

SAFEGUARDING CONSIDERATIONS WHEN CHANGING FOR PE AND SCHOOL SPORTS INCLUDING SWIMMING

Rationale

At St Peter's C of E Primary School we want all children and staff to feel comfortable with the arrangements for changing for PE lessons. When changing for PE some children may feel uncomfortable and we want to ensure we have taken into consideration the needs and feelings of children. It is important to note that in England, the School Premises (England) Regulations 2012 state that schools must provide suitable changing accommodation and showers for children who are aged 11 or over at the start of the school year and who receive physical education. They must also provide separate toilet facilities for boys and girls aged 8 years or over, except where the toilet facility is intended for use by one pupil at a time and can be secured from the inside. The Department for Education (DfE) has provided guidance on the standards for school premises (DfE, 2015). As we educate children who do not fall into the categories we do not have separate changing rooms but we do make adjustments as children mature. These are reviewed regularly throughout the year.

We have these guidelines because we know:

- getting changed can make some children feel vulnerable
- getting changed can cause anxiety for some children
- staff and volunteers can feel unsure about changing supervision and how to ensure that all children and adults are safe.

Changing facilities in school

All staff are expected to change when teaching or supporting the teaching of PE. Staff change in staff only areas or come dressed in PE kit on PE days. In EYFS and Key Stage 1, children need support with changing and will get changed in the classroom with members of staff supporting them. Some children are better able to dress and undress themselves. For those children who need support, staff will help with the removal of clothes and dressing if asked to by the child. There will always be 2 members of staff in the classroom when children are changing. If it's necessary to give a child assistance, adults will

always do so openly and in sight of others. Children do not need to remove their underwear to change for PE.

In Key Stage 2 we are aware that children may be starting to enter puberty so we consider the developmental stages of development of the class. For some year groups it may still be appropriate for children to change as a class and the same arrangements will be in place as in Key Stage 1. For other classes, where children have entered puberty or are showing greater body awareness it may be judged more appropriate for children to change in single sex areas. In this instance children will be accompanied by at least one member of staff. The member of staff will not enter the changing area as being in close proximity and children being aware of this should be enough in order to maintain our expected standards of good behaviour. Children will know that adults are in earshot of what is happening in the room and will enter if necessary - in response to a disturbance or bullying, for example. The following procedure will be adopted:

- Staff will leave the door of designated changing area slightly open so that nobody can see inside but staff outside can hear if there is a disturbance.
- If an adult need to enter the room they will alert children in advance and give children the opportunity to cover up if they need/want to.
- Where possible, the adults who are supervising children getting changed should be of the same gender as them although this may not always be possible.
- Adults will never stand in the changing area watching children, or go in and out repeatedly without good reason.
- We have in school a clear code of behaviour and children understand our expectations about their behaviour while they are unsupervised.
- Children know who to talk to if they have concerns about the behaviour of a member of staff or another child. If concerns are raised these will be taken seriously, and the Designated Safeguarding Lead will take appropriate action.
- To limit children needing to change, PE kits are worn to school on PE days.
- Where children are changing for clubs after school, two rooms will be provided - one for girls and one for boys.

Changing for swimming In Key Stage 2

Children will be given the opportunity to attend swimming lessons in line with the National Curriculum. Changing for swimming involves a great deal of sensitivity and children will need to remove all clothing. This may cause a greater amount of anxiety for some children. When children change for swimming we will always ensure that the children will have single sex changing rooms. In addition, we will try to ensure that there are some private cubicles available if we are using a pool with communal changing rooms. As there is a greater level of intimacy involved with changing for swimming the following safeguards will be put in place:

- Staff will leave the door of designated changing area slightly open so that nobody can see inside but staff outside can hear if there is a disturbance.
- If an adult needs to enter the room they will alert children in advance and give children the opportunity to cover up if they need/want to. Ideally, they will enter in pairs and will do so if the nature of the incident allows time for this to be put in place. In an emergency, a member of staff may enter alone. Where staff have had to enter the changing room, this will be reported as soon as is possible to the Headteacher, or a member of the SLT and a report written and filed.
- Where possible, the adults who are supervising children getting changed will be of the same gender as them although this may not always be possible.
- We have in school a clear code of behaviour which also applies on school visits and children understand our expectations about their behaviour while they are unsupervised. • Children know who to talk to if they have concerns about the behaviour of a member of staff or another child. If concerns are raised these will be taken seriously, and the Designated Safeguarding Lead will take appropriate action. This guidance will be kept under regular review and was produced using the guidance contained in the NSPCC Briefing Document 'Safeguarding considerations for changing rooms'.