**RVMS Outdoor PE Unit:**

**Snow Shoeing Rules, Procedures and Safety Protocol:**

**Rules and Procedures:**

1. Please dress appropriately for the winter weather. Please wear hat, mitts, boots and appropriate layers (inner, middle, outer) to keep warm depending on the weather. Please note that you do not need snow pants. However, Cotton pants, Jeans etc get wet when the snow melts. Polyester and other water resistant material will stay dry.

2. Line up outside the gym and proceed through the back entry door to changing rooms. Store all items in respective changing room and proceed outside to **“Home Base”.**

3. Pick up shoes in storage room (block 1) or go directly outside to put shoes on at **“Home Base”** and wait for further instructions.

4. Shoes must be put on under and near the pine tree behind the school (This is **“Home Base”).**

5. When you hear the whistle all must **“Turn and Burn”** back to home base.

6. Remove shoes at home base and place shoes against the back wall. Please wait for further instructions from teacher and the door to be opened.

7. Please remain on our **school property** and avoid the residential homes that border our property. Keep a respectful distance.

8. Do not jump in the shoes. It damages the metal crampons. Use the shoes for what they are designed for…walking or running.

**Safety Protocol:**

1. Please do not jump in the shoes for your own safety and the others around you.

2. Walk and only run when appropriate and safe.

3. Stay a comfortable distance (1 shoe length) away from the person behind and beside you.

4. Never climb directly behind or beside someone who is trekking up hill. Choose a different line and maintain a safe reaction distance. Absolutely no climbing of trees.

5. Never get your feet wet. Avoid all water by navigating around and over safely. Avoid stepping on Ice.

6. Everyone must have a buddy when shoeing. This is the buddy system of safety. Groups of 2 or more are fine. No one is to be alone ever!

7. Teacher will guide you on walks after orientation then allow you to walk in groups of 2 or more. Teacher will be in the area on shoe patrol.

8. If and when someone gets injured please remain calm and send for help. Do not leave them alone unless absolutely necessary. Yell for help. Teacher is on patrol and has a phone in case it is needed.

9. We will not snowshoe in wind chill greater than -20.

**The above rules, procedures and safety protocol meet or exceed the NB physical education safety guidelines, Elementary & Middle Level- Curricular, 2002, Pg 13.**

Respectfully Yours,

Mr. D Shiels

RVMS PE Teacher