

Safe Practice in PE

WEST LANCASHIRE
SPORT PARTNERSHIP



Key Points

- We have summarised some of the Association for PE guidance, (AFPE) who's purpose is to develop policy and promote and maintain high standards and safe practice in all aspects and at all levels of Physical Education, School Sport and Physical Activity.



- Schools should have a clear and consistently applied policy for the removal of personal effects. AFPE strongly recommends the removal of all personal effects at the commencement of every lesson to establish a safe working environment. This applies to all ear and body piercing, including retainer and expander earrings.
- If a school adopts a policy where taping is utilised to enable participation, then appropriate action needs to be taken at the start of each lesson. Staff are not required to remove or tape up earrings for students. Students should come ready for the lesson, preferably with earrings taped or removed.
- Where the school accepts taping, the teacher supervising the group has the legal responsibility to make sure the taping is fit for purpose.



- Exclusion from a lesson should be avoided at all times.
- Fitness watches and wristbands monitoring PA should be removed for PESSPA sessions, clubs and activities
- Long hair should always be tied back with a suitably soft item to prevent entanglement in apparatus and to prevent vision being obscured.
- Nails should be sufficiently short to prevent injury to self and others.
- Clothing for PEPPSA should be well suited to its function. For indoor sessions it should be light and allow good freedom of movement, without being baggy or loose. Loose clothing in gymnastics, for example, may catch on equipment and cause injury.



- Children should wear sufficient and appropriate clothing for the weather conditions in order to minimise the likelihood of injury or hypothermia in cold conditions, and illness or heatstroke in very hot conditions.
- Footwear that is fit for purpose is essential for student safety. Security of footing is crucial in all situations. All students need to change into footwear that is appropriate for the lesson location and PESSPA activity being taught.
- In gymnastics and dance, barefoot work is safest, whether on the floor or apparatus, because the toes can grip. Barefoot work in both gymnastics and dance can improve aesthetics but allowing the foot and toes to move through a full range of flexion and extension, which in turn strengthens the muscles, bones and joints.



- Where the condition of the floor makes it unsuitable for barefoot work in gym or dance, students should be permitted to wear clean, soft footwear.
- Situations where a wet-weather indoor alternative activity means some students are wearing trainers and some have bare feet should be avoided.
- WLSP Footwear guide:
- Gymnastics - bare feet (pumps can be worn if the floor surface is unsuitable or a child has a foot ailment/injury that needs protecting)
- Dance - bare feet or pumps
- Indoor games-based activities - whole class pumps or trainers.
- Outdoor games - Trainers





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