



## Physical education and school sports guidelines

Physical activity and movement is essential to students' physical and mental health and overall well-being. These guidelines outline key steps to ensure a safe return to play and sports in K-12 schools.

### What you need to know about the spread of COVID-19

COVID-19 is most commonly spread from someone who is infected through:

- respiratory droplets generated when they cough or sneeze;
- close prolonged personal contact, such as touching; or
- touching something with the virus on it, such as shared equipment, then touching mouth, nose or eyes without hand washing.

Many physical education activities and sports involve close contact and shared equipment among students, staff, coaches and volunteers. COVID-19 droplet transmission is much more likely when individuals are in close contact or sharing equipment. Physical distancing, hand hygiene and enhanced cleaning and disinfection will help reduce the risk of spread. It is also important that parents and caregivers assess their children for symptoms before sending them to school. They should not attend if they are feeling sick, even if symptoms are mild. To help assess symptoms, parents can use the [COVID-19 self-assessment tool](#) or contact a health care provider for additional guidance.

### Physical education

- When appropriate, encourage students to come to school in clothing that is suitable for physical education (PE) and the weather conditions to minimise the use of change rooms.
- Students should practice proper hand hygiene before and after PE class.
- Use outdoor spaces for PE class as much as possible.
- Gymnasiums can be used, but maintaining physical distancing whenever possible should occur.
  - Open doors and windows to increase air flow, if using a gymnasium.
- If different classes are conducted in a gymnasium, student groups should be kept separate. Physical barriers such as curtains are recommended, if possible.
- Use physical and visual guides, such as tape or ropes on floors, grass or sidewalks, and signs on walls to encourage physical distancing between students.

- Teachers should plan physical activities that support physical distancing while also limiting the use of shared equipment.
  - Include more individual activities than traditional team activities. Examples include exercises without equipment, fitness, mindfulness and gymnastics.
- If equipment must be used:
  - Avoid sharing equipment by numbering and assigning each student their own supplies, if possible;
  - Make sure the equipment has been properly disinfected after each use and not touched after disinfection;
- Regularly disinfect teaching aids (clipboards, white boards, pens, plastic bins for transporting materials etc.)
- Students should not share water bottles or towels,
- Do not engage in combat sports such as wrestling or judo.
- While it is important to emphasize public health measures it is also important to promote physical activity and student enjoyment. With this in mind, contact sports are being permitted as one of the options among the other physically distanced options already mentioned.
  - When planning sports that involve contact, such as soccer, volleyball, ultimate Frisbee and basketball, refer to the [Contact Sports guidelines](#) for details on how keep interactions as safe as possible.
  - Remind students to avoid team huddles, high-fives and hand-shakes at the end of games.

Schools can refer to Physical & Health Education (PHE) Canada's [guidelines](#) for additional information and suggested activities for different grade levels that do not require sharing equipment or promote close proximity.

## **Clubs and sports**

Extracurricular sports can also resume while respecting public health measures. Refer to the [Sports and Recreation guidelines](#) and [Contact sports guidelines](#) for information on safe return to play for students.

**For more information** on COVID-19 and the most up to date information on the Yukon situation visit [Yukon.ca/COVID-19](http://Yukon.ca/COVID-19) or call COVID-19 InfoLine at **877-374-0425** between 7:30 a.m. and 8 p.m. seven days a week.