

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, no canoeing • camping -- winter • 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:</p> <ul style="list-style-type: none"> • alpine skiing/snowboarding • archery • camping—warm weather, no canoeing • camping—winter • 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) • 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