

Ellesmere Port Catholic High School PE Department Practical PE COVID-19 Risk Assessment Plan

Risk factor	Risk mitigation	Staff consideration
Arriving and departing	Students arrive and meet within class groups within the bubble in the sports hall, outside yard and gym for registration & instructions. Students to take their belongings with them to wherever their lesson will take place. Students to be dismissed straight from the area they are working.	Markings or cones needed in hall to ensure 2m physical distance - ???? Teacher must identify a safe place to store bags away from the planned activity. All students to sanitise their hands at the start and end of each lesson.
Hygiene	Students are to wash their hands at the start and end of each lesson using antibacterial soap and water. PE staff cannot lend out PE kit to students. Hand gel to be available in all lessons for students to use after using equipment or coughing/ sneezing.	See ??? for supply of hand gel. Showers must not be used.
Changing rooms/PE kit	On PE days the students will attend school in their PE kit. Activities should be planned where students are not fully exerting themselves, not getting too hot and sweaty. If students need to change at the end of the lesson they will be allowed in the changing rooms. Only one member of staff in the changing room with face protection and behind the screen. Doors and windows open for ventilation. Second member of staff to support from outside the changing room.	Changing rooms to be marked out where students can change to ensure 2m physical distance - ??? If used, these should be cleaned after every lesson – Wiping of surfaces by??? Ensure sufficient standard cleaning equipment is available in all changing areas.
Toilets	Students can go to the toilet only one person at a time from teacher instruction	The nearest toilet facility in PE dept should be the one used.
Space	Where possible lessons should be done outside to support social distancing Due to not changing, if it's raining, outside lessons will not be possible. Activities to be set up to allow for students to be spread out in designated areas – Gym/Sports Hall need areas marking out.	Inside lessons should take account of the space available Two players per Badminton court if in the Sports Hall Benches spread out around the outside for non-playing players. One person to a bench.
Equipment	Equipment where possible should not to be shared between students via touching with hands/head.	Alcohol-based cleaning product required for this – spray bottles and wipes, based in PE office.

	Equipment should be wiped down and cleaned at the start and end of each lesson by student after use.	
Activities	<p>Outside: <i>Foot-golf, football tennis, Football drills and skills</i> <i>Athletics – Track</i> <i>Cross Country</i> <i>Training - Continuous, Interval, Fartlek, Plyometrics, SAQ, circuits, skipping</i> <i>Walking</i> <i>Tennis (no bat share)</i> <i>Other alternative activities to be explored</i></p> <p>Sports Hall: <i>Basketball individual skills (no ball sharing)</i> <i>Badminton (no racket share)</i> <i>Training - Circuit, Exercise to music, Yoga, SAQ, Plyometrics, skipping</i> <i>Dance.</i></p> <p>Gym: <i>Training - Circuit, Exercise to music, Yoga, SAQ, Plyometrics, skipping</i> <i>Dance.</i></p>	<p>Course/areas need setting up. No sharing of kit & equipment, net and wall games balls/shuttle to be cleaned after use:</p> <p><i>No game-play</i> <i>Full-court singles games</i> <i>Spray ball/shuttle after game</i> <i>No sharing of mats or steps</i></p> <p>Sports Hall needs fire doors open.</p> <p><i>No mats.</i> <i>Steps not to be shared.</i></p>
Unsafe practice Activities	<p>The following activities should not be done due to the heightened risk of transmission due to student proximity during play and/or the regular sharing handled equipment:</p> <p><i>Football/Basketball/Netball game play</i></p> <p><i>Handball/ Netball / Volleyball/Dodgeball/ Rugby</i> <i>Handling striking and fielding games -Rounders /Cricket /Softball</i> <i>Dumbbells/ Gymnastics</i></p>	<p>No High Risk factor sports should be carried out until advised by the DfE / AfPE. The list of activities is likely to change for September 2020 and staff to be aware.</p>

Learning	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, for example, identify curriculum priorities, agree revised expectations and required adjustments in practical lessons, Consider the impact on staff and pupils with protected characteristics, including race and disability, in developing your approach.	Adapt lesson planning, Steps and SOL to ensure a PE lesson and students to make appropriate progress.
Wet Weather	Depending on the changing situation and facilities available some practical lessons will not take place.	1 class within the bubble – sports hall 1 class within the bubble – gym 2 classes to the classrooms for extra work such as math's During exam periods this will need to become 3 classes to classrooms. Classrooms must be timetabled to practical games in the event of such scenarios.
Staff safety	Due to the nature of the subject there could be a greater risk to staff teaching practical activities due to pupils expelling more breathe further containing more water droplets.	Staff to be provided with face shields. Desk shields for changing rooms

Date of planning - 08/07/2020 Review Date - 15/07/2020

CL – MCA