



*Parent Communication*  
**Sport Lesson Guidance**

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Dear Parents,

When talking about fully reopening our school, sport lessons are a particularly complicated subject. On the one hand we have to take extra precautions, because unlike in the classroom, the students are moving around and it's much harder to stay organized and keep the appropriate physical distance. On the other hand, it's proven that sport lessons are very effective in assisting the students to stay focused and motivated as well as to give them a window in the metaphorical wall that has them sitting at their desk in the classroom.

GISB will be offering sports lessons according to the CDC guidelines and the Massachusetts department of Education. We will take extra precautions and would like to share our guidelines with you. Please familiarize your child with these guidelines. The teachers will reinforce the protocols and, we expect the students to behave in the best interest of everyone's health and well-being.

Silvia Hug Moesinger

Utku Wanami

David Cambeis



## Official Guidelines

We are adhering to the PE guidelines issued by the Massachusetts Department of Elementary and Secondary Education (DESE)

<http://www.doe.mass.edu/covid19/on-desktop/2020-0724add-safety-remote-learning.doc>

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## What Can We Do - What Can't We Do?

According to the Massachusetts Guidelines we may:

- When outdoors without masks - activities can occur with 10 feet of distance between the students.
- This means we can do many track and field activities without a mask such as long-jump, shot put or endurance training as long as the set-up provided maintains the 10 feet of distance.
- When outdoors with masks, the following activities may occur while maintaining 6 feet of distance between students.
- This accommodates sprints in separate lanes, passing and shooting of soccer balls, lacrosse drills, tag games with noodles, reaction games,
- When indoors with masks the following activities may occur with 6 feet of distance between the students.
- All kinds of functional exercises/ strength and conditioning, dance lessons (as long as it doesn't change the distance between students), yoga, pilates, as well as games that are played in different zones.
- Note: No activities may take place indoors without a mask.

We will seek to conduct sport lessons outside whenever possible. Please ensure that your child has appropriate and sufficient sports clothes and shoes to enable them to be outside during sunshine, cool weather and light rain.

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## What can we do in modified versions?

- Sports and games that lead to close contact or physical contact are possible but should be broken down into smaller teams and no physical touching. This affects modified versions of soccer, basketball, volleyball, Völkerball and obviously any activity where you tag someone.
- Sports that involve items passed from one student to another by hand should be minimized and only happen in small groups with proper hand sanitizing and cleaning protocols before and after. This affects relay-races with a baton, all ball-passing by hands or sharing an object.

## Changing Rooms, Gym and Going Outside

We are following strict protocols to mitigate the risk of infection to our students and staff.  
:Please review the following:

- The teacher will collect the students from their respective classrooms at the beginning of the sports lesson
- The students will bring their sport bag and water bottle with them. They may not go back to the classroom on their own.
- All students must wear a mask at all times when inside the school building or on the way to the outside location. (please carry a spare in the sports bag)
- The students will be lined up in a single file when walking through the building and to the turf mith field or Harvard track
- The students must wait on the markers in the main hallway to enter their changing room
- Only 2 students are permitted in the changing rooms at a time (In the case of sport lessons in the first period it is advisable to come to school wearing the sports

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outfit.) Two spots are clearly marked in the changing area that are 6 feet apart from each other (hook and floor will be marked)

- The students will enter the changing rooms through the curtains and exit through the doors directly in the gym, it is a one-way system.

### While in the gym with the teacher:

- If someone has to go to the bathroom after changing, they must go through the gym first and then use the basement bathrooms.
- In the gym markers will be placed 6 feet apart from each other at all times. The students may place their belongings on the marker as well as sit and wait while socially distanced
- After changing, each student takes his or her bag and all belongings, including shoes, into the gym and puts them on their marked spot.
- Students must sanitize their hands after entering the gym before sitting on the marker. There will be hand sanitizer on the walls in the gym at each changing area.
- Teacher will go through and distribute Hand sanitizer to every student.

### What about during the gym lesson?

- Teacher will supervise the handing out of equipment. The goal is to conduct the lessons with as little switching of equipment as possible.
- Before any student is allowed to touch any piece of equipment they must sanitize their hands.
- There will be two bins in the gym, one for clean (green) and one for dirty/used (red) equipment.
- After used equipment is placed in the dirty bin students must sanitize hands again before changing.

- Students have designated spots for their water bottles with 6 feet of space between them - inside or outside.
- Students may take their masks off for water breaks but must not move away from their designated spots - thus maintaining the 6 ft spacing.
- Students are not allowed to yell or speak when masks are down.
- Outside lessons are easier to conduct as there is more space available. However, when going to Harvard Field it will be important to maintain an orderly manner (masks + distance + keeping the same speed in the group). This will be practised.
- Sharing water-bottles is an absolute no go so it's crucial that every student brings her/his own water-bottle.

We expect our students to be aware of their environment at all times. This does not mean that they should not have fun and enjoy their sports lessons, but it is a given that high fives, handshaking or tagging each other is not appropriate at this time. No group huddling. Every student must bring a bag for their sports equipment, we can no longer supply shoes or pants when someone has forgotten her or his equipment.

It is a challenge for staff and students to run our sports program, but we are convinced that it is an important part of maintaining health and feel that together, we can make it happen.

## Communication

In an effort to minimize in-person contacts, no face-to-face communication between parents and teachers will take place. Please contact the teachers of your child by email to arrange an online meeting or phone call if needed.

Please note that parents may excuse their child for a sports lesson by sending an email to the nurse/teacher. If there is a prolonged period of no sports a medical note is required and must be submitted to the nurse.

If your child is injured and cannot participate in the sport lessons, please inform your class teacher as well as the sport teacher as soon as possible by sending an email:

Sport Teachers:

Silvia Hug-Moesinger	Classes 1, 2, 3, 4, 9	<a href="mailto:silvia.hug-moesinger@gisbos.org">silvia.hug-moesinger@gisbos.org</a>
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