

# Core PE Risk Mitigation Plan

Risk factor	Risk mitigation	Staff consideration
Arriving and departing	<ul style="list-style-type: none"> <li>Mixed groups to line up outside with single gendered groups to move straight into the changing room. <ul style="list-style-type: none"> <li>KS3 always outside due to tutor groupings</li> </ul> </li> <li>Period 1 - students arrive in PE kit (bags left in changing rooms.</li> <li>Period 5 - students leave in their PE kit</li> </ul>	<ul style="list-style-type: none"> <li>Staff must ensure they are in the changing room to meet and greet students <ul style="list-style-type: none"> <li>JDU to not be in changing room.</li> </ul> </li> <li>Markings needed to ensure 2m physical distance - <b>MMI</b>.</li> <li>All students to sanitise their hands on entry and exit of the changing rooms..</li> </ul>
Hygiene	<ul style="list-style-type: none"> <li>Students are to sanitise their hands at the start and end of each lesson using hand sanitiser.</li> <li>Hand gel to be available in all lessons for students to use after using kit or coughing/ sneezing.</li> <li>In accordance with school policy, students should wear their masks whilst changing but remove them for their lessons.</li> </ul>	<ul style="list-style-type: none"> <li>See <b>CHA</b> for supply of hand gel. - See <b>MMI</b></li> <li><b>MMI</b> emailed to put hand sanitiser dispenser outside of PE facilities to allow for regular cleaning of hands.</li> </ul>
Changing/ kit	<ul style="list-style-type: none"> <li>Males to change in the gym area with marking on the floor to indicate where they can change. <ul style="list-style-type: none"> <li>Enter the gym from the P block corridor but exit via the fire door to the field to ensure one-way</li> </ul> </li> <li>Females to use the changing rooms on both sides at the Sports Hall.</li> <li>Students need to be calm and sensible and observe the physical distance whilst changing</li> </ul>	<ul style="list-style-type: none"> <li>Must have staff supervision in the changing rooms.</li> <li>Changing rooms to be marked out where students can change to ensure 2m physical distance - <b>MMI</b>.</li> <li>Floor to be taped with 2m distance between area - <b>MMI</b></li> </ul>
Toilets	<ul style="list-style-type: none"> <li>Students should be allowed to go to the toilet only one person at a time</li> </ul>	<ul style="list-style-type: none"> <li>The nearest toilet facility should be the one used - either the Sports Hall corridor or the Gym block, depending on Facility used.</li> </ul>
Space	<ul style="list-style-type: none"> <li>Where possible lessons should be done outside to help prevent the spread of Covid-19.</li> <li>Activities to be set up to allow for students to be spread out in designated areas.</li> </ul>	<ul style="list-style-type: none"> <li>Inside lessons should take account of the space available <ul style="list-style-type: none"> <li>Benches spread out around the outside for non-playing players.</li> <li>Seating on benches</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>When indoors the doors, both internal and external should be open to allow for better ventilation of the space.</li> </ul>	<p>facing the inside of the Sports Hall.</p> <ul style="list-style-type: none"> <li>One bench per team/group to be wiped down after..</li> <li>Use wooden wedges to prop doors open. <ul style="list-style-type: none"> <li>Possible H&amp;S would be the access to the SH from outside? Check with <b>MMI</b></li> </ul> </li> </ul>
Equipment	<ul style="list-style-type: none"> <li>Equipment should be wiped down and cleaned at the start and end of each lesson and transfer of equipment between students hands should be minimised where possible.</li> </ul>	<ul style="list-style-type: none"> <li>Alcohol-based cleaning product required for this - <b>CHA</b></li> </ul>
Wet-weather plan	<ul style="list-style-type: none"> <li>In the instance of poor weather only three groups will do PE (2 x Dome; 1 x Sports Hall) and those missing the lesson will go to a classroom on a rota-basis. <ul style="list-style-type: none"> <li>1st occasion - 1&amp;2</li> <li>2nd occasion - 3&amp;4</li> <li>3rd occasion - 5&amp;1...etc</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Classrooms required for each lesson - add to <a href="#">PE grouping document</a></li> </ul>
Activities	<p><b>Outside:</b></p> <ul style="list-style-type: none"> <li>Football - Sport Ed to ensure set teams with a recommendation of only two games per lesson therefore only two teams require bibs.</li> <li>Athletics - No relay due to baton change-over; no throwing due to difficulty in managing the handling of equipment.</li> <li>Fitness - when working students need to maintain a physical distance and not be face-to-face.</li> <li>Rugby Union - Contact only</li> </ul> <p><b>Sports Hall - when indoor sports are allowed</b></p> <ul style="list-style-type: none"> <li><a href="#">Basketball</a> individual skills (no ball sharing)</li> <li><a href="#">Badminton</a> (no racket/shuttlecock share)</li> <li><a href="#">Table Tennis</a> (no bat/ball share)</li> <li>Training - Circuit, Exercise to music, Yoga</li> </ul> <p><b>Dome -</b></p> <ul style="list-style-type: none"> <li>Training - Circuit, Exercise to music, Yoga</li> </ul>	<ul style="list-style-type: none"> <li>Bibs to be handed out clean and then put in the dirty bag at the end of the lesson with bibs cleaned each day.</li> <li>Pitches set up and left all day.</li> <li>No game-play</li> <li>Full-court singles</li> <li>Wipe table after game</li> <li>No sharing of mats</li> <li>Check NGB guidance for activities offered.</li> </ul>
On-going review of NGB policy and guidance	<p>The following activities should only be done when NGBs ok their return to play due to the heightened risk of transmission due to student proximity during play and/or the regular sharing handled equipment - <b>hyperlinks to the latest NGB Covid-19 advice:</b></p> <ul style="list-style-type: none"> <li><a href="#">Basketball game play</a></li> </ul>	

	<ul style="list-style-type: none"> <li>• <a href="#">Handball/ Tchoukball</a></li> <li>• Handling striking and fielding games <ul style="list-style-type: none"> <li>◦ <a href="#">Rounders</a></li> <li>◦ <a href="#">Cricket</a></li> </ul> </li> <li>• <a href="#">Ultimate Frisbee</a></li> <li>• <a href="#">Table Tennis</a></li> <li>• Weights Room</li> <li>• <a href="#">AfPE guidance</a></li> </ul>	
Extra-curricular	<p><b>Dome - Football - Limit to 28 players</b></p> <ul style="list-style-type: none"> <li>• Players to sanitise hands before and after the session.</li> <li>• Equipment to be cleaned before and after the session.</li> <li>• Seven players per quarter of the Dome</li> <li>• Updated guidance teams could play 7v7 games as long as social distancing is adhered to.</li> <li>• No goal celebrations</li> <li>• No people congregating in the Dome foyer.</li> </ul> <p><b>Sports Hall - Basketball - Limit to 28 players</b></p> <ul style="list-style-type: none"> <li>• Players to sanitise hands before and after the session.</li> <li>• Equipment to be cleaned before and after the session.</li> <li>• Guidance currently at level 2 which limits group size to 30 including coach.</li> <li>• Session should be drills, skills, team-based training. <ul style="list-style-type: none"> <li>◦ As of 04/09/20 competitive match play should be avoided in this setting.</li> </ul> </li> </ul>	