

The Safety Checklist

→ Use this list before each exercise session to reduce the risk of accident/injuries.

BEFORE YOU BEGIN - SAFETY CHECKLIST

 Use this list before every exercise session

Important :

- ☐ Each participant must be made aware that they should **stop exercising** and advise the person or teacher in charge, (if applicable) immediately if chest pains or any other unusual pain occurs.
- ☐ Participants must not have an injury that hasn't fully healed.
- ☐ Participants must not have any existing illness or medical condition that is not medically supervised.

Surroundings and accessories

- | | |
|--|---|
| ☐ No slippery surfaces | ☐ Functional telephone on hand |
| ☐ Sufficient space | ☐ First aid equipment available |
| ☐ Reasonable room temperature | ☐ Fresh water available |
| ☐ No bulky jewelry | ☐ Remove any dangerous accessories |
| ☐ No chewing gum | |

Practical

Participants must know:

- ☐ that each repetition should last 4 seconds (if applicable)
- ☐ how to perform each exercise properly before starting. Practice a few repetitions if necessary.

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