

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 sanitise their hands at the start, every 12 to 15 minutes 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. 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'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/Main 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. PE staff issued with products.

	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>Netball skills and drills</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>Rounders</i> <i>Softball</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></p> <p>Gym: <i>Training - Circuit, Exercise to music, Yoga, SAQ, Plyometrics, skipping</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>No game-play Full-court singles games Spray ball/shuttle after game No sharing of mats or steps 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 No mats. 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> <p><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></p>

<p>Unsafe practice Activities</p>	<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/Rugby contact</i></p> <p><i>Handling striking and fielding games -Cricket</i></p> <p><i>Dumbbells/ Gymnastics / Trampolining</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 throughout the Autumn term and staff to be aware.</p>
<p>Learning</p>	<p>Activities taking place in PE lessons and Physical activity sessions should be strictly non-contact and these conditions shared with the pupils.</p> <p>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>	<p>Adapt lesson planning, Steps and SOL to ensure a PE lesson and students to make appropriate progress.</p>
<p>Wet Weather</p>	<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>
<p>Staff safety</p>	<p>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 visors and adhere to 2m social distancing rules. Staff must regularly hand sanitise and wash hands.</p>	<p>Staff to be provided with face shields. Desk shields for changing rooms when changing room restrictions are relaxed.</p>

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.
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Date of planning - 06/09/2020 Review Date - 18/09/2020

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