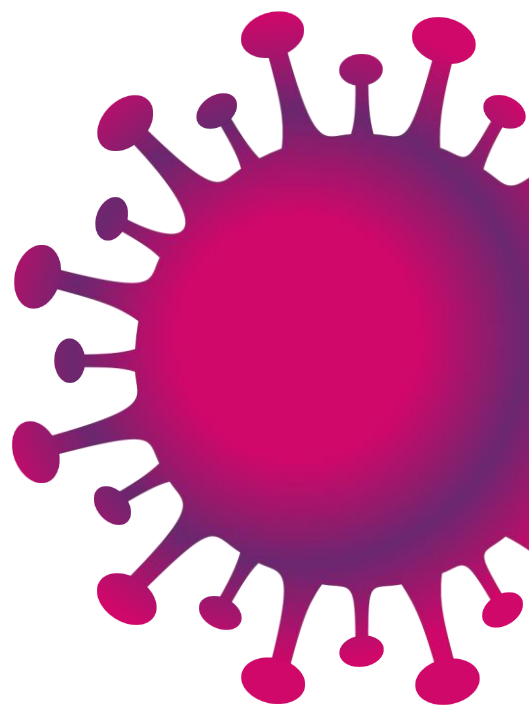


COVID-19: Interpreting the Government Guidance in a PESSPA Context



A practical self-review tool for risk
assessment

Context Introduction:

This document, updated in July 2020, in line with the DfE Guidance on the Full Opening of Schools in September, is designed to support the planned wider re-opening of schools and facilities. afPE has prepared this document to support the Physical Education, School Sport and Physical Activity (education based) workforce.

Leaders are reminded to always follow Government and employer's guidelines. The ultimate decision about pupil safety will depend on context and geography, and is therefore for individual headteachers to make, in consultation with their governing body. External facilities can also be used in line with government guidance for the use of, and travel to and from, those facilities.

We know all colleagues want children and young people (C&YP) to be safe and well and it is also important that the workforce is protected and safe. Considerations regarding PPE (that have been available to special school staff and some mainstream schools, with pupils with high level medical and physical needs) and hand washing facilities must also be considered as part of whole school consideration around effective infection, protection and control. Schools are able to work with external coaches, clubs and organisations for curricular and extra-curricular activities where they are satisfied that this is safe to do so. Schools should consider carefully how such arrangements can operate within their wider protective measures.

Below are three key questions you may want to consider in your planning:

1. Have you reviewed your risk assessments before re-commencing physical education?
2. Does your teaching activity meet the Government requirements? www.gov.uk/coronavirus
3. Are your teaching plans consistent with the requirement of any whole school/employer expectations which may have developed in response to the national guidance?

Schools have the flexibility to decide how physical education, sport and physical activity will be provided whilst following the measures in their system of controls. Pupils should be kept in consistent groups, sports equipment thoroughly cleaned between each use by different individual groups, and contact sports avoided.

Outdoor sports should be prioritised where possible, and large indoor spaces used where it is not, maximising distancing between pupils and paying scrupulous attention to cleaning and hygiene. This is particularly important in a sports setting because of the way in which people breathe during exercise. External facilities can also be used in line with government guidance for the use of, and travel to and from, those facilities.



Association for Physical Education

Key principles for supporting safe PESSPA:

- Clean frequently touched surfaces
- Wash hands frequently as part of a clear hygiene regime
- Minimise contact
- Ensure good respiratory hygiene

Ensure pupils are regularly informed about what good hygiene is. Decide the approach to enhance hygiene (for example, toilet use, hand washing) and decide on the policy related to usually shared items (for example, practical equipment).

Ensure clear notices that build on NHS and Government guidance are on display, avoid information over load or the message will get lost. Posters are available for education settings from www.gov.uk/coronavirus.

Areas to consider	Suggested practice	Implications for the school
Learning	• Pupils should be kept in class groups for PE. • Agree what learning is appropriate (including the relationship between face-to-face and remote education), for example, identify curriculum priorities, agree revised expectations and required adjustments in practical lessons, and any approaches to 'catch up' support. • Ensure you have considered the impact on staff and pupils with protected characteristics, including race and disability, in developing your approach. • Team games which involve contact should be avoided.	Children will be taught in class bubbles. The Long Term Plan for PE has been amended due to COVID 19. Example: Invasion Games have been moved from autumn term to the summer term as it is difficult to learn the skills and carry out these games and socially distance. These sports involve contact. Gymnastics has been moved to later in the school year where maths and equipment would have been used. Catching skills have been moved to later in the school year, particularly when using bean bags with younger children as they are difficult to clean Striking and Fielding has been moved to the autumn term as children can be spaced out and the equipment can be cleaned. Orienteering can be moved to the autumn term as it can be carried out individually, outside. Maps can be laminated and cleaned after use.
Protective Measures and Hygiene	• Decide the physical and organisational structures needed to limit risks and limit movement around the building(s) (for example, classroom layouts, entry and exit points, staggered starts and break times, class sizes, lunch queues, use of communal staff areas). • Agree how safety measures and messages will be implemented and displayed around school. • Ensure there are always sufficient tissues available for ensuring good respiratory hygiene – i.e. 'catch it, bag it, bin it' approach.	Staff delivering PE from Premier Sport or Carres (2 people) will stay outside (weather permitting) and children will leave their classroom bubble via the class fire exit and supervised/taken to the adult delivering PE by the class TA. If wet then hall can be used for PE. The hall will not be used for acts of collective worship or at lunch time. Staff from Premier Sport or Carres will stay in the hall and children will be brought to them round the outside of school so they don't cross a bubble and enter the hall via the fire escape. Changes to the start of the day procedures and end of the day staggered system is in place. Lunch will be eaten in classes. Cold option. Hall not needed. Each class will have its own lidded bin and tissues are available at all times.

Areas to consider	Suggested practice	Implications for the school
Changing areas	• If used, these should be cleaned after every lesson – Wiping of surfaces is a reasonable approach. • Attending school with PE kit on will limit the need to use changing rooms. • Ensure sufficient standard cleaning equipment is available in all changing areas. • Social distancing measures still apply and marking out areas which cannot be used will help you to manage the area effectively.	Children will not change for PE. Children will attend school wearing their PE kit, instead of their uniform, on days that they have PE. Cleaning equipment is available in each classroom. Areas on the playground which can and cannot be used will be marked out.
Teaching areas	• Encourage outdoor PE and PA to support social distancing. • Students should work in their own zone which may be marked out, depending on allocated teaching space. PE outside could be preferable to indoor PE.	Where possible, weather dependant, the Long Term Plan for PE has been amended encouraging outdoor PE in the autumn term. We recognise that PE outside will take place over PE indoors (weather dependant).
PE Clothing	• The school will need to agree on modifications/adaptions on clothing expectations. It may be that you would like your students to attend in their PE kit for the whole day on the day when they have a timetabled physical education lesson in order to limit or avoid the use of the changing areas. This is a whole school decision. You may want to consider back up clothing for when the weather is poor.	Pupils to attend school in their PE kit for the whole day when they have a timetabled PE lesson. Children can bring a spare white polo shirt or shirt in case of poor weather.

Areas to consider	Suggested practice	Implications for the school
PE equipment	- Equipment will need to be cleaned between each use. It should be noted that this a whole school issue and all departments/subjects will be facing the same issues so this should be a whole school solution. - You will need to make a decision on which equipment is easier to build into lessons and take into account the cleaning regime at the end of the sessions. - Hand washing routines will mean more equipment is available to pupils, however it is often easier to plan for and discourage the sharing of equipment to mitigate against virus transmission.	We have amended the Long Term Plan for PE to ensure sports, particularly in the autumn term, are planned where equipment can be easily cleaned. Where possible each class will keep their own equipment so it is not shared. Pupils will wash their hands/ use hand sanitiser before and after a PE session. Any equipment shared between class bubbles will be cleaned or rotated to allow them to be left unused for a period of 48 hours (72 hours for plastics) between use by different individuals.
Washing hands/ hand sanitiser	- Pay scrupulous attention to cleaning and hygiene. - Opportunities for handwashing before and after the lesson must be available. - Hand sanitiser should be readily available for students to use throughout the day. This is in addition to regular handwashing.	Hand sanitiser will be used before and after each PE lesson alongside regular hand washing.



Association for Physical Education

afPE is firmly committed to ensuring students can participate in purposeful physical education and physical activity at this time. Teaching physical education at the moment will not be like before, or the preferred model. However, by making adaptations we believe some meaningful work can be undertaken if it is planned well and protective measures and social distancing are applied consistently across your setting.

We are also committed to ensuring that the workforce is protected, feels safe and has access to the most up to date guidance.



afPE
Membership

Join **YOUR**
Professional
Subject
Association



Safe Practice:

in Physical Education, School Sport and Physical Activity 2020 edition

The essential reference and developmental tool for everyone involved in PESSPA to ensure safe practice across both the curriculum and extra curricular activities. The book is over 310 pages and has been fully updated to reflect recent developments in legal practice, national guidance, statute law and case law.

Guarantee your copy today by pre-ordering.
Your order will be shipped in September.

*Bulk order discounts

Number of copies	Price per copy (excludes P&P)
10 to 50	£40.49
51 to 150	£38.24
151 to 300	£35.99
301 to 500	£33.74
501 to 2000	£31.49
2001+	£29.24



Guarantee your copy for September by pre-ordering today

Still only
£44.99 (+ P&P)
Bulk order discounts available*



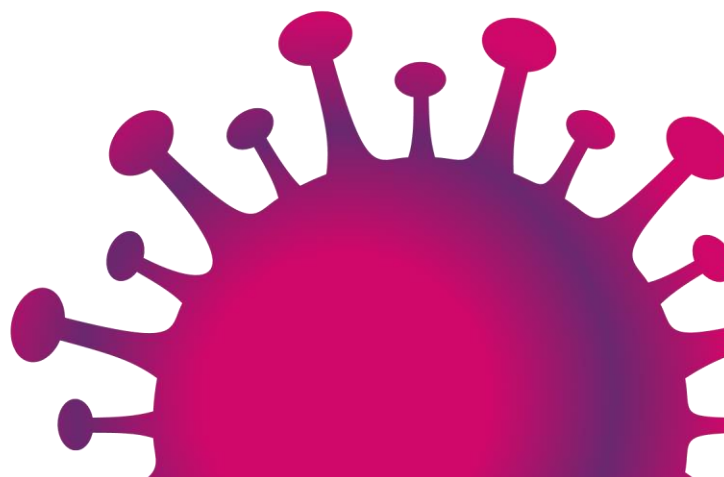
Order up to 9 copies online at
www.ukcoaching.org/safe-practice



For bulk orders (10+ copies)
please email orders@ukcoaching.org
or call 0113 201 5555



Published in partnership with:





Contact Us

Association for Physical Education
117 Bredon
University of Worcester
Henwick Grove
Worcester
WR2 6AJ

Charity Commission Number:
1114673

Tel: 01905 855 584

Email: enquiries@afpe.org.uk

Web: www.afpe.org.uk

Twitter: [@afPE PE](https://twitter.com/afPE_PE)



www.afpe.org.uk

