

Getting Active back at SJC

Priority for ALL activity under Alert L2 is all activity can resume dependent upon

only if good **contact tracing** is possible and **hygiene measures**, particularly washing and drying of hands, and **regular sanitising of equipment and surfaces** are in place.

CONTACT TRACING: Must cover the date and those who have and have not attended the sessions before and after any possible contact. Records must be kept for a minimum of 4 weeks & be accessible.

HYGENE MEASURES: Wash hands with water & soap & dry before & after the session. (Hand sanitiser can also be used) Do not touch your face or others face, cough & sneeze into your elbow.

SANITISING OF EQUIPMENT: All equipment must also be regularly sanitised, and a log kept of this which corresponds with the attendance contact tracing roll.

This must include all PE classes, Institute classes, sports trainings, gymnasium & weights rooms. All of these are manageable under the AL2 guidelines.

Free student-based activity, before school, Interval, Lunch time raises issues of contact tracing around close student contact. Where contact tracing cannot be created, 2m physical distancing is still suggested to be safe practice.

| | Activity | Measures that MUST occur |
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| PE Classes | All activity can continue with measure in place | <ul style="list-style-type: none">• Contact tracing from class rolls of attendance on Kamar• Soap & water & paper towels with rubbish bin are available in changing rooms & sanitiser in the gym entrance. Used before and after class.• Spray & wipe or an alternative cleaning product used on equipment after every class• Students must supply their own change of uniform. NO PE dept uniform provided• Classes to start immediately upon return to school once measures are in place |

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| Institute classes | All activity can continue with measure in place | <ul style="list-style-type: none"> • Contact tracing from institute class rolls of attendance. Paper copy and on Kamar • Soap & water available in changing rooms, or field & sanitiser. Used before and after institute class. • Spray & wipe or an alternative cleaning product used to spray all equipment after every class • Students must supply their own change of equipment. Students without training uniform CANNOT take part • Supply own drink bottle • Classes to start 2nd week after return to school. Week 7 t2 once all measures are in place. |
| Sports Trainings & Thursday winter sport | All activity can continue with measure in place | <ul style="list-style-type: none"> • Contact tracing for teams must be completed for every session (suggest having a box in the office for all training rolls to be kept in, exploring with MOI to see if these can be completed on kamar) • Thursday winter sport rolls of attendance. Paper copy and on Kamar. (Currently JPE has paper copies, Kath enters kamar data, this may change with developments wih MOI). • Soap & water available to all teams & sanitiser where appropriate (jnr football. Off-site & no water). Used before and after training. • Spray & wipe or an alternative cleaning product used to spray all equipment after every session • Students must supply their own change of training uniform. Students without a change CANNOT take part • No bibs to be used • Students must supply their own drink bottle <ul style="list-style-type: none"> • Senior teams can resume training once all measures are in place. (Week 6/7) • Thursday winter sport: Registrations and team & roll creations 1st Thursday back (week 6) • 1st full practice Thursday week 7 • Tuesday late sports bus could resume Tuesday week 8 (if needed) • Parents & spectators should keep a minimum of 2m physical distancing |

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| Gymnasium & Weights rooms | All activity can continue with measure in place | <ul style="list-style-type: none"> • Contact tracing log for gymnasium & weights room to be at gym entrance. Everyone (staff, students, parents, visitors) MUST sign in. • Soap & water & paper towels with rubbish bin are available in changing rooms & sanitiser in the gym entrance. Used before and after leaving the facility • No changing inside the gymnasium. Students MUST change in the changing rooms. • Students must supply their own drink bottle • Spray & wipe or an alternative cleaning product used on equipment after use. • Students must supply their own change of training uniform. NO PE dept uniform provided • Facility can be used immediately upon return to school once the measures are in place |
| Student directed activity/free play. Interval, Lunch, Before & after school | Some activity can continue with measures in place. <i>Some: Handball, basketball shots, tennis, football & rugby passing & kicking</i> | <ul style="list-style-type: none"> • Due to not being able to contact trace, activity to be restricted NON-CONTACT (reviewed after 2 weeks) • Students will have access to water & soap & hand sanitiser upon returning to class. (possibly put a pump sanitiser on field entrances. • Equipment should be provided by SJC. No balls from home & should be sprayed upon return. (possibly issued from the gym foyer by sports prefects) • Safe practice is recommended to keep 2m from people you cannot trace |

All gatherings are limited to 100 people where outside groups are involved.

Outdoor venues may exceed this on a basis of 2m physical distancing. Indoor venues must ensure 1m physical distancing when a tracing log is kept.

Students, Staff, or parents who are unwell MUST STAY HOME.

GUIDELINES ARE DRAFT AS THE NATIONAL GUIDELINES ARE CONTINUING TO CHANGE