handball”	A game played between two teams of seven players each, the object being to throw the ball into a hockeylike goal at either end of the rectangular court. The ball is moved by dribbling and passing with the hands	2-Moderate Risk
Tobogganing on a slope of less than five metres in height or with an incline of less than 30 degrees		2-Moderate Risk
Tobogganing on a slope of greater than five meters in height or with an incline of greater than 30 degrees		3-Prohibited
Track and Field- in field events: Include discus, javelin, shot put, and high jump		2-Moderate Risk
Trampoline	The sport of jumping and tumbling on a trampoline	3-Prohibited
Tubing on a slope of less than five metres in height or with an incline of less than 30 degrees		2-Moderate Risk



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Tubing sledding on a slope of greater than five meters in height or with an incline of greater than 30 degrees		3-Prohibited
Ultra-light plane flight	Ultralight aviation (called microlight aviation in some countries) is the flying of lightweight, 1- or 2-seat fixed-wing aircraft	3-Prohibited
Wall Climbing (In licensed facilities)		2-Moderate Risk
War games		3-Prohibited
Water Polo	A seven-a-side game played by swimmers in a pool, with a ball like a volleyball that is thrown into the opponent's net	2-Moderate Risk
Water skiing	Water skiing is a surface water sport in which an individual is pulled behind a boat or a cable ski installation over a body of water, skimming the surface on two skis or one ski	3-Prohibited
Water slides/water park		2-Moderate Risk
Weightlifting	The sport or activity of lifting barbells or other heavy weights.	2-Moderate Risk
Winter biathlon with live ammunition	The biathlon is a winter sport that combines cross-country skiing and rifle shooting	3-Prohibited
Zip lining	A cable suspended above an incline to which a pulley and harness are attached for a rider	3-Prohibited