

## Activity Room Safety Guidelines

An activity room is a non-gymnasium that is used for physical activities.

Examples of activity rooms include church or community halls, empty classrooms, multipurpose rooms, and school basements.

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When using an activity room for physical education instruction, implement the following recommendations:

- 1) An activity room is best suited for activities which have a controlled amount of activity (e.g., aerobics, mat work, fitness stations, skipping, wrestling, dance, bean bag activities, and chair activities). Avoid ball throwing for distance, dodge ball-type games, and games which are “action packed” and require students to run from one end of the room to another (e.g., tag, soccer, floor hockey).
- 2) Implement a “no body contact” rule.
- 3) There should be only one physical education class in the activity room at any one time.
- 4) If the activity room is an open area, student traffic should go around, not through the class.
- 5) Structure drills to provide as much organization as possible.
- 6) Caution students not to throw objects against the ceiling, thereby knocking down tiles, dust and lights.
- 7) Try to keep activity away from drinking fountains, stage steps, and trophy cases. Center all activities to allow for a “safety zone” at least one meter around the perimeter of the room. Mark out the activity area with cones or pylons.
- 8) Take precautions to ensure that doors are not opened into the activity area.
- 9) Do not allow students to participate in activities while the teacher goes to the gym or to a storage area to get equipment.
- 10) Check to ensure that the floor surface is not slippery from water or dirt and that equipment/furniture is not in the way of activity.