

QEGS Alford Physical Education

Risk management

Fitness suite

The fitness suite will only be used for core PE when the weather is too bad to go outside.

GCSE groups will use it as part of the course.

Y12/13 will use it on Wednesday afternoons.

- Only machines 2m apart to be used.
- Extra signage regarding social distancing will be in place around the free-weights area.
- Maximum gym capacity will be based on 3m per person.
- Mat area for free weights not to be used.
- Free weights not to be used.
- Elastic bands / sit up ball / kettle bells and other 'loose' fitness equipment - not to be used – these have been locked in the store room.
- A one way system for moving around (anti clockwise will operate).
- A 30 min max time limit per session.
- Fire doors to be wedged open during sessions – windows open if air conditioning is not in use.
- All users must sanitise hands before entering the fitness suite and after each machine has been used.
- Each machine must be sanitised after use.
- All machines that cannot be used for distance reasons have been unplugged and cordoned off with tape.
- The weights machines have been cordoned off and are not to be used.

QEGS Alford Physical Education

Risk management

Table tennis

General

- Six tables have been set up in the sports hall.
- Each table is at least two metres apart.
- Each table has a bench next to it for non-players to sit on – these will be sanitised after use.
- Fire doors will be wedged open.
- Players must sanitise hands before entering the sportshall.

Activity specific

- Each bat will be numbered – students must keep the same bat throughout the lesson.
- Each player will have their own numbered ball – only they can handle that particular ball.
- The serving player will use their ball only.
- All tables will be cleaned after use.
- Players must not touch the playing surface with their hands.
- All bats and balls will be sanitised after use.

QEGS Alford Physical Education

Risk management

Football

The duration of competitive games (no matter what sized teams) must only be for a **maximum 15 mins.**

Ball change after each period of play (for a one hour lesson 4 ball must be used). Footballs will be numbered.

There will be NO use of a ball during warm up sessions – only the teacher is to carry the balls to the field (in a ball bag).

Bibs will NOT be used.

At the end of the lesson, all of the balls (even if not used) must be sanitised in the main bucket by the sports hall.

QEGS Alford Physical Education

Risk management

Rounders

Games will be restricted to a maximum of **9 players** per team.

Base players will be asked to step away from the base when a batter is at that base.

Each player will have their own numbered bat, these must not be shared under any circumstances.

The teacher will take out 4 sanitised balls per lesson – the ball will be changed after each innings.

Each innings will last no more than 12 minutes.

At the end of each innings, ALL players must sanitise hands.

Bases will be sanitised by the member of staff (spray bottle provided).

At the end of the lesson each player will dip the handle of their bat in the sanitising bucket and then place it in a clean bat carte ready for the next group.

QEGS Alford Physical Education

Risk management

Lacrosse

The duration of competitive games (no matter what sized teams) must only be for a **maximum 12 mins.**

Ball change after each period of play (for a one hour lesson 4 ball must be used).

Bibs will not be used – players play either yellow or red sticks.

The ball must not be handled at any point.

There will be no contact at any point of the game.

Players must adhere to a 2m distancing rule.

Each player will be allocated their own stick – this must not be shared under any circumstances.

If taking part in paired drills, a numbered ball will be allocated – this ball must not be handled or swapped.

The teacher will take out four sanitised balls per lesson (in a ball bag).

At the end of the lesson, each player must dip the stick grip in the sanitising bucket (by the sports hall door) and then place the stick in the clean dustbin ready for the next group.

The member of staff will sanitise the balls.