



# St Augustine's Catholic College

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Dear Parents

## PE Department – Parental Safety Information 2018

The following information is taken from the department's Health and Safety Policy and forms the core of the information given to students at the start of this academic year.

### Clothing for Physical Activity

- Young people should wear clothing that is fit for purpose according to the activity, environment and weather conditions as outlined in the student planner;
- It is the students' (and parents'/guardians') responsibility to ensure that they are prepared for learning. When kit is forgotten or misplaced, students should endeavour to find or borrow a replacement. PE staff should be informed as early as possible to avoid any disruption to the lesson. Spare kit is often available from the PE department.

### Footwear – Staff and Young People

- The basic principle is the necessity for secure footing, whatever the surface or activity involved. Students and parents must ensure that trainers worn indoors are clean and suitable for indoor use (trainers designed for use on artificial grass are not normally recommended for sports hall use). Wearing only socks on a wooden floor may cause slipping and this practice is dangerous for **any** activity;
- Due to the nature of PE and the limitations imposed by the weather and unforeseen circumstances, students should always have trainers available in lessons.

### Personal Effects including Jewellery

- Long hair worn by both staff and young people should always be tied back with a suitably soft item to prevent entanglement in apparatus and equipment and to prevent it obscuring vision. Nails need to be sufficiently short to prevent injury to self and others;
- The College allows girls to wear stud earrings; these must be removed for all physical activity;
- It is the responsibility of the young person to remove such items and to be responsible for their care;
- Students are responsible for the valuables they bring to PE and extra-curricular activities. Lockers are available to secure student possessions; keys are available from the PE technician or a member of the PE department and should be sought before the start of the lesson. Valuables should not be left unattended in the changing rooms. Signs are displayed in each changing room; students are briefed at the start of the year and regularly reminded of this protocol. The PE corridor has CCTV installed but the changing rooms do not;
- If a parent tapes their own child's earrings to enable them to participate, then this may be acceptable in non-contact sports other than swimming and gymnastics. In instances where young people are unable to remove jewellery themselves, then the parent has the responsibility to ensure that they do not wear such items on physical education days.

*Please turn over*

## Spectacles

- Many young people can become disorientated when they are not wearing their spectacles; sometimes judgement of 'depth' becomes a problem when not wearing spectacles and this can be a particular hazard when young people are up high and cannot judge where the floor is. If a child does need to wear spectacles for physical education lessons they should be made of plastic rather than glass and should be secured if they are likely to slip or fall off. A special 'elastic band' can be purchased for this purpose. There is a risk of injury for young people wearing spectacles for games, whether they are contact or non-contact games. For competitive game situations it is, of course, advisable for soft contact lenses to be worn or 'goggles' specifically designed for this purpose.

## Personal Protective Equipment

Wearing personal protective equipment (PPE) will not guarantee freedom from injury. It can, though, in many cases mitigate the severity of injury by reducing a high-risk situation to one of reasonable or acceptable risk. It is a parental responsibility to provide PPE where the College has advised that it is necessary.

### St Augustine's Requirements Relating to PPE

<b>Rugby Football (League or Union)</b>	<ul style="list-style-type: none"><li>• Mouth guards are mandatory for representative matches, otherwise they are recommended for all contact situations. Padded helmets and shoulder pads are permitted</li></ul>
<b>Hockey</b>	<ul style="list-style-type: none"><li>• Mouth guards and shin/ankle pads are recommended at all levels of participation.</li><li>• Specialist protection for goalkeepers is mandatory (supplied by College).</li></ul>
<b>Lacrosse</b>	<ul style="list-style-type: none"><li>• Mouth guards are mandatory in all full contact situations</li><li>• Specialist protection for goalkeepers is mandatory (supplied by College)</li></ul>
<b>Cricket</b>	<ul style="list-style-type: none"><li>• Helmet, pads and gloves (and boxes for boys) are mandatory when batting using a hard ball, and also when fielding close to the wicket (available to borrow)</li></ul>
<b>Association Football</b>	<ul style="list-style-type: none"><li>• Shin pads are mandatory for all competitive games when studded boots are worn</li></ul>
<b>Indoor Climbing</b>	<ul style="list-style-type: none"><li>• Correctly fitted helmets and harnesses must be worn when using the top rope wall (supplied by College)</li></ul>

To achieve the optimum levels of participation, the department allows some flexibility within these NGB recommendations. Usually this is achieved through modification of the activity, for example using a soft ball (windballs in cricket) or teaching non-contact versions of physical contact games.

## Parental Consent

- Physical Education is a compulsory core subject. When students are unable to take on the role of performer, students (if they are able) will take on a non-performing role (eg Official or Coach). Students must still bring a PE kit and will need additional warm clothing to ensure their well-being in inclement weather. Some individual students will have exceptional circumstances, and alternative arrangements will be made by the Pastoral or Intervention teams. Parents can, of course, choose whether their child takes part in extra-curricular activities.

Yours sincerely



**David Forster**  
Headmaster