

Strenuous Physical Activity Regulation

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Date Approved: February 19 2015

Date Amended:

Physical education instructors and coaches at the Secondary School level (grades 8-12) are to be qualified and re-certified in cardiopulmonary resuscitation (CPR). This certificate will conform with the standards set by the Canadian Red Cross Society, St. John's Ambulance or the Worker's Compensation Board.

This is in recognition of the potential health risk to a very small number of students when they engage in strenuous physical exercise during a physical education class.

Elementary physical education instructors and regular classroom teachers who also teach physical education classes are to be encouraged to obtain this certification. Two members of every school staff shall have CPR training.