

PHYSICAL EDUCATION COVID-19 SPECIFIC - RISK ASSESSMENT



Key Principles for supporting PE, School Sport and Physical Activity

- Clean frequently touched surfaces
- Wash hands frequently as part of clear hygiene regime
- Minimise contact
- Ensure good respiratory hygiene

Area of Consideration	Suggested practice	Preventative Actions	Responsibility
Learning	PE activities are strictly non-contact with these conditions shared with pupils	Plan accordingly PE sessions that minimise any contact. Communicate to children before each session	Director & coach/es delivering
	Teaching practices and revised expectations	Use visual aids to help learning (whiteboard, own i-pad) or demonstrations without touching equipment. Breakdown lessons into even smaller parts Explain expected outcomes of lesson prior to it commencing	Director and coach/es delivering
	Considered impact on pupils being taught	Gain further understanding of those with protected characteristics including race and disability to develop approach	Coaches and school staff
Protective measures and hygiene	Regular hand washing	Washing hands immediately before and after any PE session	Coach
	Coach hygiene	Have access to and antibacterial wipes and spray, hand sanitiser, tissues and non-latex gloves	Director
	Respiratory hygiene	Ensure tissues are available with 'catch it, bin it' approach taken	Director and coaches
	Organisational structure	Find out and use schools information of access in and out of the building, timings of sessions changing and teaching areas and class sizes	Coaches and school staff
Changing areas and PE clothing	Hygiene	If necessary to be used, are cleaned before and after use with surfaces wiped down	Coaches and school staff
	Social Distancing	Ensure there is 1 metre between those getting changed and changing is supervised	Coaches and school staff
	PE Clothing	If school allows children wear PE kit to school on set days to avoid no or minimal changing	School
Teaching areas	Outdoors	Keep pupils outdoors as much as possible to support social distancing unless extremely adverse weather conditions	Coaches
	Indoors	If poor weather dictates an indoor session coaches to wear mask where possible or classroom activities are planned	
	Zones	Classes work in allocated teaching space and pupil zones where possible	Coaches
	Weather	Identify shady areas that can be used and maintain social distancing for really hot, sunny days	Coaches

Area of Consideration	Suggested practice	Preventative Actions	Responsibility
Social distancing within lessons	Suitable Activities	Plan activities that will adhere to sport specific and distancing rules.	Director and coaches
Group sizes	Class size	Class sizes should adhere to Government guidance and be reduced to a level where social distancing rules can be applied	School
PE equipment	Hygiene	Equipment should be cleaned after each use Use only equipment that can be sterilised after use Hand washing before and after each PE session to mitigate virus transmission	Director and coaches
	Minimal Sharing	<ul style="list-style-type: none"> • Use school equipment where possible to prevent cross contamination • Use equipment for one group only 	Director and coaches

Developed with guidance from Government, Association for PE (AfPE) and primary schools

Nigel Gardner – Director
Aspire Coaching Limited

Date: 25th August 2020

Resources

www.gov.uk/coronavirus

<https://www.afpe.org.uk/physical-education/afpe-launch-new-support-document-covid-19-interpreting-the-government-guidance-in-a-pesspa-context/>