



Tarbert Comprehensive School

Return to Extra-Curricular Activities at Tarbert CS

Dear Parents/Guardians,

As we try and return to schooling in these strange times, the importance of extra-curricular activities – both formal (training sessions and matches) and informal (casual games at lunchtime) becomes increasingly important for our young people. However our ability to cater for and deliver these activities are limited due to Covid-19 advice and restrictions. To that end the staff of Tarbert CS are committed to resuming extra-curricular activities as much as possible – in keeping with the latest public health advice – noting that this advice is constantly being updated. Our extra-curricular activities are varied – cultural, musical and sporting in nature. Some can be more easily resumed than others as they do not involve close contact – while others require greater planning and care to resume.

While the School can in no way give any guarantees that Covid-19 won't enter our community from outside – we will try to the best of our ability to mitigate against that threat. To that end I want to bring the following to your attention.

Key Points

- No student should attend School if unwell or any members of their household are unwell with symptoms consistent with COVID-19.
- Social (Physical) distancing, hand hygiene and good respiratory etiquette should be observed by all students
- An up to date risk assessment will be conducted prior to resumption to determine the risk level for COVID-19 transmission related to sporting extra-curricular activities, and what additional measures are needed to reduce this risk.
- Initial return to play will be a gradual process
- For now the School will focus on internal activities, trainings and games – no activities with other schools are being considered at the current time.

Measures to reduce the risk of COVID-19 at Tarbert Comprehensive School (with sports)

- No student should attend Tarbert Comprehensive School if unwell or any members of their household are unwell with symptoms consistent with COVID-19.
- Players will be organised into small groups or pods with designated teachers, for example 1 teacher for every 15 participants, that remain together and work through stations, rather than switching groups or mixing groups. This way each student will have contact with only a portion of the group at each training session. This however may mean, that training sessions are only done with half squads/groups. This will alternate on different days/weeks
- Staggered training times will be used between Junior and Senior students. This also allows for time to disinfect all frequently touched surfaces and equipment prior to the arrival of the next group.
- A roll call will be kept at all training sessions for contact tracing purposes
- Students are asked to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in a waste paper bin and the student is reminded to wash their hands with soap and warm water or hand sanitizer

- Hand sanitizer and soap are readily available in the school
- Hand-sanitizer will be readily available to all students that can be used regularly after handling equipment, coughing or sneezing or having direct contact with others.
- Everyone should wash their hands before eating and should not share food or drinks
- Students must not share water-bottles. Each student should bring their own water-bottle clearly labelled with their name
- The sharing of items is not allowed e.g. towels, clothing, or other items used to wipe faces or hands.
- Spitting is strictly forbidden.
- Where physical distancing is not possible internally, cloth face coverings will be worn by teachers and staff
Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).
- As much as possible, students must try to maintain social distancing of 2 metres between each other
- Students must follow the display physical guides, such as signs or markings on floors or pitches, to make sure that they are aware of the 2 metre distance that is required for social distancing.
- Unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs are forbidden
- For close contact sports, as much as possible the contact aspect of the sport will be avoided and instead the focus will be on fitness and skills, which can allow maintenance of social distancing during practices.
- On occasion contact aspects of the game/sport may be allowed within a limited time frame

Parental Awareness

- Students will be made aware of the above measures prior to training/games/activities and must abide by them
- Student numbers for internal and outdoor trainings etc. will follow national guidelines at the time
- Gym changing rooms are to be labelled to allow 2m social distancing on seats. Changing rooms are cleaned at the end of each day.
- Changing rooms to be de-sanitized with 'foggers' at end of each use
- Teachers will keep a roll of each training session (for contact tracing purposes)
- Any student who wilfully disregards teacher instructions and the Covid prevention procedures outlined above will be removed permanently from the activity involved. Student cooperation is therefore vital.

Kind Regards



Mr Richard Prendiville
PRINCIPAL