



SPORT & COVID-19

Please read the following policies and guidelines from the NSW Department of Education regarding sport and physical activity at Mountain View to help keep you safe and active.

At this stage **NO** Inter-school sport competitions such as zone, state, gala day or inter-school carnivals are permitted. All school carnivals will be postponed to a later date in line with the updated health advice.

During Sport and PDHPE Classes students must:

- Wash your hands before and after any physical activity.
- Maintain good respiratory hygiene – Eg. No spitting, cover mouth for coughing etc..
- Not participate in sport if you are unwell
- Not share water bottles, clothing etc.
- Maintain social distancing during PE & Physical Activity
- Are discouraged from shaking hands

Sports options are available in PDHPE, Lunchtime and Sport time Term 2 and Sporting equipment will be cleaned after it has been used.

Contact sports are not permitted such as

**Basketball, Rugby League, Touch Rugby,
Oztag, Soccer, Netball**

** Skill / drill practice of these sports will be permitted Eg. Kicking, passing, shooting.*

Non-contact sports are permitted such as

**Badminton, Table Tennis, Volleyball,
Cricket, Fitness training, Active Recreation**

** Any equipment used will require cleaning after it has been used.*

- Students who have a practical PDHPE class will be required to wear their full sport uniform all day to avoid changing at school.
- Tuesday School Sport for Year 7-10 will be split into two time slots to participate - Years 7 and 8 Periods 3 & 4 with Years 9 and 10 in Periods 5 & 6 to avoid overcrowding and maintain social distancing. Year 11 & 12 will not to be included in the school sport program and will study.

Keep safe and get active,

Mr Matthew Jensen
Senior Sports Coordinator

Mrs Rontania Jensen
Head of PDHPE Department

Mrs Julia Heise
Principal

**Source – NSW Department of Education 'Practical guide for sport and physical activity'.*