



Alberta School's Athletic Association

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Date: January 20, 2022

To: ASAA Member schools and Board members

Cc: Dr. Kathy Belton, Injury Prevention Centre, University of Alberta
ASAA Executive Committee

Re: **Updated** Safety Guidelines for Alberta Schools (SPHEReS): Reminder that any and all hard copies are redundant; electronic versions should be deleted, and hard copies thrown away

Please note that ASAA had a member of staff on the Steering Committee that oversaw the development of the new safety guidelines website: <https://myspheres.ca>. This follows the ASAA's 25 year involvement in the development of Safety Guidelines documents.

The online resource, released April of 2021, replaces the previous print and cumbersome online version that was difficult to search and use. The updated tool is accessible from mobile devices, making it easier for users to consult in the moment.

Designed for teachers, instructors and coaches, SPHEReS, provides safe instructional practices for Alberta students' physical education curriculum activities, daily physical activity initiatives, secondary interschool athletics, intramural activities and recess or lunch breaks.

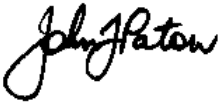
The website also includes new content on neuro-muscular training to prevent knee and ankle injuries and the most up-to-date information on concussion prevention and management. It also has information about new topics such as Special Olympics Unified Sports that include students of varying ability, and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

While use of the website continues to grow, there have been issues with schools using the previous versions of the safety guidelines. The guidelines on the SPHEReS website supersede any previous printed versions of the Alberta Safety Guidelines for Physical Activity and Alberta Safety Guidelines for Interschool Athletics unless otherwise indicated. Due to these issues I would ask that you advise all within your school/association to delete any printed copies of the Safety Guidelines, or links to previous versions of both

the Safety Guidelines for Physical Activity in Alberta Schools and the Safety Guidelines for Secondary Interschool Athletics.

Our goal is to provide the best guidance to schools to mitigate the risk of injury from physical activity with the unnecessary curtailing of sport and physical activity. To this end the Injury Prevention Centre and the Alberta Schools Athletic Association plan to bring together stakeholders in February 2023, including school insurers, to discuss how to keep school physical activity and sport as safe as possible. We will keep ASAA member schools and Board members appraised.

Sincerely,

A handwritten signature in black ink that reads "John Paton". The signature is written in a cursive, flowing style.

John Paton
Executive Director