

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

| Risk factor | Risk mitigation | Staff consideration |
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| 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 sanitise their hands at the start, and end of each lesson using antibacterial hand sanitiser. PE staff cannot lend out PE kit to students. Hand sanitiser to be available in all lessons for students to use after using equipment or coughing/ sneezing. | See CJN/CLL for supply of hand gel. If you have an empty bottle take it to MGO for refill. See MCA for equipment and surfaces anti-bacterial disinfectant spray. 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. Changing rooms are not to be used. | Bibs are not to be used. |
| Toilets | Students can go to the toilet only one person at a time from teacher instruction | The main school toilet facility or the sports hall toilets should be used. |
| Space | Where possible lessons should be done outside to support social distancing Due to not changing, if it is 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/Main Hall need areas marking out. | Inside lessons should take account of the space available Six players per Badminton court if in the Sports Hall Benches spread out around the outside for non-playing players. One person to a bench. |

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| Equipment | <p>Equipment where possible should not be shared between students via touching with hands/head.</p> <p>Equipment should be wiped down and cleaned at the start and end of each lesson by student after use.</p> | <p>Alcohol-based cleaning product required for this – spray bottles and wipes. PE staff issued with products.</p> <p>See MCA for equipment and surfaces anti-bacterial disinfectant spray.</p> |
| Activities | <p>Outside:</p> <p><i>Foot-golf, football tennis, Football drills and skills</i></p> <p><i>Touch Rugby</i></p> <p><i>Netball skills and drills</i></p> <p><i>Athletics – Track</i></p> <p><i>Cross Country</i></p> <p><i>Training - Continuous, Interval, Fartlek, Plyometrics, SAQ, circuits, skipping</i></p> <p><i>Walking</i></p> <p><i>Tennis (no bat share)</i></p> <p><i>Rounders – Clean bats after use</i></p> <p><i>Softball – Clean bats after use</i></p> <p><i>Other alternative activities to be explored</i></p> <p>Sports Hall:</p> <p><i>Basketball individual skills (no ball sharing)</i></p> <p><i>Badminton (no racket share)</i></p> <p><i>Training - Circuit, Exercise to music, Yoga, SAQ, Plyometrics, skipping</i></p> <p>Gym:</p> <p><i>Training - Circuit, Exercise to music, Yoga, SAQ, Plyometrics, skipping</i></p> | <p>Course/areas need setting up.</p> <p>No sharing of kit & equipment, net and wall games balls/shuttle to be cleaned after use:</p> <p>Gameplay including full match, 5 v 5, 3 v 3, 3 v 2, 2 v 1 small sided permitted.</p> <p>Full-court singles games</p> <p>Spray ball/shuttle after game</p> <p>No sharing of mats or steps</p> <p>Rounders/softball bats (1 bat between 2, must be cleaned between each use)</p> <p>Sports Hall needs fire doors open.</p> <p>Gym fire door open</p> <p>No mats.</p> <p>Steps not to be shared.</p> <p><u>PE staff must check most up-to-date activity risk assessments in teams.</u> Curriculum Leader updates the folder for each current activity taking place in school as the guidelines change.</p> |

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| | | <i>Any activity can be pulled upon change of government/AFPE/NGB guidelines or move back a stage on the activity roadmap to recovery.</i> |
| 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: <i>Football/Basketball/Netball game play (Full sided games are now permitted)</i></p> <p><i>Rugby contact (Full tackling) NB Touch Rugby is allowed</i> <i>Handling striking and fielding games -Softball/Rounders – Refrain from the use of gloves.</i> <i>Dumbbells/ Gymnastics / Trampolining</i></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 throughout the year and staff to be aware. |
| Learning | <p>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.</p> | Adapt lesson planning, Steps and SOL to ensure a PE lesson and students to make appropriate progress. |
| Wet Weather | <p>Depending on the changing situation and facilities available some practical lessons will not take place.</p> <p>Classes have been allocated one of four indoor spaces in the event of bad weather.</p> | <p>1 class within the bubble – sports hall 1 1 class within the bubble – sports hall 2 1 class within the bubble – gym 1 class within the bubble – main hall</p> <p>During exam periods this will need to become 2 classes to classrooms. Rotate the classes to lesson impact on any individual class.</p> <p>Classrooms must be timetabled to practical games in the event of such scenarios.</p> |

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| 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 must wear masks and visors and adhere to 2m social distancing rules. Staff must regularly hand sanitise and wash hands. | Staff to be provided with face shields. Desk shields for changing rooms when changing room restrictions are relaxed. |
| Fixtures against other schools | Fixtures against other schools is not permitted at this time. This will be re-assessed as and when guidelines change. | Current Association for Physical Education (AFPE) guidelines as of 04/09/20 directs schools to not take part in competitive fixtures with others school were the possible cross contamination of the disease could take place. It also advises against unnecessary travel arrangements which can hinder the protocols schools have put in place to prevent potential contamination issues. Out of school clubs are permitted within Year group bubbles. |

Date of planning - 02/06/2021 Review Date - 02/07/2021

CL – MCA