

Public Schools of Northborough and Southborough Physical Education Safety Guidelines and Procedures

The primary responsibility for the care and safety of students rests with the school administration and staff. An important aspect of fulfilling this role is to recognize that there is an element of risk in all physical activity and to take action accordingly. These guidelines include procedures that help minimize, to the greatest extent possible, the risk of a preventable accident or injury. Safety awareness, practiced by the teacher based on up-to-date information, common sense observation, action, and foresight, is the key to safe programming. The District Safety Guidelines intend to focus the teacher's attention on safe instructional practices for each class activity to minimize risk. By implementing safe instructional practices, such as logical teaching progressions, including age-appropriate activities, planning, and daily teaching, the educator will guard against foreseeable risks. It is hoped that through this implementation process, this document will assist educators in fulfilling their obligation to provide the safest possible environment in which all students, regardless of physical, mental, emotional abilities/ challenges or cultural background, can be physically active. (Prince Edward Island Physical Education Safety Guidelines PK-12)

Required Student Attire

- Appropriate footwear
- Appropriate clothing for the activity and the weather conditions

Weather (teacher, administrator, nurse discretion)

- Consider the following conditions: heat, cold, wind, air quality, rain, snow.
- Consult with team members, nurses, or administrators and weather reports.
- Students will remain inside during extreme weather conditions: lightning, hail, etc.
- References:

[Air Quality](#)

[Child Care Weather Watch](#)

Equipment, Building, and Grounds

- Inspection of equipment used in Physical Education (PE) class occurs daily (damaged equipment will be repaired or retired).
- Students will be instructed to report equipment issues to a teacher (damaged equipment will be repaired or retired).
- Before use, outdoor and indoor surfaces being used during PE classes are inspected by the physical education teachers to determine safety. If locations are deemed unsafe, the principal and facilities manager will be notified, and the area will not be used.
- Require appropriate safety equipment

Rules of Play

- Developmentally appropriate instruction and safety expectations will be given before each game and activity through a combination of verbal and physical demonstration and digital and written presentations.
- Teacher(s) will circulate among student groups and monitor students for safe play.

General Safety Expectations

- No food, gum, or candy is allowed during PE classes (unless specified for a specific student's Individual Education Program (IEP), 504, or behavior plan).
- Water is encouraged.
- Students are only allowed in the gymnasium with a teacher.
- Students should have permission to leave the gymnasium.
- Students should report all injuries immediately to a teacher.
- No horseplay is allowed.

Other

- Nurses will inform PE staff when a student is medically excused or unable to participate in PE class.
- Nurses will share information regarding restrictions and return-to-play information with PE staff.
- Any player with a brace/cast must provide a doctor's note or parent/guardian permission indicating it is safe for them to participate in PE class.
- The nurses and administration will collaborate with the PE staff to make adjustments to activities when necessary.
- Additional safety equipment and/or considerations will be made for specific units and games as needed.
- Dodgeball is not an appropriate Physical Education activity (SHAPE America)

Regardless of the safety protocol in place, there is always an inherent risk of injury when students engage in physical activities.

Resources that informed this document:

SHAPE America [Dodgeball Position Statement](#)

SHAPE America [Appropriate Instructional Practices](#)