

Safety and integrity in recreation and sports: A winning attitude!

Do you have questions about the safety of equipment or an activity? Would you like information about certain practices in effect?

The Ministère de l'Éducation, du Loisir et du Sport (MELS) is responsible for ensuring public safety and integrity in recreational and sports activities. As the MELS department charged with carrying out the various provisions of the *Act respecting safety in sports*, the Direction de la promotion de la sécurité (DPS) can answer your questions about safety and integrity in recreation and sports and offer guidance in these matters.

FOR INFORMATION OR ADVICE ON:

- sports facilities
- protective equipment
- supervising activities
- safe, ethical behaviours

CALL 1 800 567-7902

or write to the Direction de la promotion de la sécurité,
Ministère de l'Éducation, du Loisir et du Sport
promotionsecurite@mels.gouv.qc.ca

See publications on following page.



A safe and healthy environment

Did you know that despite the benefits of physical activity, 12- to 17-year-olds are among those at highest risk of physical injury? Or that they are most vulnerable to doping, abuse, harassment and violence in connection with sports or recreational activities?

Through extracurricular activities and Physical Education and Health classes, however, schools can serve as the ideal place for learning about and adopting safe, ethical behaviours.

RESOURCES ON SAFETY AND INTEGRITY IN RECREATION AND SPORTS

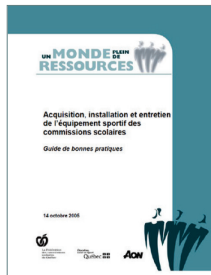
Promoting a safe environment



Sport, Concussion
and Mild Traumatic
Brain Injury

[Folder](#)

Symptoms and the six steps
to getting back in the game



Un monde plein de ressources
Acquisition, installation et entretien de l'équipement
sportif des commissions scolaires

[Guide de bonnes pratiques](#) (Available in French only)

Procedures and recommendations (soccer nets, basketball
nets, climbing walls, divider curtains and ceiling-mounted
equipment)

Improving Physical Education and Health classes in secondary schools

Energy Drinks and Sports: Handle With Care!

[Folder](#)

Characteristics, adverse effects and risks

Caution: In view of the opinion of the Institut national de santé publique du Québec on energy
drinks, it is not advisable to distribute this publication to elementary school students.¹

1. Laurie Plamondon, in collaboration with Pierre-André Dubé, *Les boissons énergisantes: Entre menace et banalisation* (Montréal: Institut national de santé publique, 2013), 9,
<http://collections.banq.qc.ca/ark:/52327/bs2315102>. Accessed on October 22, 2014.



Organizing extracurricular outings and raising students' awareness



Encadrement sécuritaire
des groupes d'enfants
en milieu aquatique

[Guide](#) (Available in French only)

Preparing and supervising an
activity



The Mountain Code of Conduct:
Respect It!

[Folder, pocket format](#)

Eight rules to follow

Issues of violence and bullying



Abuse and Harassment Do Exist:
Be Vigilant!

[Guide](#)

Avoiding problem situations
and taking appropriate action



For My Child and Sports, Fun Comes First!
Parent's Sports Code of Ethics

[Poster and door hanger](#) (Available by e-mail or
telephone order)

Eleven rules that can have a positive influence
on parents' behaviour

Additional safety-related publications are available on the MELS Web site.

To access these resources, click [here](#). A number of the publications listed under *Conseils de sécurité* are available in English. Click on the title of your choice. If it is available in translation, click on the *English* link. The *Conseils de sécurité* page can also be reached from the MELS home page (*Accueil*). Click on one of the user groups under *Réseau scolaire* or *Loisir et sport* and proceed as follows: *Sécurité, intégrité et éthique* → *Sécurité* → *Conseils de sécurité*.

The above publications can be ordered free of charge by telephone, at 1-800-567-7902, or e-mail, at promotionsecurite@mels.gouv.qc.ca. They can also be accessed by clicking on the hyperlinks.