



STANDARD OPERATING PROCEDURE

Document subject	Physical Activities on and off Campus		
Document Number	HSE/PROC/PHYSED/A01	REV	A01

Policy: Somerset House is committed to ensuring the physical wellbeing of its learners. Somerset House will ensure that all learners are able to take part in age appropriate physical activities which are deemed important to whole learner development. Somerset House will ensure that all necessary controls required by Government regulation are put in place to mitigate the risk of infection and transmission of the COVID19 virus.

Purpose: This safe working procedure(s) is intended to outline necessary steps to be taken before, during and after any physical activities on or off campus.

Scope: Somerset House Preparatory

Responsible: Teachers, HOD of Sports and Coaches

References: Disaster Management Act 2002, Section 27(2) Regulation 5
Government Notices NO.43521, NO.R.763
sub regulation (1) as amended 12 July 2020

Managing COVID19 Risks associated with physical activities

1. General Measures

- 1.1. Physical activities must be approved by the Head prior to commencing.
- 1.2. All activities will be supervised by an appropriate number of staff.
- 1.3. All staff are briefed on the risks associated with the physical activities offered.
- 1.4. Hands are washed or sanitized before and after all activities.
- 1.5. Any equipment used will be handled by staff members only.
- 1.6. First aid equipment is made available at all times.
- 1.7. All other COVID19 Protocols are adhered to at all times.
- 1.8. No parents are allowed to enter any facility, building or sports field.



2. Screening for symptoms

- 2.1. All learners are screened daily
- 2.2. Learners arriving at school for physical activities only, must be screened by coaches/ staff prior to commencing any activities.
- 2.3. Staff are to monitor for symptoms continuously throughout the sessions.
- 2.4. Report symptoms immediately to the COVID19 compliance officer.

3. Wearing masks – Physical activities

- 3.1. All learners and staff must wear masks as far as reasonably practicable.
- 3.2. During “light” activities masks must be kept on with masks breaks implemented where social distancing (1.5m) can be observed.
- 3.3. During “vigorous” activities masks may only be removed where social distancing of no less than 3m can be observed.