

APPENDIX B – HIGH CARE ACTIVITIES

Any Out of School Activity 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:

<p>Elementary (K-8):</p> <ul style="list-style-type: none"> ❖ alpine skiing/snowboarding ❖ camping - warm weather, no canoeing ❖ canoeing - base camp ❖ canopy walks ❖ climbing - climbing wall and related activities ❖ climbing - challenge course - low elements ❖ climbing - challenge course/tower - high elements ❖ 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 (9-12):</p> <ul style="list-style-type: none"> ❖ alpine skiing/snowboarding ❖ archery ❖ camping—warm weather, no canoeing ❖ canoeing---base camp ❖ canoe tripping ❖ canopy walks ❖ dragon boating ❖ cheerleading - acrobatic ❖ climbing - climbing wall and related activities ❖ climbing - challenge course - low elements ❖ climbing - challenge course/tower - high elements ❖ climbing - outdoor rock climbing ❖ cross country skiing/snowshoeing (off site) ❖ cycling/mountain biking (off site, not downhill) ❖ 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
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