

Littleport & East Cambs Academy

Covid-19 Risk Assessment & PE Social Distancing Policy

Creation: 01/09/2020

Updated: 20/09/2020

This has been created in conjunction with the guidance from the Association of Physical Education and the Youth Sports Trust.

Key principles for supporting safe PESSPA:

- Consistent groupings
- Cleaning of frequently touched surfaces, including sports equipment
- Regular hand sanitizing, as part of a clear hygiene regime
- Minimising contact & enforcing social distancing, including the avoidance of contact sports
- Exercising in well-ventilated (outdoor) spaces wherever possible
- Ensuring good respiratory hygiene

Context

In light of Covid-19, Physical Education at LECA and in schools up and down the country is going to look different for the foreseeable future. This policy will remain in place until the situation change, but may be subject to change as guidance changes. All staff and students at LECA are expected to understand the contents of this policy & follow the key principles contained within it. The policy has been informed by current information and guidance from central government, the Youth Sports Trust (YST) and the Association for PE (afPE).

LECA has the flexibility to decide how physical education, sport and physical activity will be delivered, whilst following our own clear system of controls. Due to the increase in breathing rate and depth of breathing during physical activity, it is essential that social distancing is maximised, thus outdoor physical activity will be prioritised. Where this is not practicable, eg. In the event of extreme weather, large indoor spaces will be utilised.

Our PE Curriculum Offer for Autumn 2020/21 will show clear consideration for these principles, whilst also taking in to account the loss of learning time in the 2019/20 academic year and the curricular/extra-curricular plans of neighbouring schools within our partnership.

Sport and Physical Activity

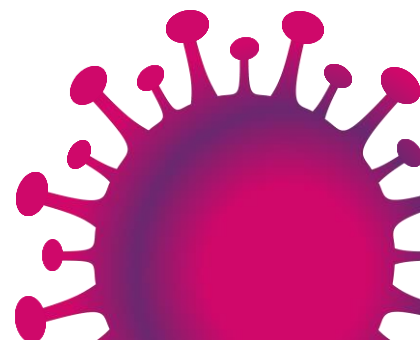
Full contact sports, where social distancing is not possible and one piece of equipment is shared with multiple use in full games (e.g. Handball, Netball, Football, Rugby, Basketball, Dodgeball, Ultimate Frisbee, Rounders, Cricket) will **not** take place.

There will be no fitness activities where equipment needs to be shared (e.g. boxercise).

Sport/Physical Activity	Controls
Invasion Games	Skill activities only, no small-sided or full-sided games, no contact. Group size limited to 4.
Dance/Gym	Outdoors where possible. Clear, socially distanced working areas. Individual work only. Mats cleaned down at the start and end.
Health-Related Fitness	Deliver outdoors wherever possible. Limit equipment for fitness lessons (eg. Resistance, continuous, fartlek, interval training)
Athletics - Track	Staggered starts or alternate lanes, additional lanes requested on track, no use of batons or blocks, no sharing of stopwatches or other equipment outside of 'mini-bubble', maximum size 4.
Athletics - Field	Equipment thoroughly cleaned at start/end, if equipment cannot be fully sanitized (eg. Javelins) it must not be used for 48 hours, equipment used in throwing events limited to one per pair and pairs must remain the same throughout the unit of work.
Orienteering/Cross Country	Enforce no contact with control markers, maps with staggered targets to limit student contact in one location.
Net Games	One paddle/racquet per student with no sharing of equipment – wiped down at start/end along with balls/shuttlecocks.
Striking & Fielding Games	Skill activities only, no small-sided or full-sided games, no contact. Group size limited to 4.

Our default position is that PE will take place **outdoors**. Students have been informed of this and advised to bring a change of clothing in the event of being caught in wet weather.

There will be occasions where this is not possible and a wet weather plan will be in operation. Where there are 2/3 practical groups on, the sports hall will be split and teachers will be encouraged to plan & deliver activities that are less strenuous, thus breathing rate and depth of breathing will be lower, reducing the risk of transmission.



Consideration	Suggested practice	Implications
<p>1) Teaching & Learning</p>	<ul style="list-style-type: none"> ▪ Pupils kept in class groups for PE. ▪ Activities taking place in PE lessons 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>PE groups will stay separate wherever possible and will never mix bubbles. Where guidance is put in place (groups of 2 or 4), staff will be expected to keep records of this and ensure students work with the same person/people for the whole unit of work.</p> <p>The first half term will focus on Athletics – Track, Athletics – Field, Health-Related Fitness and Striking & Fielding and all lessons will be delivered outside wherever possible.</p> <p>Thereafter, teachers will be timetabled suitable working areas and activities for their students and work within the guidelines set out in this policy.</p>
<p>2) Protective Measures & Hygiene</p>	<ul style="list-style-type: none"> ▪ Decide the physical and organisational structures needed to limit risks and movement around the building 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 the school. ▪ Ensure there are always sufficient tissues available for ensuring good respiratory hygiene – ie. 'catch it, bag it, bin it' approach. 	<p>Staff will reiterate the government and school guidance on maintaining good hygiene and social distancing. Classes will be briefed on this in their first lesson.</p> <p>PE groups will be collected from, and returned to, their classrooms within their bubble with the exception of Year 10 who will meet in the PE area.</p> <p>All students and staff to use the hand sanitisers on arrival and departure from PE.</p> <p>Liaison with site staff and SLT regarding extra cleaning & equipment (hand sanitiser sprays, wipes, cloths). PE staff will be provided with tissues to encourage students to 'catch it, bag it, bin it'.</p> <p>Entry into the sports hall will be via the main door. Exit out of the sports centre will be through external doors. A one way system will be in operation.</p>
<p>3) Changing Areas & PE Clothing</p>	<ul style="list-style-type: none"> ▪ If used, these should be cleaned after every lesson – wiping of surfaces is a reasonable approach. 	<p>SLT have granted permission for children to attend school in their PE kit on a day where practical PE is timetabled for them.</p>

	<ul style="list-style-type: none"> ▪ 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. ▪ 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>Changing rooms out of bounds, unless students are forced to change in the event of wet weather. If this happens, students will remain sat inside the sports hall (socially distanced) under staff supervision and will enter the changing rooms (maximum capacity 14 at a time.) Markers will be used to indicate changing positions.</p> <p>SLT have communicated with home regarding PE kit expectations and all students have been encouraged to bring in to the academy a change of kit in the event of wet weather. This message will be reiterated by PE staff.</p>
<p>4) Teaching Areas</p>	<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. 	<p>All PE will take place outdoors wherever practicable.</p> <p>Staff will ensure that the students are well spread out before, during and after the lesson keeping to the 1m+ rule where practically possible.</p> <p>If we are forced indoors due to inclement weather, the sports hall will be used. Groups may be collapsed but will remain with students within the same bubble, maintaining social distancing (enhanced distance of 2m for indoor activities). Activities may be adapted to be less strenuous.</p>
<p>5) PE Equipment</p>	<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, 	<p>All student belongings, apart from footwear, spare kit and a water bottle, will stay in classrooms.</p> <p>For Athletics, students will either work individually or share equipment with one person. The teacher will time or measure wherever possible. Field markings may also be used to estimate distances. Equipment will be cleaned at the end of the lesson and students will assist with cleaning.</p>

	<p>however it is often easier to plan for and discourage the sharing of equipment to mitigate against virus transmission.</p>	<p>For Games, balls/shuttlecocks will be shared between 2-4 people. These will be sanitised at the start and end of lessons. Students will work in the same 'mini-bubbles' throughout the unit of work and teachers will maintain a record of these groups.</p> <p>For Fitness/Dance/Gym activities, students will wipe down any mats used at the start and end of every lesson. There will be no shared equipment. Mats, where used, will be distanced.</p> <p>Bibs will not be used.</p> <p>No spare kit will be issued.</p>
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Students in PE Lessons

It is essential that students are on board with our message and follow the principles set out in this policy. In the first lesson at the start of term, please share the following with students:

- We will collect you from this classroom and bring you back at the end of the lesson. The exception is Year 10 students.
- You will be registered in the classroom at the start of each PE lesson.
- You must come to school wearing full PE kit on days where you have PE.
- We aim to go outdoors for all PE lessons unless faced with extreme weather conditions. Bring appropriate clothing and footwear, including a change of clothing in the event that you get wet.
- If we are forced to use the changing rooms at the end of the lesson because you need to change clothes, follow teacher instructions (numbers will be limited to 7 at a time).
- If you are on the grass, bring suitable footwear (boots) and change inside the sports hall before going out. Remove dirty footwear as you return to the sports hall following your lesson and change back in to trainers.
- Valuables and bags should not be brought down in to PE. Leave these in the classroom we collect you from. You only need to bring with you: Suitable footwear, a change of clothing, water bottle. This may all be kept inside a separate PE bag.
- You must use your own hand sanitizer or the sanitizer provided by your teacher as you move between areas.
- Avoid touching your face.
- Bring your own (named) water bottle. Do not share water bottles.
- Avoid contact with one another where possible and maintain social distancing rules.
- Spare kit will not be lent. You will be sanctioned as per school policy for failure to bring in PE kit.
- Changing rooms are out of bounds and will not be accessed at any time, unless needing to change following a downpour!
- If you are desperate to use the toilet and have been given permission from staff, please re-enter the building from beside the canteen and use your designated toilets.
- We will gain time in lessons as there will be no need to change at the start and end, however, cleaning of equipment/hands before and after lessons & registering will negate this gain.
- PE teachers will give instructions on the cleaning down of PE equipment after lessons. Please cooperate closely with these instructions.
- Your teacher will have sufficient tissues available to ensure good respiratory hygiene – please request tissues if you need them and follow the 'catch it, bag it, bin it' approach.

LECA Physical Education Subject Risk Assessment (COVID-19)

Risk factor	Risk mitigation	Considerations/Barriers
<p>Arriving to, and departing from, lessons</p>	<ul style="list-style-type: none"> • Teachers will complete registers in designated classrooms and walk students down to practical space. Teacher will enforce the need to follow social distancing advice. • Students may leave bags/footwear at the side of the MUGA if working in this area. A one-way system will be in place for students working on the field – enter via external door, leave bags/footwear in the designated areas within the sports hall, exit via external door. • Any other bags/valuables/equipment must remain in classrooms and not be brought to PE. • Students will be instructed to sanitise hands at the start and end of the lesson. • In the event of a downpour requiring students to change after PE, the sports hall will be used as a holding area with social distancing enforced. Students will use changing rooms 7 at a time. Markers in the changing rooms will indicate changing positions. Staff will be split between the changing rooms and sports hall. 	<ul style="list-style-type: none"> • Suitable time for travel between lessons offered. Extra allowances given to changing time at the end of the lesson in the event of a downpour. • Staff to ensure external doors are supervised and suitably closed once used for site security.
<p>Changing/Kit</p>	<ul style="list-style-type: none"> • On PE days, pupils to wear full PE kit to school. • No spare kit will be offered to those without kit. • Changing rooms not in use (unless changing is required due to extremely wet weather). 	<ul style="list-style-type: none"> • School behaviour policy used to sanction those without kit. • Markers placed in changing rooms in the event students need to change. Maximum capacity 14 per changing room. • Staff split between sports hall and changing rooms.
<p>Hygiene</p>	<ul style="list-style-type: none"> • All pupils to wash hands/sanitise at the start and end of lessons. • Any pupil seen to be openly displaying symptoms consistent with coronavirus to be safely isolated from group and first aid assistance called for. 	<ul style="list-style-type: none"> • Sanitiser readily accessible for pupils and staff within the department. • Large number of anti-bac wipes needed for each PE staff member for lessons to wipe down equipment after use.

	<ul style="list-style-type: none"> Teacher to carry with them sufficient tissues for students to 'catch it, bag it, bin it'. 	
Toilets	<ul style="list-style-type: none"> Students strongly encouraged to use the toilet before PE lessons. Students must only use their designated year group toilets and must enter/leave the school building via the door beside the Canteen. 	<ul style="list-style-type: none"> Staff to ensure pupils have been given consent to go to the toilet/leave lesson.
Space/Facilities	<ul style="list-style-type: none"> As a default position, all PE lessons will take place outdoors. Where PE cannot take place outside, PE facilities in use must be well ventilated at all times – sports hall doors open. 	<ul style="list-style-type: none"> Indoor spaces used in poor weather – where there are 2 practical groups on, use both sides of the sports hall. If there are 3 practical groups on, make use of the indoor hall (assembly space). Outdoor activities to be highly active to ensure children do not suffer from inactivity/cold if weather deteriorates. Students encouraged to bring layers! Children instructed to have spare clothing/change of clothing in case of bad weather. This is to be brought down to PE.
Equipment	<ul style="list-style-type: none"> Equipment that requires handling or contact with the head/face will not be shared wherever possible in lessons and must be for individual use only (e.g. badminton rackets/table tennis bats). The exception will be balls/shuttlecocks and throwing equipment in athletics. Where this is used, group sizes will be limited and students will work with the same people each lesson in 'mini-bubbles'. All equipment must be cleaned using alcohol/antibacterial products before the start and at the end of the lesson and during the lesson if appropriate. 	<ul style="list-style-type: none"> Pupils/staff to organise cleaning at the start and end of lessons. Staff to maintain records of pairs and 4s in athletics/games activities. Time must be built in to lesson plans to allow for cleaning before and after each lesson to avoid potential transmission between bubbles. Staff to use their own kit bag if appropriate only and not share equipment between themselves. Sufficient amount of ant-bac wipes needed for staff/students to ensure equipment is thoroughly cleaned.
Behaviour	<ul style="list-style-type: none"> School behaviour system to be used as normal. 	<ul style="list-style-type: none"> Pupils who are a concern with social distancing measures to be given an on call and removed from the lesson
First Aid	<ul style="list-style-type: none"> For any minor First Aid incident, PE staff will carry with them a First Aid kit, including gloves and a disposable mask. Contact will be made with reception for more severe incidents. 	

<p>Permitted activities (in line with YST and AfPE guidance)</p>	<ul style="list-style-type: none"> • Invasion games – skill/practices only. No small-sided or full-sided contact games. • Dance/Gym activities – socially distanced, individual, use of mats (sanitised at start and end of the lesson). • Health-Related Fitness – deliver outdoors wherever possible. Limit equipment for fitness lessons (eg. Resistance, continuous, fartlek, interval training) • Athletics Track - Staggered starts or alternate lanes, no use of batons or blocks, no sharing of stopwatches or other equipment. • Athletics Field - Equipment thoroughly cleaned at start/end, if equipment cannot be fully sanitized (eg. Javelins) it must not be used for 72 hours, equipment used in throwing events limited to one per pair and pairs must remain the same throughout the unit of work. • Orienteering/Cross-Country - Enforce no contact with control markers, maps with staggered targets to limit student contact in one location. • Net Games - One paddle/racquet per student with no sharing of equipment – wiped down at start/end along with balls/shuttlecocks. • Striking & Fielding Games - Skill activities only, no small-sided or full-sided games, no contact. Group size limited to 4. 	<ul style="list-style-type: none"> • Staff to collaborate and be creative in their delivery to ensure curriculum does not become tedious for children. • Outdoor PE lessons highly active to reduce the risk of students becoming cold. • Indoor PE lessons at a lower intensity to reduce breathing rate/depth of breathing and lower the risk of transmission.
<p>Activities not permitted under NGB guidance</p>	<ul style="list-style-type: none"> • Full contact sports where social distancing is not possible and one piece of equipment is shared with multiple use (e.g. Handball, Netball, Football, Rugby Union/League, Basketball, Dodgeball, Ultimate Frisbee, Rounders, Cricket). • No fitness activities where equipment needs to be shared (e.g. boxercise) 	<ul style="list-style-type: none"> • Staff to continue to refer to guidance from YST, AfPE and individual NGB's and continue to modify delivery accordingly.

<p>Extracurricular clubs and activities</p>	<ul style="list-style-type: none"> • No fixtures until further notice. Fixtures meeting scheduled for 30/09/20. • Clubs to resume with strict measures in place on 21/09/20. 	<ul style="list-style-type: none"> • One club for each year group per day – no mixing of bubbles. • Regular wiping down of equipment and sanitisation as per lessons. • Students to wear PE kit on days they attend a club. • Maximum numbers: <ul style="list-style-type: none"> - Badminton (16) - Fitness (15) - Athletics (N/A)
<p>Further considerations</p>	<ul style="list-style-type: none"> • All PE staff to have their own 'kit bag' containing essential items for all types of lesson delivery. • Lessons to be taught outdoors as frequently as possible. • All children to have a bag of spare clothing in School in case of being caught in bad weather during PE. • Class sizes to be based on bubbles allocated as part of whole school risk assessment to run a broad and balanced practical curriculum. • If class sizes and other guidance regarding PE kit & changing rooms cannot be met PE staff will have to deliver a theory based curriculum. 	

