



迪 拜 中 国 学 校
CHINESE SCHOOL DUBAI

P.O.Box : 624355, Dubai, UAE Tel: 04-2202275
Address : 58C St. Mirdif, Dubai, United Arab Emirates

Plan to Minimize the Transmission of COVID – 19

KHDA and Government of Dubai Guidelines

As outlined by the KHDA and the Government of Dubai in the “Protocols for the Reopening of Private Schools in Dubai”, Chinese School Dubai will strictly follow the guidelines given in section ‘K. Physical Education’. These guidelines are as follows:

- To ensure that students remain active and keep healthy, schools will resume Physical Education (PE) lessons, with strict adherence to safety management measures.
- During PE lessons, students and PE teachers will not be required to wear masks when engaged in strenuous physical activities such as running and workouts, if they adhere to physical distancing measures.
- PE lessons should focus on sports that do not require physical interaction; and school swimming pools will remain closed until further notice.
- All staff and trainers to practice physical distancing of at least 1.5 meters during the PE lesson. Create visible markers on the floor to indicate appropriate spacing.
- For schools with gym facilities, and for running specific team sports, the relevant guidelines for gyms are to be adhered to and could be referred to through the Dubai Sports Council website.
- All health & safety guidelines/standards in all sports halls are in line with DM Health & Safety Guidelines [“DMHS”].
- Students should maintain physical distancing while entering PE halls / stadiums.
- Frequent sanitization of all equipment, and all areas in which PE lessons are offered [after every use and post closure of the school], through proper sanitizing schedule by temporarily closing PE halls.



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- Encourage outdoor activities whenever possible.
- Ensure ventilation of the gym, either by opening windows and doors, or by using ventilation systems.
- No tournaments or events will take place now.

Physical Education Department Procedures

The Physical Education department have also implemented precautions and procedures to minimize the transmission of COVID – 19 in class. All members of the department have thoroughly read and understood the below to best ensure the safety of the students. These include:

- **Spots/Zones:** All students are allocated spots to work in which are clearly indicated by markings on the gym floor.
- **Wear Masks:** Although not mandatory from KHDA to wear masks when exercising, the school have enforced the wearing of masks in PE lessons to protect both the students and the teachers. Teachers also ensure exercise is not too physically exerting due to the wearing of masks.
- **Contact Sports:** No contact sports are allowed. Teachers may use adapted versions of these sports and ensure no contact is made between students and social distancing is still implemented. Individual skills within the sport should be the focus.
- **Non-Contact Sports:** Teachers should try plan for non-contact sports where best possible to reduce risk of transmission. Until a later date, focus on fitness and similar activities that reduce the amount of equipment and movement required.
- **Water Zones:** Students are allowed take water to class in personal water bottles and placed in an allocated area for each student. Do not share water bottles.
- **Bibs/vests:** Although highly necessary in lessons, under no circumstances can bibs/vests be used. Use alternative methods to identify groups such as numbers, shoe colors, t-shirt color, male, female etc.



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- **Movement:** Students can move outside their zone but social distancing must still be implemented.
- **Hall Divider:** At any time when two different classes are in the PE Hall at the same time, the hall divider should be down to prevent any mix or crossover of students. At no point should any student enter the other class, even if equipment enters that zone. The teacher is responsible to retrieve the equipment.
- **Equipment Care:** The department must plan that equipment is only being used by one specific teacher for a unit so as that teacher can ensure the care of the equipment to prevent transmission. This includes primary equipment such as football, basketball and handballs.
- **Verbal Reminder:** At the start of every lesson, the teacher should remind students of the importance of social distancing requirements in PE.
- **Planning:** Teachers should always plan with COVID-19 guidelines at the center of their planning. Brief inspections by the heads of school and department members will take place to ensure this is visible in lessons.
- **Entry/Exit:** Students must enter and exit lessons in a line ensuring that they are maintaining social distancing measures of 2 metres.
- **Teacher Sanitization:** Before and after every lesson it is the responsibility of the teacher to wash his/her hands before entering any other workplace or class.
- **Student Sanitization:** Before and after every lesson, students must use their own personal hand sanitizer in class. The class teacher should enforce this through verbal reminders.

Future Planning

Planning for the safety of the students is key and should be the focus of all PE teachers. Following government and school guidelines should help reduce the transmission of COVID-19 and minimize the risk to the health of both students and teachers. Going



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forward, the Physical Education department aims to continue to enhance the safety of the students. A bi-weekly meeting will take place within the department to update the plan where necessary to help prevent the transmission of COVID – 19.

