

Summary of AfPE Guidance on Interpreting Government Guidelines in PESSPA

21 May 2021

General

- It is the responsibility of schools to make judgements, and produce risk assessments (RA) within their own contexts, whilst following Government guidelines
- Responsibility for safe practice lies with employers
- Restoring physical activity is desirable
- There is currently no Government published list of activities which can and cannot be undertaken. Schools must make their own risk assessments, influenced by National Governing Bodies of Sport (NGBs)
- Plans for cleaning, hygiene, distancing and messaging are whole school issues, which should be interpreted within PESSPA context
- All RA should be reviewed and amended to reflect Covid 19 accommodations

PESSPA Specific Guidance

1. *PESSPA Learning*

Learning objectives and expectations should be adjusted
All activities should be non-contact and distanced

2. *Protective Measures and Hygiene*

Physical and organisations structures should be reviewed
All safety measures should be updated and resourced
Messages should be displayed and a policy established for reinforcement by staff

3. *Changing Areas*

Limit use of changing areas, or avoid them
If used, changing rooms will require enhanced cleaning regimes
Individual areas should be marked out in changing rooms

4. Teaching Areas

Each area should have a specific cleaning regime
Outdoor activity is preferable to indoor activity
Pupils should work in marked out zones

5. PE Clothing

Preferable to attend school in PE clothing (rather than change)
Contingency plans for changing after exercise in bad weather

6. Group Sizes

Groups should be of reduced size (not more than 15) to accommodate distancing
Teacher-led activities might better ensure distancing
Focus on curriculum areas which have lowest risk

7. Social Distancing within Lessons

Team games involving any contact at all cannot happen
Each pupil should have their own working zone
Protocols for exit and entrance to facilities should be established

8. Equipment

Decisions are required on what equipment can be used, and rest locked up
Equipment to be used should have an approved cleaning regime
Equipment sharing should be minimised
Pupils should have individual equipment, that is not shared
“Team play which results in sharing of equipment should be avoided”

9. Hygiene

Opportunities/facilities should exist for washing hands before and after every session
Protocols for changing room use/toilet access/first aid are required
All practice should be aimed at reducing transmission possibility
Clear notices should be displayed outlining procedures

(A recording of the AfPE presentation will be available on the public area of their website)

National Governing Body Updates: A Summary

Following changed Government Guidelines, some NGBs – particularly those governing summer sports – have updated their guidance.

England and Wales Cricket Board (www.ecb.co.uk)

(NB Although this body has jurisdiction over the game in England and Wales, the following amendments do not apply to the latter, where all activity remains suspended)

- “Suspension (of recreational) Cricket remains in place”
- 1:1 Coaching within nets is permitted, with social distancing
- Two players may share a net, if there is no coach
- One free net should be left on each side of ones that are in use
- No indoor Cricket activity is permitted
- Equipment should not be shared
- “No saliva or sweat should come into contact with the ball”

https://resources.ecb.co.uk/ecb/document/2020/05/15/9fd6d8b4-cde2-4bf7-9cec-695f7d5a18ee/ECB_guidelines_return_to_activity_in_a_cricket_club_setting.pdf

Lawn Tennis Association (www.lta.org.uk)

- Singles games only may be played
- 1:1 coaching is permissible with distancing
- New balls should be used for each lesson (or else dried for 72 hours between usage)
- Only the coach may touch the ball with the hand
- Players should mark their balls and only touch (to serve) their own balls

<https://www.lta.org.uk/globalassets/news/2020/lta-guidance-for-tennis-coaches---covid-19.pdf>

England Athletics (www.englandathletics.org)

- Group activity should not take place
- One coach may work with one athlete with social distancing
- Two athletes may train together in the absence of a coach, with distancing
- Only running and throwing activities are allowed (no jumps)
- Risk assessments are required for cleaning of equipment

<https://d192th1lqal2xm.cloudfront.net/2020/05/Guidance-for-Coaches-return-to-activity-2.pdf>