**There are some simple steps you can take to make sure any activity is as safe as possible. However, please be aware that it is not possible to completely rule out all risks, and if you have any doubts about whether the activity can take place safely then we would advise you not to undertake the activity with your pupils or child(ren).**

**School Staff**

When delivering activity in school, school staff are responsible for deciding whether this activity can take place safely with the equipment and space available, and that it is appropriate for the age, ability and needs of the pupils involved. You will also need to assess how best to deliver the activity according to current Covid-19 regulations and guidance. When deciding whether to use an activity during periods of home learning, you will again need to assess the activity against the age, ability and needs of the pupils involved, and also against the likely space and equipment available to pupils out of school.

We strongly recommend you use your school’s risk assessment process to aid with this. However, AfPE have produced a [risk assessment poster](https://www.afpe.org.uk/physical-education/wp-content/uploads/PIE_5_8.pdf) and a [risk assessment template specifically relating to COVID-19](http://www.afpe.org.uk/physical-education/wp-content/uploads/afPE-Example-PE-Risk-Assessment-Covid-19.docx) which you may wish to use.

**Parents / Carers**

You may find it helpful to go through the checklist below before your child starts the activity. However, this list is not exhaustive, and you are responsible for deciding whether the activity can take place safely with the equipment and space you have available, and that is it appropriate for the age, ability and needs of the child(ren) involved.

**Your Child**

* Are they dressed appropriately? They may not need to be wearing sports clothing, but they should be wearing clothing that allows them to move freely and where they can take off a layer if they start to get warm. They should be wearing non-slip shoes with a flat sole (trainers are ideal) or bare feet may be appropriate if indoors. Are the laces done up?
* Do they have a drink of water to hand? Remind them to stay hydrated!
* Have they removed all jewellery, or if they can’t remove it have you checked it won’t get caught on anything while they’re doing the activity?
* If they have long hair, is it tied back?
* Are they feeling well and injury-free?
* If they are doing the activity outside, are they prepared for the weather (for example do they have warm clothing if it is cold, or sunscreen and a sun hat if it is hot)?
* Can they take a rest if they need to?
* Do they understand what the activity is asking them to do?

**Equipment**

* Do they have the equipment they need for the activity?
* Is it the right size and weight for them to be able to use it safely?
* Is it undamaged?
* Is it appropriate for the space they are using?

**Space**

* Is there enough space for them to do the activity safely (including overhead)?
* Have you checked the space for hazards? Is there anything they could bang into or trip over? If they will do the activity outside, don’t forget to check that the ground is even and that it isn’t slippery.
* If they will do the activity inside, is the temperature cool enough for them not to get too hot once they start the activity?
* If they will do the activity in a public space, can they follow social distancing guidelines and stay more than 2 metres away from anyone not in their household / bubble?

**If you can say YES to the above then your child should be ready to start!**

However, please don't forget that this checklist is just a start and if you are in any doubt, you should contact your school safety representative or teacher.