



Oasis Academy Henderson Avenue

Getting Changed for PE and School Sport Policy

These guidelines should be read in conjunction with the Academy's Safeguarding Policy, Intimate Care Policy, Staff Code of Conduct, Keeping Children Safe in Education (September 2019) and the swimming risk assessments.

They are not intended to be comprehensive guidelines on safe practice when teaching PE and sport.

1. Rationale

- 1.1 Being in a state of undress can cause some children to feel vulnerable, particularly those who have experienced abuse, or children that are going through puberty and bodily changes. This may result in causing some children to misunderstand or misinterpret the actions of an adult.
- 1.2 Changing for PE can cause anxiety for some children, could influence their perception of the subject and determine whether it is an enjoyable and positive experience. The concern caused by changing can influence a child's participation and lead to a variety of avoidance strategies.
- 1.3 For staff there can be confusion and/or worry about supervision and how it accords with safer working practice. There can be tension between the need to ensure that bullying or teasing does not occur and the risk of being accused of acting inappropriately or even being perceived as someone who might pose a risk to children.

2. Guidance

- 2.1 Adults will always change for PE privately, never in the same space as children.

- 2.2 It is recommended practice that pupils should change for PE, particularly when the exertion rate will necessitate a change of clothing for reasons of hygiene.
- 2.3 Adequate and sensitive arrangements for changing which will take into account the needs of pupils from different religious and cultural backgrounds will be made.
- 2.4 All pupils will be treated fairly and with respect for their privacy and dignity.
- 2.5 Children from Reception to Year 4 will change together in their classrooms with the teacher or Physical Education teacher, whoever is responsible for the class at the time to be within the class to help with any issues or problems. The staff member is to follow the Department for Education guidance at all times. Children in years 5/6 will get changed separately, with either the girls or boys (depending on the children) will get changed in the classroom and the disabled toilet. Consideration of putting the window blinds down, while children are changing, will be made if this is appropriate and necessary for privacy. Exceptions can be made for individual pupils if their awareness of their bodies results in the children feeling uncomfortable with this. Teachers will make the decision if they remain changing in one space, or whether to have single sex changing areas.
- 2.6 Parents and carers will be made aware of these arrangements and any issues that arise from changing for PE or sports will be discussed with a parent/carer on an individual basis, by the child's class teacher in the first instance. If children continue to have problems with changing then this must be brought to the attention of the Principal so that further support can be brought in if this is appropriate.
- 2.7 Pupils who express concern about the behaviour of a member of staff will be listened to and appropriate enquiries will be conducted by the Principal or Deputy Principal.
- 2.8 Allegations about any member of staff or any other adult on the school premises, from any source, must be reported promptly to either the Principal (C. Lloyd), Designated Safeguarding Lead (L. Stroud) or one of the Deputy Designated Safeguarding Leads (J. Sweeting/ H. Whiteside) who will act in accordance with the Academy's safeguarding procedures. Allegations about one of the above mentioned staff must be reported to the Chair of Governors and the Local Authority Designated Officer (LADO).

3. Supervision of children changing

- 3.1 A judgement will be based on the age and developmental needs of the pupils but there will **not** be an assumption that adults need to remain in the room in order to maintain good behaviour in KS2. This can be achieved by staff being in close proximity and pupils being made aware of this. Pupils will also know that adults will enter the room if necessary, in response to any disturbance or needs that may arise.
- 3.2 It will usually be possible to leave the door of any designated changing area slightly ajar. This will mean that it is unlikely that occupants can be seen but help can be called upon quickly if required.
- 3.3 If adults need to enter the room, they will alert pupils by announcing this loudly, giving the children the opportunity to cover up.
- 3.4 All adults, but particularly those of the opposite sex, will avoid standing watching in the areas designated for changing, or repeatedly going in and out without good reason. A code of behaviour will be established with all pupils so they are clear about expectations for their conduct and the conduct of any adults.
- 3.5 Pupils will always show respect for one another when changing. The pupils will change quickly and quietly.
- 3.6 There are occasions when a member of staff may have concerns over bruising or other body marks that are seen during changing. Any concerns must be discussed with the Designated Safeguarding Lead, or in their absence a Deputy Designated Lead.
- 3.7 There are occasions where there will be a need for an appropriate level of supervision in order to safeguard young people and/or satisfy health and safety considerations. This supervision should be appropriate to the needs and age of the young people concerned and sensitive to the potential for embarrassment.

This means that adults should:

- Avoid any physical contact when children are in a state of undress
- Avoid any visually intrusive behaviour
- Announce their intention of entering changing rooms

This means that adults should not:

- Change in the same place as children
- Shower or bathe with children

4. Children who may need assistance with getting changed

- 4.1 Staff will refer to the guidance set out in the Intimate Care Policy for assisting children who are disabled or require additional help, e.g. younger children.
- 4.2 Pupils of all ages will be encouraged to be as independent as possible. Adults will prompt and give verbal encouragement/ instructions before they consider offering assistance.
- 4.3 Any assistance will take place openly, not out of sight of other members of staff. This will always be undertaken to meet the needs of the children and not the adults.

5. Off-site changing rooms (e.g. public swimming pools)

- 5.1 The details outlined above will still apply.
- 5.2 It is not appropriate for school swimmers to share changing facilities with members of the public. If school sessions precede or are followed by public sessions, enough time must be booked either side of the swimming session to allow pupils to get showered in their swimwear and get changed privately. Staff must be by the entrance and exit of swimming changing rooms to ensure no members of the public mix with the children.
- 5.3 If staff are present in the swimming changing area, they will be staff of the same sex as the children. In this case, children will change privately behind curtains, or in cubicles, or in more open changing rooms, staff will turn their backs, unless support is requested by a pupil.
- 5.4 If changing areas are shared with pupils from another school, particularly those who are older/younger, adults from both/all schools will take this into consideration and properly risk assess together.

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