

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.

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.