

Lower School PE Safe Return Plan 2020-2021

The Atonement Academy Physical Education staff, and sport specific coaching staff are committed to providing a safe and healthy environment for all student-athletes to grow physically, mentally and spiritually.

Physical Education

PE will utilize measures that ensure a healthy environment for all student-athletes. Over the Summer, hand sanitizer stations were installed throughout the gym for use by all of our students during the course of a regular PE class. The locker rooms, bathrooms, gym floor, and bleachers are being disinfected by a fogger nightly by the Atonement coaching staff. All PE equipment used will be disinfected before and after each use. Classes will enter the gymnasium through one entry point and will exit the gym through another set of doors. We will have a way of limiting close space due to classes coming into and out of the gym.

A few protocols to follow heading into the new school year:

- Grades PreK- Kinder will not change out of their school uniform for PE. This has been done the past years.
- Grades 1-5th will be required to have gym uniform under their school uniform. (only black shorts, no red PE shirt required under school uniform this year). They will have PE class in their school uniform button up top, and black shorts under pants for boys, and blouse for girls. Inside of their gym bag should only be gym shoes, and a water bottle. They will not be allowed to use the locker rooms due to social distancing and the class size. This is also due to the average time it takes for these age groups to change in and out of their gym clothes.
- Grades 6th-8th will have locker room access and will be spread out in the locker rooms to ensure physical distancing. We will be able utilize both locker rooms as boys and girls will have split days for PE.

Students will be placed in assigned spots on the gym floor to begin each class. Students will be spaced out six feet apart. Face masks will be required indoors, especially when in locker rooms and close spaces. During warm-ups or exercises, students will be allowed to pull face mask down below their mouths to breathe more efficiently. There will be no water fountain access without a water bottle, I encourage all students to bring their own water bottles to class, this way they may use the fountain to refill their water bottles.