

New website to provide Alberta teachers, coaches and school boards with the best evidence and advice to keep students safe during physical activity

Edmonton AB, April 20, 2021—The Injury Prevention Centre and partners have launched School Physical Activity, Health & Education Resource for Safety ([SPHEREs](#)) a new online resource for teachers, instructors and coaches that provides safe instructional practises for Alberta students’ physical education curriculum activities, daily physical activity initiative, intramural activities and recess or lunch breaks.

The website, available in both English and French, includes new content on neuro-muscular training to prevent knee and ankle injuries and the most up-to-date information on concussion prevention and management. It also has information about new topics such as Special Olympics Unified Sports that include students of varying abilities, and Indigenous sports.

“Injury is the leading cause of death and disability to children and youth in Alberta, and 50 per cent of injuries to school-aged children and youth occur while participating in physical activity. There was a real need for updated safety guidelines for physical activity in schools and interschool athletics as a free, web accessible resource,” said Kathy Belton, associate director, [Injury Prevention Centre](#), School of Public Health.

“The SPHEREs online resource is a great tool to provide guidance for school staff on safe instructional practices to minimize inherent risk. Additionally, it can provide a starting point for school divisions to develop policies for the safety and security of students. Getting students active and supporting their physical, mental and social wellbeing is critical for optimal learning to occur,” said Cheryl Shinkaruk, manager, [Edmonton Catholic Schools](#).

“Alberta Schools’ Athletic Association is grateful to have worked with the Injury Prevention Centre for over 20 years on Safety Guidelines resources designed to keep Alberta children and youth safe in school sport and physical activity settings,” said John Paton, executive director, [Alberta Schools’ Athletic Association](#).

As a resource intended for teachers, SPHEREs is included in the [ESC to Grade 12 Guide to Education](#), and was funded by the Government of Alberta. Evidence informed best practices in injury prevention were developed in collaboration with the [Sport Injury Prevention Research Centre](#), Faculty of Kinesiology, University of Calgary.

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Media Contact:

Nisa Drozdowski

Communications and Media Associate, School of Public Health

C: 780.907.3776

E: nisa.drozdowski@ualberta.ca

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