



**HEALTHY** | **BC**  
**SCHOOLS**

Action Guide

[www.healthyschoolsbc.ca](http://www.healthyschoolsbc.ca)

# Injury Prevention Action Guide



HealthyFamiliesBC 



## Injury Prevention Action Guide

The Healthy Schools BC Action Guides share evidence-based practices and promising innovations that are showing results in creating healthy schools in BC. The guides are organized into four topic areas:

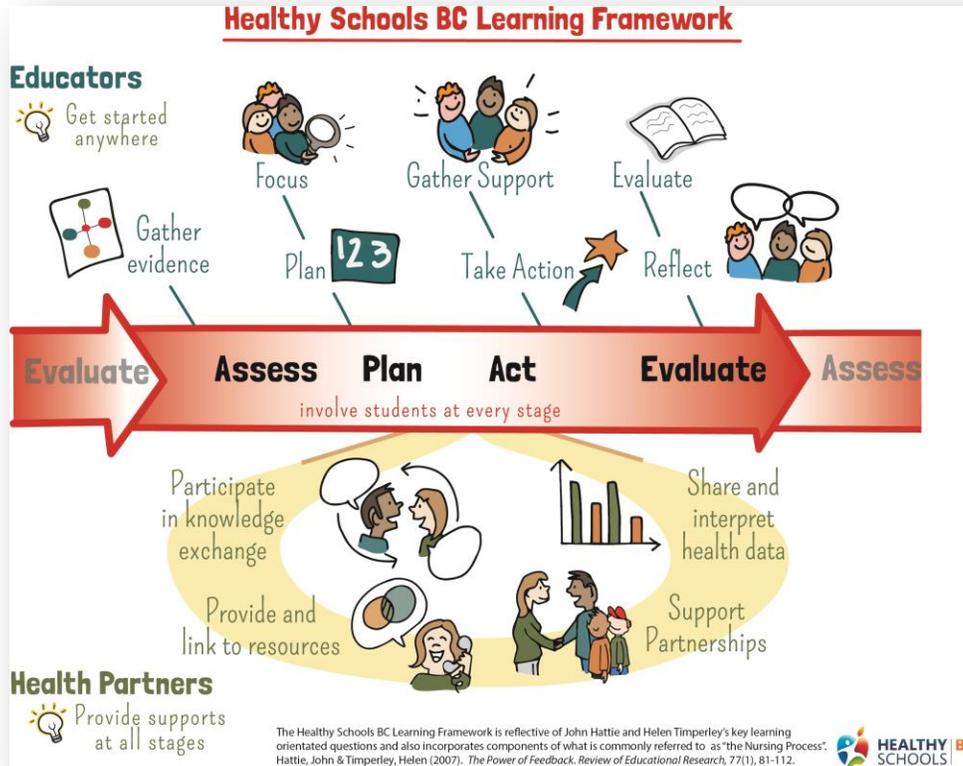
1. School connectedness
2. Healthy eating
3. Physical activity
4. Injury prevention

Some of the actions in these guides take little effort, while others may take a bit more. Select actions that meet the needs of your students and the capacity of your school or district.

*The greatest impact on student health and learning is achieved when action is taken across the entire school, broken down into four key areas: teaching and learning, relationships and environments, our school policies, and community partnerships. Consider planning activities your school or district can initiate or build upon in these four key areas. (JCSH, 2013)*

In addition to the actions suggested here, you can find other programs and supports that are available by visiting the Healthy Schools BC [website](#). You can also learn about healthy schools activities taking place around the province by visiting the [healthy schools stories map](#).

The healthy schools process supports school communities and partners to work together through four main steps: Assess → Plan → Act → Evaluate. This guide can support you in the planning step of this process. If you have not yet completed a healthy school assessment, the [Healthy Schools BC assessment tools](#) can help you get started.



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Injury prevention promotes safety, while encouraging students to be physically active and exposed to manageable risks. Injury prevention efforts can include providing education, designing safe school environments, and the enforcement of safety rules and policies. Keeping students active and safe enables them to participate fully in the school environment.

### Actions



Teaching and Learning

- Support student led-inquiry initiatives to prevent injuries by encouraging students to join the [BC Student Healthy Living Network](#), participating in the [Healthy Schools Network](#), and/or using the [Resource Guide for Teaching and Learning](#).
- Access the [Concussion Awareness Training Tools](#) for education, tools and resources to help prevent, recognize, treat and manage concussions.
- Teach students how to properly use playground equipment.
- Register at [ShakeOutBC](#) to learn more about how to prepare for an earthquake, including how to make your school a safer and better prepared place for students and staff.
- Inspire students to become leaders in injury prevention through the [No Regrets](#) program.
- Support curriculum delivery by integrating resources, such as [Drugs & Driving](#), [TD ThinkFirst for Kids](#), or [others](#).

Relationships and Environments



- Support students to travel safely to and from school by:
  - Advocating for crossing guards, cross walks, designated pick-up/drop-off zones, slower speed limits, and/or traffic calming measures on school property.
  - Creating maps of the safest routes to school.
- Ensure that there is appropriate adult supervision for all sports, recreation and play activities. Make sure that all adult supervisors receive a proper orientation.
- Recognize safe behaviours. Build a culture of safety in and around the school by regularly handing out safety awards in the classroom or in assemblies.
- [Identify chemicals, medicines or plants that may be hazardous](#) to

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Actions	
	<p>students. Ensure all potential poisons are locked up tight and out of sight.</p> <ul style="list-style-type: none"> <li>• Encourage use of sunscreen/sun protection during outdoor activities.</li> <li>• Plan a <a href="#">dry grad event</a> to reduce the risk of alcohol-related injuries.</li> </ul>
 <p>Our School Policies</p>	<ul style="list-style-type: none"> <li>• Establish school policy on concussion prevention, identification and management. Develop guidelines to support safe <a href="#">return to play</a> and <a href="#">return to learn</a>.</li> <li>• Establish policy for mandatory helmet and safety equipment use for students and teachers while on school property and on field trips. Inspect all school safety equipment routinely and replace, as appropriate.</li> <li>• Establish <a href="#">Fair Play Codes</a> for all students, staff, parents and spectators involved in sport.</li> <li>• Develop an injury reporting system in your school. Tracking types of injuries, and where the injuries are occurring within the school or surrounding area can help inform prevention strategies.</li> </ul>
 <p>Community Partnerships</p>	<ul style="list-style-type: none"> <li>• Partner with municipal governments and police services to enforce speed limits in school zones and provide education on road safety.</li> <li>• Partner with local fire departments to teach students about fire safety in their home and community.</li> <li>• Partner with community organizations to offer students first aid and/or water safety training.</li> <li>• Contact the <a href="#">BC Injury Research and Prevention Unit</a> for specific information on injury prevention programs or practices.</li> </ul>