Physical Fitness Activities and Sports Safety

PE Section, CDI 11/2021

Safety

- Risk Assessment: What? Who? Where? When? Why(How)?
- Guidelines
 - Safety Guidelines on PE KLA
 - COVID-19 PA guidelines
 - Home Exercise

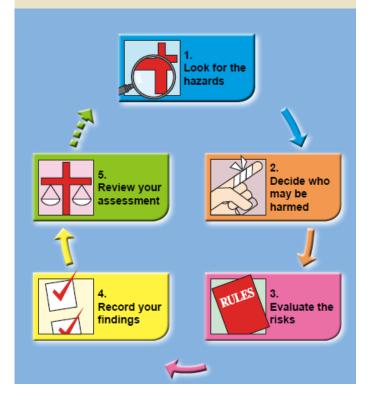
Risk Assessment in Sports

- 1. Association for PE
- 2. Sportrisk.com
- 3. Return-to-Play in Sport: A Decision-based Model (Creighton et al, 2010)
- 4. Risk Management in Sport (Singapore)

Five steps to risk assessment

- Look for the Hazards
- Decide how may be harmed
- Evaluate the risks
- Record your findings
- Review your assessment

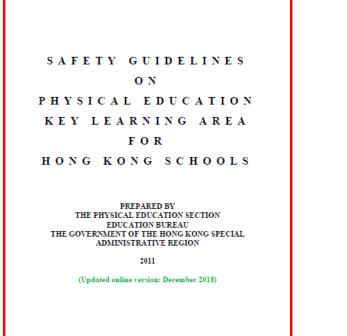
Five steps to risk assessment



(Labour Dept, 2019)

Safety Guidelines for PE KLA

- Can we arrange students to use LCSD venues for PE lessons when HKO issues Tropical Cyclone Warning Signal No. 3?
- What we should do when Tropical Cyclone Signal No.
 1 is issued while we are having outdoor education camp?



Safety Guidelines On Physical Education Key Learning Area For Hong Kong Schools					
1.	Updated 'Air Quality Health Index' information:				
1) 2) 3) 4) 5) 6) 7)	Page 8-9, Chapter One, Part IV, item 6: Weather Condition; Page 9, Chapter One, Part IV, item 10: Cancel or Postpone; Page 17, Chapter Three, Part II, item 11: Cancel or Postpone; Page 21, Chapter Four, item 16: Conduct of the Race : Page 32, Chapter Seven, Part II, item 12: Cancel or Postpone; Page 43, Chapter Twelve, Part II, item 11: Cancel or Postpone; Page 65-66, Appendix XI.				
Up	dated on 2013.12.30				
2.	Updated 'Reminder for Physical Education Lessons and Related Physical Activities Under the Influence of Cold Weather/Intense Cold Surge' information:				
1) 2)	Page 9, Chapter One, Part IV, item 9: Weather Condition; Page 53-54, Appendix VI				
3.	Updated 'Chapter ELEVEN SWIMMING: LESSONS AND TRAINING' information:				
Pag	Page 40, Part III, item 2: Environment and Facilities				
4.	Updated 'Thunderstorm Warning' information:				
1) 2) 3) 4) Up	Page 10, Chapter ONE, Part IV: Note ⁴ Cancel or Postpone; Page 17, Chapter THREE, Part II, item 14: Conduct of the Meet Page 28, Chapter SEVEN, Part II, item 14: Conduct of the Games Day Page 39, Chapter ELEVEN, Part II, item 13: Weather dated on 2016.7.8				
s. Up	Updated 'Introduction' information: Page i dated on 2018.6.15				
6.	Updated Chapter FOUR: Cross Country and Road Running Race (Note ¹⁷) (Content deletion: "Only persons who have completed a relevant course are permitted to use the Automated External Defibrillator (AED)."): Page 20				
7. Up	Updated Appendix I: Recommended List Of First Aid Items For Schools (Note ¹⁹) (Content deletion: "Only persons who have completed a relevant course are permitted to use the Automated External Defibrillator. For more information, please refer to the website of the Hong Kong College of Cardiology (Chinese version) <u>http://www.blaccha.com/public_aed.php</u> ": Page 49 dated on 2018.12.18				

COVID-19 Guidelines

- Can we arrange athletic meet/ aquatic meet?
- Can we teach basketball in PE lessons?

Last reviewed: 31 August 2021 加度防護中心 Centre for Health Protection Health Advice to Schools for the Prevention of Coronavirus disease (COVID-19)
(Interim)
I. Disease Information
Please visit the following website for information on disease, affected areas and updates related to COVID-19. https://www.coronatvirus.gov/bk/eng/index.html
The Department of Health advises schools to take the following precautionary measures to minimize the risk of contracting and spreading COVID-19 after class resumption.
II. General Preventive Measures
A. Maintain Good Personal Hygiene and Immunity
(a) Perform hand hypitene properly, especially before touching your cyes, nose or month, before sating: after using the totler, and after touching public installations or equipment such as handralis or door knobs, or when hands are contaminated by respiratory secretion after coughing or suscering.

	Updated on 16 September 2021						
	Prevention of Coronavirus Disease 2019 (COVID-19)						
	Health Protection Measures for Schools						
	(applicable during periods when face-to-face classes						
	are held in the 2021/22 school year)						
	Civic Education						
	Parents' Participation						
	Precautionary Measures						
3.1	General Principles						
3.2	Environmental Hygiene						
3.2.1	School Premises						
3.2.2	Hygiene and Seating Arrangements of School Buses and School Private Light Buses						
3.3	Personal Hygiene						
3.3.1	Proper Hand Hygiene						
3.3.2	Proper Use of Masks						
3.3.3	Monitoring Body Temperature						
	Learning Arrangements for Face-to-Face Classes						
4.1	Arrangements concerning Timetables and Seats						
4.2	Arrangements of Recess, Snacks and Luncheons						
4.3	Nap Arrangements for Kindergartens						
4.4	Points to Note for Specific Subjects in Secondary and Primary Schools						

4.5 Arrangements of Assemblies/ Activities

Guidelines on Conducting Physical Activities for the Prevention of Coronavirus Disease (COVID-19)

The guidelines are prepared based on the Health Advice to schools from the Centre for Health Protection (CHP) and the Safety Guidelines on Physical Education Key Learning Area For Hong Kong Schools. We will duly update based on the latest recommendations of the CHP and release via the webpage (What's New) of the Physical Education (PE) Key Learning Area of EDB.

In order to prevent the spread of COVID-19, schools are advised to take the following measures for conducting PE lessons and related co-curricular physical activities. Regarding the safety precautions on conducting online PE lessons, please refer to Item 3.1.

1. Preventive Measures

- 1.1 As indoor exercise carries higher risk of disease transmission, especially for exercise with high intensity, outdoor exercise is encouraged. Activities during which masks can be worn will be at lower risk than those where masks cannot be worn.
- 1.2 On school premises: During physical activities indoors, students should wear masks as far as possible, have low-intensity¹ physical activities, and keep social distancing for at least 1 metre. If students have moderate or vigorous intensity physical activities outdoors or swimming activities² in which masks cannot be tolerated, keep social distancing for at least 1.5 metres.
- 1.3 Outside school premises: Schools should observe the Prevention and Control of Disease (Requirements and Directions) (Business and Premises) Regulation (Cap. 599F) and its annex³, and the Prevention and Control of Disease (Wearing of Mask) Regulation (Cap. 599I) and adopt the relevant preventive measures as specified on the related premises to facilitate the arrangement of suitable physical activities for students, under circumstances where the exemption from the mask-on requirement is given.
- 1.4 Moderate- or vigorous-intensity physical activities may lead to an increase in heart rate and breathing⁴. Wearing masks during physical activities causes difficulty in breathing and increases the chance of a lack of oxygen and dizziness. Therefore, students should not

¹ Leaflet on Know your Physical Activity Level: Low-intensity physical activities are simple, light and easy to do. (https://www.lcsd.gov.hk/en/sportforall/common/pdf/leaflet_e.pdf).

² If the swimming pools on school premises are open, schools should comply with the precautionary measures adopted for swimming pools managed by the Leisure and Cultural Services Department. Schools should also ensure that relevant Government requirements as stipulated on Cap. 599F, "Prevention and Control of Disease (Requirements and Directions) (Business and Premises) Regulation" and related regulations are complied with, and proper infection control measures are in place.

³ Please refer to requirements as specified in the latest press releases on "Government extends social distancing measures under Prevention and Control of Disease Ordinance" and its Annex, "Summary of latest measures on catering business and scheduled premises".

⁴ According to World Health Organisation, moderate-intensity physical activity requires a moderate amount of effort and noticeably accelerates the heart rate; vigorous-intensity physical activity requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate. (https://www.who.int/dietphysicalactivity/physical_activity_intensity/en/).

Event Planning Under COVID-10

- Events Planning FAQ (CDC, 2021)
- Return to Play: COVID 19 Risk Assessment Tool (CDC, 2020)
- WHO Mass Gathering COVID-19 Risk Assessment Tool Sports Events, version 2 (WHO, 2020)

(Instructions, Decision Tree, Risk Evaluation, Risk Mitigation, Decision Matrix, Risk Communication)





進行網上體育課安全措施及學與教資源

進行網上體育課安全措施

在進行網上體育課時,教師須提醒學生以下安全事項:

- 穿著合摘的衣履進行活動:
- 進行活動前,確保地面平坦乾爽,並保持室內空氣流通:
- 安排足夠及安全的活動空間,所有接近活動範圍的玻璃門窗、桌椅、燈、風扇、銳角等,均須暫時移開或安裝保護 設施:
- 確保用具合適及穩健安全;
- 進行活動前,應有足夠的熱身活動;
- 學習應以低難度(一些簡單、輕量,可以應付自如)活動開始,如伸展和簡易體適能活動,並循序漸進地提升強度;
- 因應個人的健康及體能狀態,選擇適合自己的活動強度、時間及次數;
- 活動後要補充適量的水分及注意個人衞生;
- 如在活動時或之後感到身體不適,應立即停止活動,通知家人或教師,並尋求醫生或專業人士的協助;
- 活動前應與家長/監護人了解課堂安排、流程及安全注意事項,掌握活動的要求,並讓他們能夠作適切的預備及配

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	web_based_teaching/index.ntr 防腦中心 - 指引 🛛 警 曾通話全文翻訳								
	學與教資源								
	教育局一直與不同的持份者協作,製作學與教資源包括簡報、視像短片和課堂活動學隅供教師參考。教師可選取適合校 本課程的簡報作面授課堂或網上教學。同時亦可選取適合學生能力的體育活動視像短片,供學生在課後或在家中進行練 習。此外,教師可參考課堂活動學隅,安排學生在保持社交距離下進行體育課。								
	1. 簡報								
	1.1 價值觀教育:堅毅 透過介紹著名的中國及香港運動員的艱苦訓練,加深學生了解堅毅在成功路上的重要性和積極地面對逆境。 簡報一: <u>跳水與中國跳水隊 PPTX</u>								
	簡報二: <u>單車與李慧詩</u> PPTX								
	簡報三:武術與鄭家豪 (中學版) PPIX (小學版) PPIX								
	1.2 體育活動								
	課題	課節	活動知識	教學資源	附註				
	羽毛球	1	著名球員介紹	<u>PPTX</u>	 介紹中國及香港著名羽毛球員及 比賽佳績 				
		2	羽毛球冷知識	<u>PPTX</u>	• 介紹不同有關羽毛球活動的常識				
討會	₽8月28日(星期五)	 与病進	行體育活動	加的指引	及支援措施網上				
জ介「預防	2019 冠狀病毒病進行	體育活動的	り指引」及網上學與教	資源 <u>PDF</u> ((教育局體育組課程發展主任)				
周上體育學與教活動安排 PDF (香港學校體育學會執行委員會秘書甘偉強先生)									
學校體育的	學校體育的法律責任與風險管理 PDF (香港教育大學教育政策與領導學系高級講師 莊耀洸律師)								
±:	则被减退								
阁上學與教	<u>資源</u> 回:1255								

Active Students, Active People (ASAP)

Thank you