

GLOBAL COMPETENCIES

Global citizenship and sustainability
Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Computer
Internet access
Projector and screen

SKIING / SNOWBOARDING

Secondary Level

Suitable for: PPL, PAF, PAI, PAD

ACTIVITY DESCRIPTION

Blue Mountain is the leading Ontario destination for school trips on the slopes. We offer skiing and snowboarding lessons for beginners and for those with experience looking to improve their skills. Our dedicated School Group Event Managers, Ambassadors and Certified Ski/Snowboard Instructors ensure a smooth and safe trip for all students. We adhere to the OSRA (Ontario Snow Resort Association) rules and recommendations.

CURRICULUM CONNECTIONS

[Health & Physical Education](#)



Ontario
Curriculum



A3. Demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (A3.1)

BEFORE YOU GO

Learning Goal

Students will build awareness about concussions and concussion prevention, then work to share information about this injury within their school community.

Minds On Activity

- Share the following information with the class:
 - *In March of 2018, the Ontario government passed Rowan's Law. This law was designed to educate parents/guardians, coaches, teachers, and officials about the dangers of concussions, as well as protect amateur athletes and students. It is the first law of its kind in Canada and benefits both athletes and non-athletes.*
 - *By increasing concussion awareness and knowledge, we can change Ontario's culture around sports, physical activity and injury. Rowan's Law makes it easier for those who experience concussions to self-advocate for the help they need and the time necessary for recovery.*
- Show the [Concussion 101 video](#) to students.

Action Activity

- Review the information addressed in the video to ensure all students have a full understanding of the content presented.
- Share information about your School and School Board's concussion policy with students.
- Organize the class into small groups of 2-4 students.
- Ask each group to create a Public Service Announcement that can be used to increase concussion education and awareness for one of the following target audiences: teachers, parents, students, or athletes.
- Advise the class that their Public Service Announcements will be used on the school's morning announcements throughout the year to help raise awareness about concussions.

WHILE YOU ARE THERE

At Blue Mountain Resort

- Remind students of the safety precautions required to prevent concussions. Have students monitor themselves and others during the skiing/snowboarding experience for any concussion risks.

ONCE YOU GET BACK

Consolidation Activity

- Lead a class discussion around concussion awareness using the following teacher prompts:
 - *What were the key guidelines and procedures you adhered to during your skiing and snowboarding experience to prevent injuries and concussions?*
 - *Given what we know about concussion injuries, why do some students not always disclose information about a suspected injury to parents, teachers or coaches?*
 - *What are some actions that could be taken to create an environment where all students feel they can share information about a suspected concussion?*