

APPENDIX A – HIGH CARE ACTIVITIES

Any excursion that has an inherent danger to the participant is considered a High-Care activity. The following activities have been identified as High-Care and have been approved by the Board:

APPROVED HIGH-CARE ATHLETIC RELATED ACTIVITIES:	
<p>Elementary:</p> <ul style="list-style-type: none"> ● alpine skiing/snowboarding ● archery ● camping - warm weather ● camping - winter ● canoeing - base camp ● canopy walks ● climbing - climbing wall and related activities ● climbing - challenge course - low elements ● climbing - challenge course/tower - high elements ● climbing - ascending lines ● climbing - zip lines ● cross country skiing/snowshoeing (off site) ● cycling/mountain biking (off site) ● gymnastics ● flat water kayaking ● lacrosse (field) ● skating (natural ice surfaces) ● swimming (community pools) ● swimming (camp/natural setting) ● track and field events 	<p>Secondary:</p> <ul style="list-style-type: none"> ● alpine skiing/snowboarding ● archery ● camping - warm weather ● camping - winter ● canoeing - base camp ● canopy walks ● dragon boating ● cheerleading - acrobatic ● climbing - climbing wall and related activities ● climbing - challenge course - low elements ● climbing - challenge course/tower - high elements ● climbing - ascending lines ● climbing - zip lines ● cross country skiing/snowshoeing (off site) ● cycling/mountain biking (off site) ● flat water kayaking ● football - tackle ● gymnastics ● hockey (ice) - contact (interschool only) or non-contact ● lacrosse (box/field) ● rowing ● rugby - contact ● skating (natural ice surfaces) ● swimming (community pools) ● swimming (camp/natural setting) ● track and field events ● Olympic weightlifting ● wrestling