

Abbey Christian Brother's Grammar School Newry



Extra-Curricular Sport Covid Health and Safety Plan for Extra-Curricular Sport

May 2021

Introduction

Abbey CBS will follow the NI Executive's coronavirus recovery plan regulations alongside and in conjunction with advice from the Education Authority and relevant sporting bodies in returning to school sport safely.

Grounds/Facilities

- Car park: parents are not allowed on site as per school guidelines. Parents must wait in their cars.
- The Hall, 4G and both grass pitches will be opened and closed by designated staff who follow strict hand hygiene measures before and after handling the locks to the facilities.
- Hand sanitiser stations will be made available at the main entrance to the sports hall and at pitch entry points; however, students are reminded to use their own where necessary.
- No social gathering of any kind will be permitted and students must leave the pitch/hall promptly and return home.
- There will be no after-school bus available to pupils.

Return to Extra-Curricular Sporting activities

- Only one year group can participate on site per day. This is to ensure that the school's bubble system is not compromised.

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Pitches/Hall

- Training can take place in accordance with national governing body and the Education Authority guidelines.
- Parents and spectators are not permitted, unless they have a specific role relevant to the session. eg first aid, physio etc.
- All participants will enter the hall via the PE corridor and leave their bags there,
- Players must sanitise hands prior to entering the playing area.

Equipment

- Players must only touch their own equipment and that designated for their use during a session.
- Only the designated coach of a session should handle the coaching equipment unless a student is directed otherwise. Persons handling equipment should sanitise hands after handling equipment.
- Staff will be in charge of sanitising the equipment before, during and after the session as required.
- The PE Technician will be at all sessions helping to ensure all equipment is sanitised.

Toilet facilities/other facilities

- Toilets: use of toilets will be in accordance with the school rules.
- The school defibrillators will remain available at the wall outside the PE office and in the front office.
- As far as possible, the doors at the outdoor changing rooms will be left ajar to minimise the need to handle the door by those requiring access to the toilets.
- Changing rooms will not be open for use so students coming to extra-curricular sport must attend school in appropriate PE kit. Any abuse of this rule may result in a student being excluded from taking part in the extra-curricular programme for a period of time.

Contact Tracing

- Players must only attend training for pre-arranged sessions.
- It is assumed that students attending school and subsequent training sessions will have followed school guidance, with regard to Covid protocols and will be fully fit and well to take part.
- Player attendance will be taken by the coach for contact tracing purposes. All participants should make sure they arrive punctually for the start of a session to be registered by the teacher in charge. Failure to do so may result in a student not being permitted to participate in the session.

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Responsibility of Players

At 15:20, players should make their way directly to the sports hall as directed. The coach will then complete a register and confirm that players are healthy and have no symptoms.

- Players must not attend the school grounds if they or a member of their household is unwell and, in particular, suspected of or confirmed to be suffering symptoms of Covid-19 including a new continuous cough, high temperature or loss of smell or taste; or awaiting the result of a Covid-19 test.
- Players must follow all government Covid-19 health guidance; for example, cover their mouth and nose with a tissue or sleeve (not hands) when they cough or sneeze.
- Only Abbey CBS players shall be permitted on the school pitches for training sessions.

Return to Extra-Curricular Sporting activities

- Players must travel home in their own vehicle/transport and only share a vehicle with other players of their own household.
- Players must bring all of their own equipment where practical.
- Players must maintain social distancing regulations until further notice. This includes distance between equipment/bags/balls etc
- Players must bring hand sanitiser and maintain hand hygiene on arrival at training and before leaving.
- Players must not spit or clear their nose under any circumstances.
- Players must bring their own liquids/water and only use their own water bottle.
- Rubbish, and in particular used water bottles must be taken from the field of play and brought home.
- Players must not share whistles.
- This will be monitored by a staff and players.

Parent information for training.

- Parents collecting children from school sport must remain in their vehicle at all times. Parents/guardians are NOT permitted to observe sport from the pitch side at this time.
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Before Training

- A record of students will be taken at the start of the session. Players should not attend training if they display any Covid-19 symptoms. Arrive at 15:20 and be ready to begin training at 15:30.

During Training

- Students will be informed as to how to enter and exit the pitch on a one-way system. Sanitisation points may be in place at the pitch side. DO NOT TOUCH any equipment including balls, cones or training equipment unless instructed to do so by a coach. Mouth guards should not be removed at any stage during the session. If a student experiences any Covid-19 symptoms during the session the teacher/coach must be informed immediately and arrangements made for them to be removed from the school site as swiftly as possible, following school protocol.

After Training

- Bring all belongings including bottles and rubbish home. Students will be directed off the pitch at the designated exit point. Sanitise hands before leaving. Leave promptly, avoid gatherings either at school or off site and return home.
- **If a student experiences any Covid-19 symptoms after the session the school must be informed immediately by parents.**

To facilitate safe collection:

- All children will walk to their parent's/carer's car without the coach's guidance.
- Patience will be required as the new process is likely to take additional time.

Management of a Symptomatic Individual (Governing body and PHA guidance)

- If a participant becomes unwell during the activity, they will be isolated from other participants, return home as soon as possible, and contact their GP for further guidance. The school office will be contacted immediately if available.
- The staff member or volunteer will take charge of the management of any persons with Covid-19 symptoms.
- The designated person managing the situation will try to maintain at least 2 metres from the person with symptoms and should wear a face covering and wash their hands regularly.
- Immediately separate the person displaying or complaining of Covid-19 related symptoms from others.
- Ask this person to wear a face covering if possible or, if available, provide them with a face mask
- Provide the unwell person with tissues and hand sanitiser and ensure that all tissues are disposed of in a waste bag that can be tied and marked as separate from other waste
- If they are well enough to go home, arrange for them to be transported home by a family member, as soon as possible and advise them to inform their GP by phone of their symptoms
- If they are too unwell to go home or advice is required, contact 999 and inform them that the unwell person is a suspected Covid-19 case
- All persons who have been in close contact with the suspected case will need to be informed to restrict their movement for 14 days or until further information is available (i.e. a negative test result of the suspect case). It is likely this will be co-ordinated by the Public Health Agency.

What can I do as a player?

Players have a responsibility to act in a safe and responsible manner while at the training venue. All players/participants should be advised to:

- Make themselves aware of the symptoms of Covid-19 and monitor their own wellbeing
- Participate safely and regard any information provided by the sports coaches
- Read and follow the Covid-19 Health and Safety plan
- Practise a high level of personal hygiene
- Keep a contact log of direct contact with other people

What can I do as a coach?

Coaches have a responsibility to ensure that training activities and club operations do not cause unnecessary risks to players and the wider community. In addition to their responsibilities as an individual, they shall achieve this through:

- Liaising with the Teacher/Coach in charge of relevant activity or Head of Extra-Curricular Sport if necessary.
- Participating in Covid-19 training as required

Return to Extra-Curricular Sporting activities

- Planning training activities to align with those permitted at any given time
- Educating participants and reinforce good personal hygiene and etiquette

What can I do as a parent/carer?

Parents and carers play an important role in the process of returning to sport. They will be critical in communicating and monitoring behaviour in our young players.

- Please see school guideline documents should you have any queries regarding children returning to training.

Dan Gordon

Teacher in Charge of Extra-Curricular Sport