



## Physical Education Health & Safety Guidelines – 2020-21

Physical Education will be following guidelines from CDPH, OCHCA, and the GGUSD Phase 2 Return to Athletic Guidelines that are applicable to Physical Education.

### Current Health & Safety Guidelines for Physical Education

- Outdoor & indoor sporting events and other activities that require close contact or that would promote congregating are not permitted.
- Physical Education is permitted only when the following can be maintained: (1) physical distancing of at least 6 feet; and (2) a stable cohort, such as a class, that limits the risks of transmission. There is to be no combining of classes or intermixing of cohorts. Activities should take place outside to the maximum extent practicable.
- Physical conditioning and training are permitted and ONLY where physical distancing can be maintained. Conditioning and training should focus on skill-building and should take place outside, where practicable.
- There is to be no equipment sharing.

### Mask Guidance (per CDPH & GGUSD Mask Guidelines)

Cloth face coverings must be worn during physical education classes, which includes activities that take place both outside and inside (MPR/Gym). When running the mile face masks are not required, however students **MUST MAINTAIN** 6-foot distancing. If students are participating in vigorous activity (their heart rate in target heart rate zone over an extended period of time) and they are outside, masks do not have to be worn, as long as 6ft physical distancing can be maintained.

### Equipment Usage (per CDPH/OCPHA & GGUSD)

- There is to be NO sharing of personal items (water bottles, shoes, clothing, etc.)
- There is to be NO sharing of any equipment between students. If there is enough equipment for individual drills or activities while following all guidelines, a plan must be in place to clean and sanitize equipment before another students uses it.

### Additional Reminders

- Always ensure that there is **ALWAYS** at least 6 feet of physical distancing.
- Students will need to be reminded to wear comfortable, appropriate clothing to school on days they have physical education, along with proper shoes for activities.
- Individuals should wash their hands for a minimum of 20 seconds or use hand sanitizer before touching any surface or participating in any workout.
- Hand sanitizer should be available.
- Physical education lessons can also take place around content literacy, mental wellness, and nutrition. Remember to check out the 7-12 GGUSD Physical Education Google Classroom often as there will be frequent updates to the classroom.
- Communication is key! Be sure to maintain consistent communication with your department, administration, and custodial crew on class plans, as well as cleaning and sanitation needs.

### Facilities Usage

Locker Rooms are **CLOSED for dressing out for Physical Education**. Upon administration decision, the locker room could be used as a classroom space if needed.

If using the MPR, Gym, or other location, please work with your department, administration, and custodial crew on the cleaning and sanitizing of the space between each group to mitigate transmission of the COVID-19 virus. When possible, it is highly recommended to use outdoor space for physical education.

### Possible Scenarios to Consider

- **Using yoga mats?** Be sure you have enough mats for each student in the class. It is essential to communicate and plan ahead with admin/custodial crew. Since this may take time out of other cleaning routines already in place, be sure to communicate ahead of time.
- **Have enough equipment for all of your students?** Let's say your class is working on basketball skills and a student is practicing their free throws with their own basketball. That basketball should only be used by that student. This means the student is retrieving their own basketball after each shot. The basketball would need to be sanitized before another student touches it. This would be the same for all equipment usage.
- **Chance of rain in the next week?** Check in with administration to see where you can hold class. If space is limited, maybe create a lesson centered around students utilizing their ChromeBook, possibly on nutrition or content literacy. Remember to not mix cohorts/classes.

### Questions or Support?

Feel free to reach out to the 7-12 Physical Education TOSAs:  
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