



# **Forest Academy**

## **Getting Changed for PE and School Sport Policy**

These guidelines should be read in conjunction with the school's Safeguarding Policy, Intimate Care Policy, Staff Code of Conduct and Keeping Children Safe in Education. They are not intended to be comprehensive guidelines on safe practice when teaching PE and sport.

### **1. Rationale**

- 1.1 Being in a state of undress can cause some children to feel vulnerable, particularly those who have experienced abuse, or children that are going through puberty and bodily changes. This may result in causing some children to misunderstand or misinterpret the actions of an adult.
- 1.2 Changing for PE can cause anxiety for some children, could influence their perception of the subject and determine whether it is an enjoyable and positive experience. The concern caused by changing can influence a child's participation and lead to a variety of avoidance strategies.
- 1.3 For staff there can be confusion and/or worry about supervision and how it accords with safer working practice. There can be tension between the need to ensure that bullying or teasing does not occur and the risk of being accused of acting inappropriately or even being perceived as someone who might pose a risk to children.

### **2. Guidance**

- 2.1 Adults will always change for PE privately, never in the same space as children.
- 2.2 It is recommended practice that pupils should change for PE, particularly when the exertion rate will necessitate a change of clothing for reasons of hygiene.
- 2.3 Adequate and sensitive arrangements for changing which will take into account the needs of pupils from different religious and cultural backgrounds will be made.
- 2.4 All pupils will be treated fairly and with respect for their privacy and dignity.
- 2.5 For children in Key Stage UKS2, wherever possible, we will designate a single sex area for the children to use to change. Classrooms will be used as one area

and, when available and appropriate, other classrooms will be used as an additional room. If this is not possible, the toilets will be used with an adult closely supervising from outside.

Consideration of covering the windows by closing the blinds, while children are changing, will be made if this is appropriate and necessary for privacy.

- 2.6 Children in Reception and Key Stage 1 will be allowed to change together in the same classroom unless their awareness of their bodies results in the children feeling uncomfortable with this. Teachers will make the decision if they remain changing in one space, or whether to have single sex changing areas.
- 2.7 Parents and carers will be made aware of these arrangements and any issues that arise from changing for PE or sports will be discussed with a parent/carer on an individual basis, by the child's class teacher in the first instance. If children continue to have problems with changing then this must be brought to the attention of the Headteacher so that further support can be brought in if this is appropriate.
- 2.8 Pupils who express concern about the behaviour of a member of staff will be listened to and appropriate enquiries will be conducted by one or both Head teachers.
- 2.9 Allegations about any member of staff or any other adult on the school premises, from any source, must be reported promptly to the Head teachers, who will act in accordance with the school's procedures. Allegations about one of the Head teachers must be reported to the Chair of Governors.

### **3. Supervision of children changing**

- 3.1 A judgement will be based on the age and developmental needs of the pupils but there will **not** be an assumption that adults need to remain in the room in order to maintain good behaviour in KS2. This can be achieved by staff being in close proximity and pupils being made aware of this. Pupils will also know that adults will enter the room if necessary, in response to any disturbance or needs that may arise.
- 3.2 It will usually be possible to leave the door of any designated changing area slightly ajar. This will mean that it is unlikely that occupants can be seen but help can be called upon quickly if required.
- 3.3 If adults need to enter the room, they will alert pupils by announcing this loudly, giving the children the opportunity to cover up.

- 3.4 All adults, but particularly those of the opposite sex, will avoid standing watching in the areas designated for changing, or repeatedly going in and out without good reason. A code of behaviour will be established with all pupils so they are clear about expectations for their conduct and the conduct of any adults.
- 3.5 Pupils will always show respect for one another when changing. The pupils will change quickly and quietly.
- 3.6 There are occasions when a member of staff may have concerns over bruising or other body marks that are seen during changing. Any concerns must be discussed with the Designated Safeguarding Lead, or in their absence a Deputy Designated Lead.

#### **4. Children who may need assistance with getting changed**

- 4.1 Staff will refer to the guidance set out in the Intimate Care Policy for assisting children who are disabled or require additional help, e.g. younger children.
  - 4.2 Pupils of all ages will be encouraged to be as independent as possible. Adults will prompt and give verbal encouragement/ instructions before they consider offering assistance.
- 4.3 Any assistance will take place openly, not out of sight of other members of staff. This will always be undertaken to meet the needs of the children and not the adults.

#### **Further research:**

NSPCC course – *Child Protection in Sport*

*Keeping Children Safe in Education* DfE Statutory Guidance – [www.gov.uk](http://www.gov.uk)

Association for Physical Education [www.afpe.org.uk](http://www.afpe.org.uk)