



OFFICE OF HEALTH, PE AND ATHLETICS

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In Person Physical Education Guidance SY 21-22

Our top priority is to prepare an environment for safe and supportive instruction in Physical Education. Please be guided by the following:

- While it is encouraged, students will be ***not*** be required to wear the school's physical education uniform during the time that covid safety protocols are in place. Schools should take into consideration any circumstances that may be unique to their setting and provide flexibility with regard to clothing as long as it allows for safe movement and is appropriate for the weather in order to participate. Athletic footwear is required in order to participate. (No boots should be allowed on the gymnasium floor).
- Gymnasiums or multipurpose rooms may be used for instruction. Where feasible, doors and windows should be kept open to maximize ventilation. Air purifying systems appropriate for the size of the area must be in place and kept on at all times.
- Weight rooms may be utilized provided there are safety and cleaning protocols in place and the room is well-ventilated.
- Hands must be washed/sanitized before and immediately after physical education classes.
- Masks are required to be worn during time periods when students are not engaged in physical activity and may be taken down while physically active during indoor and outdoor classes. PE teachers will be provided with boxes of masks to give to students who have damaged theirs during the course of being physically active.
- Students should bring extra water on days that they are scheduled for Physical Education as all water fountains will be turned off.
- Locker rooms may be used but limiting the number of students allowed at once is strongly recommended.
- The district has provided a schedule of units and activities that must be taught in order to maximize the use of outdoor areas and that can also be adapted for indoor instruction in the event of inclement weather. Requests for teaching other units during this phase must receive prior approval by this office.
- Lessons will focus on individual pursuits, skills and modified team play with smaller groups.
- Teachers should ensure they have multiple sets of equipment to allow for sanitizing between classes. Only approved sanitizing products provided by the custodial staff should be used.
- Supervisors of Physical Education teachers should communicate with their respective custodial staff to ensure a nightly cleaning/sanitizing schedule is in place for the gymnasium that covers all high touch areas including the locker rooms and equipment room.
- The recommended physical distancing protocols should also be in place.

- Class sizes per teacher should be the same as the number of students in a classroom. For safety reasons, the number of classes in a gymnasium in one period should not exceed the recommended capacity number for the gymnasium. This number will vary according to the size of the facility.
- When possible, outdoor spaces should be utilized for instruction.