

## **Health & Safety in PE**

At Walton-le-Dale High School, the safety of all students is a priority in every PE lesson. We ensure that all activities are delivered in a safe and supportive environment.

### **Safe Participation**

Students are expected to follow all instructions carefully to ensure activities are carried out safely. This includes:

- Listening to staff and following instructions at all times
- Using equipment correctly
- Being aware of others and their surroundings

### **Appropriate Kit**

Wearing the correct PE kit is essential for safety as well as performance. This includes:

- Suitable footwear (trainers) for grip and support
- Shin pads for activities where contact may occur
- Clothing that allows safe and unrestricted movement (school PE kit)

Students are also allowed to wear base layers in colder weather, as outlined in our PE kit expectations.

### **Jewellery and Hair**

- All jewellery must be removed before participating in PE
- Long hair must be tied back securely

This helps to reduce the risk of injury to both the individual and others.

### **Injury, Illness and Communication**

Students must inform staff of any injuries or medical conditions before the lesson begins.

- A note from a parent/carer or relevant medical professional should be provided where a student is unable to fully participate
- This helps staff make appropriate adjustments and ensure safe participation
- Students who are injured or unwell are still expected to bring their kit and take part in an alternative role where appropriate

### **Creating a Safe Environment**

Staff carry out regular checks of equipment and facilities to ensure they are safe to use. Risk assessments are followed where appropriate to support safe participation in all activities.