

SRI AUROBINDO INTERNATIONAL CENTRE OF EDUCATION

DEPARTMENT OF PHYSICAL EDUCATION

SAFETY PROTOCOLS FOR PHYSICAL EDUCATION (PE) ACTIVITIES

(TO BE IMPLEMENTED BY ALL CAPTAINS, COACHES AND GROUND IN-CHARGES)

Only **no-contact** PE activities are allowed. At all times captains and coaches should ensure the following 5 measures: mask wearing, social distancing, ventilation, duration of activities and sanitisation as described in this document.

1. GENERAL NOTES

- 1) All Safety Protocols have to be enforced from the beginning. It is especially upto all captains, and coaches to implement and maintain them consistently across all age groups.
- 2) All group members have to be explained that breach of safety protocols will be viewed as a disciplinary issue and may result in a suspension from physical activities as it concerns the health of others.
- 3) On all days and at all premises where PE activities will take place, head captains will organise for an adequate number of captains and coaches to be present, 15 minutes before the start time, to receive the group members.
- 4) No food distribution of any kind will be permitted on any of the PED premises.
- 5) All Group members must bring their own water bottles. Designated water refilling stations will be allotted in each of the PED grounds.
- 6) There will be a designated doctor for PED Activities during group hours.

2. WEARING OF MASKS

- 1) All group members must wear a mask:
 - a) Upon entry to the different PED grounds.
 - b) While waiting initially before the physical activities start, including 'rassemblement'.
 - c) After the completion of physical activities, including 'rassemblement'.
 - d) While exiting the PED grounds.

3. PHYSICAL DISTANCING PROTOCOLS

Throughout the duration of the Group, while waiting for activities to begin and in between activities, captains & coaches must ensure that physical distancing of 2m is maintained.

4. VENTILATION DURING PHYSICAL ACTIVITIES

All groups are encouraged to use outdoor environments where there is abundant natural ventilation.

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5. DURATION OF PHYSICAL ACTIVITIES

- 1) In large covered spaces like the gymnasium, covered terraces, rhythmic halls, all windows should be opened and the duration of activities should not exceed 90 minutes.
- 2) In the body-building gymnasium, all windows should be opened and the duration of activities should not exceed 60 minutes.

6. HAND SANITISATION AND PERSONAL EQUIPMENT

- 1) All group members must sanitise their hands upon entry into all PED grounds.
- 2) When group members change activities that require use of common equipment and implements, they must sanitise their hands before and after these activities.
- 3) Group members should avoid touching their face with unsanitised hands.
- 4) All personal equipment and bags have to be kept in designated areas in each PED ground. The bags must be kept apart so that they do not touch each other.

7. GROUNDS-IN CHARGE

All captains need to know that grounds-in charge will:

- 1) Prepare/identify a designated Isolation Space and restroom in case of emergencies.
- 2) Stock up supplies of everything that's required in the Isolation Space/Room.
- 3) Facilitate temperature check upon entry.
- 4) Stock up supplies of all sanitisation equipment and contact Vijay at Grace Office for replenishment.
- 5) Have the complete list of group members with contact details of parents/guardians accessible to all captains.
- 6) Have important phone numbers of Ashram's doctors and medical facilities clearly displayed.
- 7) Display all health protocols.
- 8) Display the day-wise and area-wise activities and group programme that are taking place in their respective premises.

NOTES ON SPECIFIC PHYSICAL EDUCATION ACTIVITIES

ATHLETICS

During all activities conducted on Athletics Days, all group members must maintain physical distance while waiting.

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1. RUNNING

- 1) Captains & coaches must ensure that group members don't run in close bunches.
- 2) On the track, the maximum duration for running during group hours is 15 minutes.

2. THROWS (CRICKET BALL THROW, DISCUS, HAMMER, JAVELIN, SHOT PUT)

- 1) Group members should sanitise their hands before and after the throws rotation.

3. POLE VAULT

- 1) Group members must sanitise their hands before and after the Pole Vault rotation.

MAJOR & MINOR GAMES

Before and after all games, group members must sanitise their hands.

1. BASKETBALL, HOCKEY, FOOTBALL

Drills for improving shooting, dribbling and passing skills will be practiced.

2. SOFTBALL

Drills for improving batting, catching, fielding, throwing will be practiced.

3. VOLLEYBALL / THROWBALL

- 1) Drills for improving fingering, receiving, lifting and serving will be practiced.
- 2) 4 a side game will be allowed in the regular court.

4. TABLE TENNIS

- 1) Only singles will be allowed. No Doubles.
- 2) TT will be allowed only under supervision.

5. TENNIS

Morning Tennis will be allowed under supervision.

GYMNASTICS

1. GENERAL NOTES ON GYMNASTICS

Only items that don't require spotting should be conducted.

Group Captains and coaches will ensure that:

- 1) All maintain physical distancing while waiting.

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- 2) All gymnasium windows are opened.
- 3) All wooden and leather equipment are wiped with Hydrogen Peroxide (H₂O₂) solution at the end of the day/during rotations, as appropriate, by the respective coach.

2. ACTIVITIES THAT WILL NOT BE ALLOWED IN GYMNASTICS

No rolling on the mattresses, no vaulting and no trampoline.

3. ACTIVITIES ALLOWED IN GYMNASTICS

1) Rings; 2. Horizontal Bar (High & Low); 3. Uneven Bars; 4. Parallel Bars; 5. Beam

The above equipment will be wiped with Hydrogen Peroxide (H₂O₂), depending on how often they get wet with sweat or come in contact with a group member's face especially for Parallel Bars.

2) While using the wall bars, the face should not be close to the wall bars.

4. ASANAS AND FREEHAND EXERCISE

These have to be done in open spaces with physical distancing.

For asanas & exercises, group members have to use their own mat / yoga mat / towel. If PED mats are provided, a full body towel must be used to cover them.

BODYBUILDING GYM ACTIVITIES

1. BODY-BUILDING GYM USAGE AND TIMINGS

- 1) C & D Group members will be given preference on their gymnastics days.
- 2) All other group members can use the gym on the other days.
- 3) Gym timings and schedule other than group time will be determined at a later date.

2. EXERCISES WITH WEIGHTS AND EQUIPMENT

- 1) All equipment (dumbbells, barbells, benches etc.) should be sanitised before and after use.
- 2) During weight-lifting spotters must wear a mask.

COMBATIVES

1. ACTIVITIES THAT WILL NOT BE ALLOWED IN COMBATIVES

No wrestling, boxing, punching, punching practice or judo.

2. ACTIVITIES THAT WILL BE ALLOWED ON COMBATIVES DAY

- 1) Shadow punching & drills.
- 2) Lathi

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- 3) Martial Art movements and Drills

SWIMMING

- 1) Swimming will **not** be allowed until further notice.
- 2) Group captains and coaches will plan out an alternate group programme.

IN CASE OF EMERGENCY

- 1) A list of all the group members along with contact numbers for their parents/guardians will be kept in each of the grounds.
- 2) A first-aid kit will be available in each of the grounds.
- 3) Current coverage by Ashram doctors during groups hours is as follows:

Dr. Mandeep will be available on call: **Monday to Wednesday**

Dr. Archana will be available on call: **Thursday to Sunday**

This may be updated periodically.

- 4) For regular medical emergencies, provide First Aid and contact the doctor on call.
- 5) In the event of a suspected Covid-19 case during class/group hours, isolation rooms/spaces as well as separate bathrooms (if not attached to isolation rooms) have been identified and stocked appropriately with necessary PPE requirements.
- 6) The affected student will be guided to the room/space and accompanied by an individual in case of a very young child. The Ashram doctors will be contacted for guidance and the parents will be called to follow necessary steps as indicated by the doctors.