

Dominican College Physical Education Policy

Covid Response September 2020

- Students do not have access to changing facilities or lockers at present. Students should wear their PE clothing to school on the day PE is timetabled and will not be required to change during the day.
- Junior cycle students should wear full PE uniform on their timetabled PE day.
- Senior cycle students should wear appropriate PE clothing, (tracksuit bottoms, t-shirt, sweatshirt), and footwear.
- Sharing of water bottles is not permitted. Each student should bring a water bottle to each PE lesson. This should be clearly labelled with their name.
- Students are not permitted to share safety equipment, (shin guards and mouthguards). They will be told as and when these items are required.
- No hand shaking, high fives etc. are permitted.
- Social distancing rules, (2m where possible), will apply during PE classes. Where 2m social distancing is not possible students will be required to wear masks. However, masks must be worn when entering and leaving PE class.
- A one-way system for entry and exit from the PE hall will apply. Hand sanitisers must be used and entry and exit from PE hall.
- Students will clean and sanitise any equipment they use before after PE class.
- As much as possible PE classes will take place outdoors. When classes are indoors, windows and doors will remain open for additional ventilation.
- Physical education activities will be phased in based on a traffic light system recommended by the Physical Education Association of Ireland. Low risk activities, (non-contact with minimal equipment), will be selected initially.
- All students timetabled for PE are required to participate unless a medical certificate from students' GP is provided.