

# In Person Learning

## UPDATED RECOMMENDATIONS

### Masks

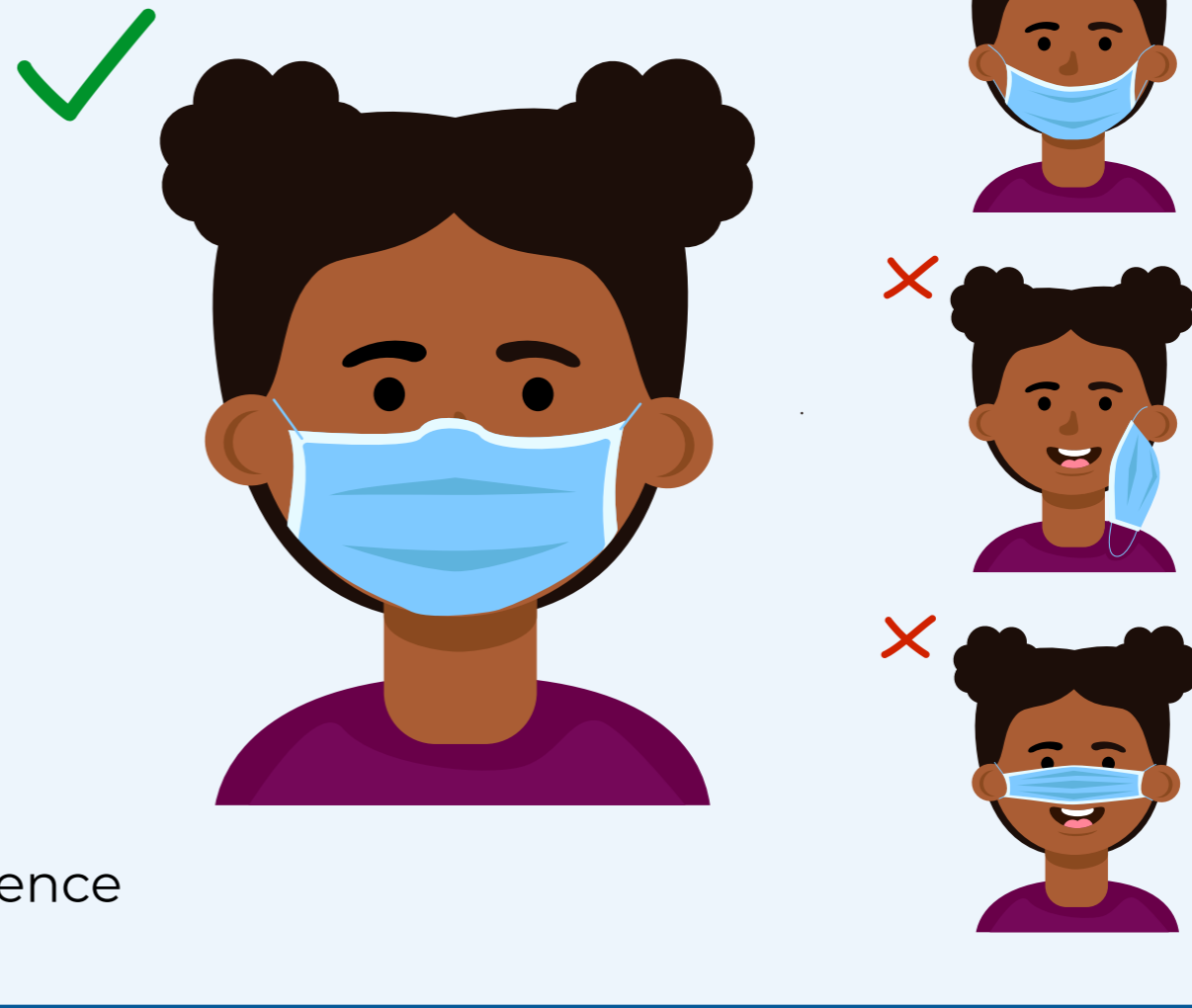
#### Recommendation

“Due to the circulating and highly contagious Delta variant, CDC recommends universal indoor masking by all students (age 2 and older), staff, teachers, and visitors to K-12 schools, regardless of vaccination status.”

CDC, August 4, 2021

#### Resources

- ADPH Back to School Guidance 2021-2022
- Your Guide to Masks
- Delta Variant: What We Know About the Science



### Equipment

#### Recommendation

Equipment usage is fundamental to a physical education classroom. However, many activities require no equipment (dance, calisthenics, aerobic activities, mindfulness, and others).

- Adjust budgets or purchasing priorities, if possible, to purchase additional equipment to create individual or classroom physical education kits.
- Use equipment that can be disinfected easily (non-porous equipment such as coated balls, synthetic sports balls, vinyl bean bags, plastic/resin striking implements, plastic scooters, plastic/vinyl targets, plastic hula hoops, poly rope handles for parachute use, rubber floor spots/cones, etc.)
- Put away the equipment in a secure area after being disinfected to avoid contamination until you are ready to use it.
- Create learning activities that utilize limited amounts of equipment. If possible, give each student their own piece of equipment.
- Create physical distance equipment bags for each student (beanbag, jump rope, yarn ball, scarves, hoop, etc.) if equipment cannot be sanitized regularly.

### Cleaning & Disinfecting

#### Recommendation

“In general, cleaning once a day is enough to sufficiently remove the virus that may be on surfaces. Disinfecting removes most all remaining germs on surfaces, which further reduces any risk of spreading infection. If a facility has had a sick person or someone who tested positive for COVID-19 within the last 24 hours, clean AND disinfect the space.”

ADPH, July 30th, 2021

#### Resources

- CDC Guidance for Cleaning and Disinfecting



### Teaching Environment

#### Recommendation

Although physical education is traditionally taught in a gymnasium or outdoor playfield, lessons can be modified for smaller spaces including classrooms if physical distancing can be maintained.

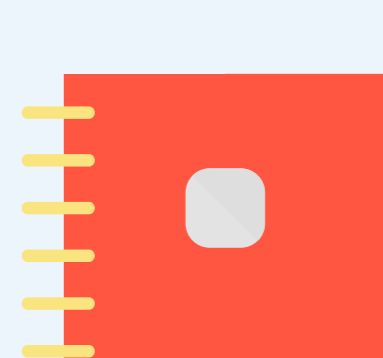
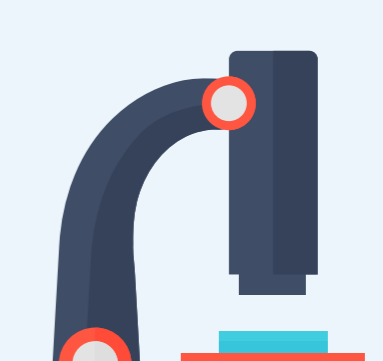
- Utilize all available indoor spaces: gymnasium, fitness lab, weight rooms, multi-purpose room, cafeteria, dance studio, empty classrooms, etc. Space should be organized to allow for physical distancing. A fitness lab/weight room utilizing equipment must establish a protocol for sanitizing equipment after usage.
- Conduct physical education classes outdoors using field space, track, blacktop, etc. whenever possible. Staff should monitor weather conditions to determine the setting and appropriate activity level for a physical education class. Forty to ninety degrees is the recommended temperature for outdoor activities, with wind chill and heat index considered. (Alabama Physical Education Course of Study, 2019)
- If there is more than 1 physical education teacher, it is recommended to divide the physical education class to reduce the number of students in the gymnasium. Utilize outdoor or other indoor spaces mentioned above.

### Classroom Protocol

#### Recommendation

Organizational procedures are fundamental to the effectiveness and efficiency of a physical education class. Procedures must be clearly defined, understood by the students, and managed by the teachers to ensure learning takes place.

- Provide marked designated routes for entrance and exit of class. Consider dismissing students in waves.
- Ensure students use hand sanitizer when entering and leaving the physical education area. (If possible, have students use hand sanitizer anytime they exit their classroom to ensure they have sanitized hands before they come to physical education. If they forgot or did not have time, provide sanitizer as they come into class.)
- Maintain 3-6 ft. distance\* between students, teachers, staff, and visitors. Use markers to encourage physical distancing (chalk, paint, tape, poly spots, etc.).
- Establish clear and concise routines and expectations to help students learn the concept of physical distance.
- Use a megaphone or microphone to broadcast instruction due to increased physical distance.
- Prohibit students from using water fountains. Allow students to bring water bottles to physical education class.
- Designate personal space for students' belongings (jackets, water bottles, etc.).
- Remind students to give verbal praise without handshakes, high fives, hugs, or fist bumps. Post visual signs to remind students of physical distance and non-touch praise.
- Post visual signs to remind students of proper handwashing techniques. Eliminate the use of locker rooms.



\*According to the CDC, “consistent and correct mask use and three feet (six feet is better) of social distance in classrooms will help students to remain in the classroom, and mitigate the further spread of the COVID-19 virus and prevent outbreaks.”

ADPH, July 30th, 2021

#### Resources

- CDC Printable Posters and Handwashing Information

### Students With Disabilities

“Provide accommodations, modifications, and assistance for children and staff with disabilities or special healthcare needs when implementing COVID-19 safety protocols.”

CDC, August 5th, 2021

#### Recommendation

- Work with families to better understand the individual needs of children with disabilities.
- Help provide access for direct service providers (DSPs) (e.g., paraprofessionals, therapists, early intervention specialists, mental health and healthcare consultants, and others). If DSPs who are not fully vaccinated provide services at more than one location, ask whether any of their other service locations have had COVID-19 cases.
- Ensure access to services for students with disabilities when developing cohorts.
- Be aware that physical distancing and wearing masks can be difficult for young children and people with certain disabilities (for example, visual or hearing impairments) or for those with sensory or cognitive issues.
- For people who are not fully vaccinated and only able to wear masks some of the time for the reasons above, prioritize having them wear masks during times when it is difficult to separate children and/or staff (e.g., while standing in line or during drop off and pick up).
- Consider having staff who are not fully vaccinated wear a clear or cloth mask with a clear panel when interacting with young children, children learning to read, or when interacting with people who rely on reading lips.
- Use behavioral techniques (such as modeling and reinforcing desired behaviors and using picture schedules, timers, visual cues, and positive reinforcement) to help all children adjust to transitions or changes in routines.
- Some students with disabilities might be allergic to Latex and other materials. When purchasing equipment to create individual physical education kits ensure that the equipment is Latex-free.