

Topic:	Head Protection in Physical Activity for Students, Staff and Volunteers
Effective:	September 2007
Cross-Reference:	HDSB Localized Minimum Standards, Ontario Physical Activity Safety Standards (OPASSE) Administrative Procedures: Concussion Prevention, Identification and Management; Day Field Trips and In School Presentations; Risk Management – Minimum Standard of Care for Interschool Athletics; Student Excursions;
Revision Date:	January 2016, May 2021
Review Date:	May 2024
Responsibility:	Superintendent of School Operations

INTENDED PURPOSE:

The Halton District School Board is committed to the health and safety of all students, staff and volunteers when participating in physical activities. There are many physical activities on ice, snow, fields and paths where helmets are a required piece of equipment in order to safely participate. Examples of these types of activities may include, but are not limited to: ice hockey, football, ice skating, tobogganing/sledding, cycling, skateboarding, in line skating and ski/snowboarding.

To minimize risk to students, staff and volunteers participating in physical activities, we adhere to the minimum standard set forth annually through the Ontario Physical Activity Safety Standards in Education (OPASSE) by Ophea - Curricular, Intramural and Interschool Modules (Elementary and Secondary), as well as the HDSB Localized Minimum Standards (Elementary and Secondary).

PROCEDURES:

Helmet requirements, Safety Standards Associations and/or certification standards can be found on the OPASSE specific activity/sport pages within the Equipment section. <https://safety.ophea.net/>

The following are additional supports to reference when seeking clarification on helmet use:

Recognized Safety Standard Associations for helmets: The Ontario Physical Activity Safety Standards in Education (OPASSE) recognizes the following Safety Standard Associations:

- Canadian Standards Association (CSA)
- U.S. Consumer Product Safety Commission (CPSC)
- American Society of Testing and Materials (ASTM)
- National Operating Committee on Standards in Athletic Equipment (NOCSAE)
- Snell Memorial Foundation (Snell Standard)
- British Standards Institute (BSI)
- Standards Australia (SA)
- Common European Norm (CEN)
- Safety Equipment Institute (SEI)

Note: Where a Canadian Standard Association (CSA) standard becomes available for an activity helmet, the CSA approved helmet is to be the choice for use.

Certification Sticker Location: Staff, parents/guardians, students over 18 years of age, or external organizations responsible for providing a certified helmet for a specific activity must ensure that the helmet meets the safety standard (certification) for the activity/sport. Most helmets that meet a standard will contain a special label that indicates compliance usually found on the liner inside of the helmet.

Activities for which helmets have been developed (e.g. hockey, football): Helmets designed for the type of hazards encountered in a particular activity will provide the optimal required protection for the activity. Select a helmet that meets the protection standards (certification) for the specific activity/sport as determined by a recognized Safety Standards Association.

Note: As a result of Ministry of Labour intervention (February 2007), all staff are required to wear a properly fitting CSA-approved hockey helmet while on the ice during school/Board related events.

Activities for which helmets have not been developed (e.g. ice skating, tobogganing/sledding): The Ontario Physical Activity Safety Standards in Education (OPASSE) lists on its activity pages the types of helmets that offer the best protection against ice skating/tobogganing injuries as recommended by the following safety organizations: Parachute Canada, Canada Safety Council, and the Ontario School Board Insurance Exchange.

Multi-Purpose helmets (e.g., cycling, skateboarding, and in-line skating): Some helmets are marketed as 'multi sport' meaning they meet the safety standard for more than one activity. For a multi-purpose helmet to be used for an activity/sport, the helmet must have an identification of a safety standard certification (e.g., sticker/identification on the package or on the helmet) from a recognized Safety Standards Association indicating that it meets the required safety standards for those activities the helmet will be used for.

Select a suitable helmet for the activity:

- Reference the specific activity page in the Ontario Physical Activity Safety Standards in Education (OPASSE)
- Consult the sport governing body of the activity.
- Consult a reputable provider (retailer) of the equipment for information on the most suitable helmet.
- Review the guidelines provided by Parachute Canada

Schools should eliminate barriers to participation by:

- borrowing a helmet from a close friend or family member who can attest that the helmet has not been involved in an incident or injury and meets the current safety standards
- accessing rental helmets through the activity site provider (e.g., alpine ski/snowboard, local arenas)
- seeking support from community partners (eg. Halton Learning Foundation, grants, or school Angel Funds).