



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

A practical self-review tool for
risk assessment

Updated May 2021



Context Introduction:

As we move towards 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.

Each school is different – some have been operating on a reduced pupil basis, in a different way, or the site has been closed completely. We want to stimulate discussion, allow schools to manage their situation as we know and understand that educational contexts are different in terms of the size, age and layout of buildings.

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.

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.

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?

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/ department
Learning	<ul style="list-style-type: none"> • Activities taking place in PE lessons and Physical activity sessions should be strictly non-contact and these conditions shared with the pupils. • 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. 	<p>P.E Lead to ensure all P.E lessons remain in class 'bubbles' and are directed by either the Class Teacher or the allocated Coach assigned to that class bubble.</p> <p>All Coaches to have completed the schools visitors Track and Trace form when entering school for first time and give their coach COVID risk assessment, DBS, etc to P.E Lead to file. Coaches have all collected COVID-19 Test kits. They will test themselves before coaching on a Thursday. This test will be taken on the Wednesday night before coaching and evidence of test sent to school via the COVID Email. Coaches will follow the school protocol for recording results.</p> <p>Class Teachers/Coaches to set COVID safe expectations at the start of every P.E lesson/Extra curricula session and ensure all pupils and staff follow the Schools' COVID agreement and safety guidance.</p> <p>Class Teacher/Coaches must make sure that they remain social distanced from the pupils in their bubble. However, the pupils themselves do not have to socially distance from the other pupils in their class bubble.</p> <p>P.E lessons should be based on practicing key skills/drills and should not be contact sports until further guidance allows. Pupils can exert themselves and be physically active during their P.E lessons, but they should be mindful not to get too close to their peers and should not breath on each other.</p> <p>TA s working 1:1 with SEND pupils during a P.E lesson, should be mindful of this and have clear strategies in place to deal with such should they arise.</p> <p>All adults working with children in P.E lesson do not need to wear a mask if outside. or inside.</p>

<p>Protective Measures and Hygiene</p>	<ul style="list-style-type: none"> • 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 is sufficient tissues available for ensuring good respiratory hygiene – i.e. ‘catch it, bag it, bin it’ approach. 	<p>All P.E lessons and extra curricula activities should remain outdoors as much as possible. However, if the weather proves too wet to do so, the hall will be used by only one key stage at a time, so that this space can be cleaned effectively after.</p> <p>If more than one class is outside when the weather deteriorates, then each class bubble must continue their P.E lesson in a way that is safe to do so, back in their classroom.</p> <p>Each Class Teacher or Coach must ensure they have with them sufficient hand sanitiser along with their class First Aid bag and recording book.</p> <p>All pupils and staff must wash hands before and after each P.E session.</p>
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Changing areas	<ul style="list-style-type: none"> • 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. 	<p>Until Further notice, no children will be changing in school facilities for P.E./Extra Curricula clubs.</p> <p>All children will come to school in full P.E Kit on their allocated days.</p> <p>Each key stage has an allocated area for P.E, whether its playground, field or MUGA area..</p>
Teaching areas	<ul style="list-style-type: none"> • 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. 	see above.
Social distancing within lessons	<ul style="list-style-type: none"> • You should ensure that all lesson activity adheres to the social distancing rules in place at the time of delivery. This means team games involving contact are currently not possible. • One solution is for each student to have their own zone which they can work in. 	<p>see above. Coaches still need to sanitise own equipment, before and after use with bubble group. If going from one key stage bubble to another, this needs to be implemented before they coach another group.</p> <p>When coaching inside when the weather is bad, coaches do not have to wear medically graded masks. However they may wish to do so, but it is not a requirement. All coaches must remain socially distanced from children at all times still.</p>

Group sizes	<ul style="list-style-type: none">• Class sizes should adhere to Government guidance and be reduced to a level where social distancing rules can be applied.	Class sizes adhered to and key stage bubble groups applied.
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PE Clothing	<ul style="list-style-type: none"> 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. 	<p>All pupils will come to school in full P.E kit on their allocated P.E days. These days have already been shared with parents and pupils.</p>
PE equipment	<ul style="list-style-type: none"> Equipment will need to be cleaned after 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. 	<p>Each class bubble has been allocated a tub of P.E resources to use at playtimes/lunch. These resources are cleaned at the end of the week by the MDSA who is allocated to that class bubble. Although children are in key stage bubbles, they must still socially distance as much as they can.</p> <p>Key stage bubbles can share equipment.</p> <p>Class Teacher/Coaches will ensure any equipment that is shared between different key stage bubbles is cleaned properly before and after use.</p> <p>All Coaches has been allocated at least a 15 minute cleaning period between sessions if working with different key stage bubbles, so that they can out this cleaning regime of equipment.</p> <p>If the hall space is shared between a P.E lesson and then Extra Curricula club, this space must also be cleaned in between by the Class Teacher or Coach leading those sessions. This only needs to happen if different key stage bubbles are using the space after each other.</p>
Washing hands/ hand sanitiser	<ul style="list-style-type: none"> 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. 	<p>All class bubbles will have adequate hand washing opportunities before and at the end of each lesson.</p> <p>Hand sanitiser will be made readily available at all times during P.E lessons.</p> <p>If P.E lesson are carried out indoors, coach/teacher must make sure they socially distance and ensure the room is well ventilated and all COVID procedures followed.</p>

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.



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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)



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