

Loreto College Foxrock, PE Covid Protocols

The procedures for PE in Loreto College for the academic year commencing August 2020 will be dictated by the DES document 'Return to School Guidance for Practical Subjects in Post-Primary Schools and Centres for Education'. The specific pages of relevance are 8-10. Text in red below is quoted directly from the guidelines.

Most of the guidance is self-explanatory, however outlined below are the key implications for our particular school situation.

It is suggested that, where practical, PE lessons should take place outdoors. If this is not possible, the external PE hall doors should be opened. PE lessons will take place outdoors and physical distancing will be enforced as far as practicable. In an indoor space, the current restrictions on our sports hall require the use of the canteen and concert hall as multi-purpose spaces. One group per multi-purpose space.

Where group work is being undertaken, students will stay in the same group for the duration of the lesson.

The use of bibs will be minimised. When used, they will be washed at not less than 60 degrees.

The use of whistle indoors is no longer permitted.

Distance between students will be created when explaining drills or the rules of a game.

In relation to contact sports, it is advised to avoid as much as possible the contact aspect of sport and instead focus on fitness and skills, which can allow maintenance of social distancing. This requires a major modification of our Junior Cycle Short Course programme and Senior Cycle Programmes. Net games where court zones are achievable will be permitted. Invasion games will be removed from the programme in the short term or modified significantly to reduce equipment sharing and physical contact. Similarly, gymnastics and the use of shared equipment will not be permitted this academic year. The following activity areas have been deemed appropriate by the guidelines:

Athletics – jumping, running activities (except relay); throwing activities such as shot-put, discus, javelin, and hammer could be considered but would require the equipment to be cleaned/wiped after each use so may not be practicable

- *Adventure activities – orienteering, kayaking*
- *Aesthetic activities – individual dance and gymnastics performances*
- *Divided court games – badminton, tennis, table tennis. Volleyball, squash and handball could be considered but as these activities involve players sharing the same court space they may be considered slightly higher risk*
- *Field games – skills sessions where skills are developed outside a game context*
- *Health-related activity / personal exercise and fitness – circuit training or other activities performed individually; weight training could be considered if equipment is cleaned by each participant after use*

- Theoretical aspects of learning – for example, promoting physical activity, ethics and fair play elements of LCPE. Additionally, any of the other elements that are prescribed for LCPE (physical activity and inclusion, technology, media and sport, gender and physical activity, business and enterprise in physical activity and sport) could be studied.

Clean and disinfect shared equipment between uses by different people. For each individual lesson, the cleaning (with antibacterial wipes) of equipment should be done by the students after they use them. *PE lessons will reduce equipment use and sprayers have been purchased to spray equipment with a Milton solution after lessons; they will be left for 15 minutes before any additional use.*

Where two classes are timetabled, a separate entrance/exit to the pitch/sportshall will be utilised.

To minimise movement and given the closure of changing rooms, PE tracksuits will now be worn by students for the duration of the school-day on those occasions where PE is timetabled.

Hand sanitiser will be provided in the sportshall. A rigorous cleaning regime will take place on a daily basis at the end of scheduled classes. For pitch activities, students will use the hand-sanitiser present at the exit doors, prior to assembling for roll call.

It is not practical to require students to wear masks in PE Class. Where possible outdoor lessons with adequate social distancing will be utilised. For an indoor class; emergency doors in the sportshall will remain open to ensure improved ventilation. Masks will only be required in the event of a theory-based lesson in a classroom.