



31st August 2020

Dear Parent(s)/Guardian(s)

Coláiste na Maoile Ruaidhe Mulroy College

Baile na nGallóglach,
Leitir Ceanainn,
Co. Dhún na nGall

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Bord Oideachais agus Oiliúnaí
Donegal Education and Training Board

Mulroy College is committed to providing a high quality Physical Education programme for all students. PE is a compulsory subject in the College and each student receives 1hr 20mins each week.

The benefits of PE for the student include; improved physical fitness, motor skill development, improved co-operative and team-work skills, and an introduction to new sports. We also cater for the holistic development of the child.

In light of the COVID 19 Pandemic, PE classes will inevitably look somewhat different this year. There will be an emphasis on more individual activities, which allow for social distancing. Team sports and games will be limited. Please see the guidelines below, which outline the specific activities and the new way classes will be organised. Everything is subject to review if guidelines from the Department for Education and Science change.

Students will now wear suitable footwear and appropriate sports clothes on the day they have PE. Changing rooms are inaccessible. We plan to conduct lessons outside wherever possible; therefore, a rain jacket is essential. Masks only need to be worn on entry to the gym, while seated during the roll call and on leaving the gym.

Students must bring any medical requirements, such as inhalers, to class at all times. Any new injuries which occur previous to coming to class, or during class, must be brought to the teacher's attention immediately.

If a student has an injury which prevents them from taking part in PE, their parent/guardian must inform the college at least 24 hours before they would have class, to arrange for the student to be supervised by another teacher. We must have this information for contact tracing purposes.

Jewellery is not to be worn during lessons for safety reasons. As per the Mulroy College code of behaviour, mobile phones are not permitted within the PE hall. Mobile phones (switched off) and jewellery must be kept in the students' school bags, in the PE hall.

We have high expectations of our students and we aim for 100% participation every week. We ask students to present themselves to class wearing full PE kit.

As a department, we are delighted that PE is remaining on all students' timetables, as we recognise the importance of PE for young people's physical, social and mental health and well-being. We would ask parent(s)/guardian(s) to encourage their young people to embrace PE and comply with all instructions, as management does not want to reverse this decision.

Parent(s)/guardian(s) should email any medical, or other issues relevant to their son/daughter's participation in PE to the student's PE teacher. We thank you in advance for this. Please include the student's full name, class and year.

Yours faithfully

Evelyn Crampsie - evelyncrampsie@donegalvec.ie
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Charlie Claydon - charlesclaydon102@donegalvec.ie

Mulroy College Physical Education (PE) 2020

- Physical Education (PE) is important and students should be encouraged to participate in PE, provided they are well and asymptomatic.
- It is always advised that students do not train/exercise when ill.
- PE lessons, where practical, will take place outdoors, if this is not possible, the external PE hall doors will be opened.
- Students will be expected to wear masks on entry to the gym and while seated during the roll call and on conclusion of the lesson.
- Where group work is being undertaken, students will stay in the same group for the duration of the lesson (small pods of 3/4/5).
- Students must avoid sharing water bottles. Each student should bring his/her own water bottle clearly labelled with their name.
- The sharing of towels, clothing, or other items used to wipe faces or hands will not be allowed.
- Students should come to school in their own PE gear and should bring a hat, coat and rain gear.
- Spitting is strictly forbidden.
- Physical guides, such as signs or markings on floors or pitches, will be displayed to make sure that students are aware of social distancing requirements.
- Distance between students will be created when explaining drills or the rules of an activity.
- Unnecessary physical contact, such as high fives and handshakes are not permitted.
- In relation to contact sports, **the contact aspect of sport will be avoided as much as possible and we will instead focus on fitness and individual skills**, which can allow maintenance of social distancing.
- Shared equipment will be cleaned and disinfected between uses through use of wipes at the beginning of the class and a fogging machine after use.
- The toilet areas will be regularly disinfected to maintain appropriate hygiene standards.
- Extra-curricular physical activities both at lunchtime and after school will be suspended until further notice.
- Hand sanitiser will be used by the students before and after class and will be available at the entrances and exits of the PE hall/ changing rooms
- One-way circulation is provided for entering/leaving the PE area. Students will enter via the main PE door and exit through the stairs and via the small library/reading room.
- Additional time at the start and/or end of PE lessons will be necessary to facilitate cleaning of equipment that has been used.
- Where possible, students should wipe down/clean equipment at the end of a lesson.
- A more thorough cleaning/sanitising of all used equipment, will be carried out at the end of the class and school day, through the use of a spray steriliser.