

# Physical Fitness Activities and Sports Safety

PE Section, CDI

11/2021

# Safety

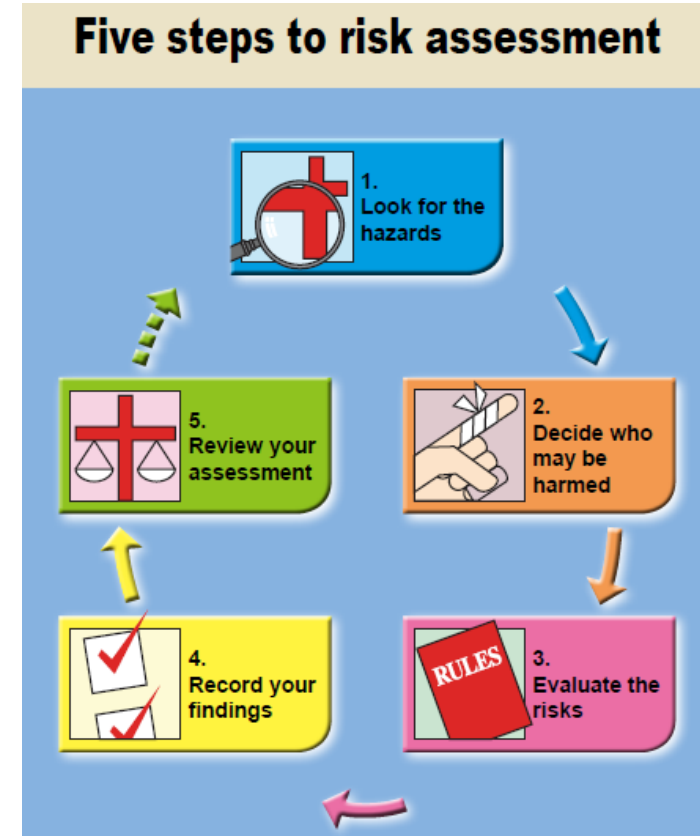
- Risk Assessment: What? Who? Where? When? Why(How)?
- Guidelines
  - Safety Guidelines on PE KLA
  - COVID-19 PA guidelines
  - Home Exercise

# 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

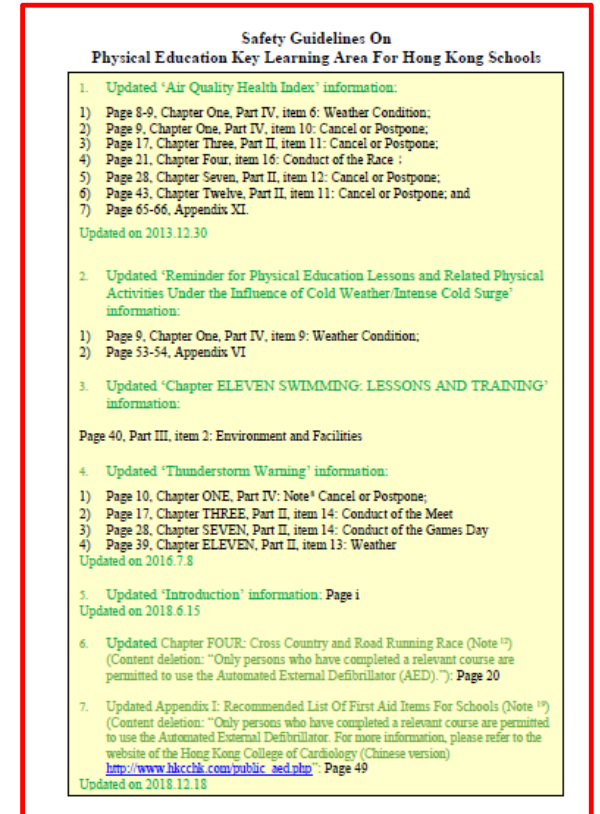
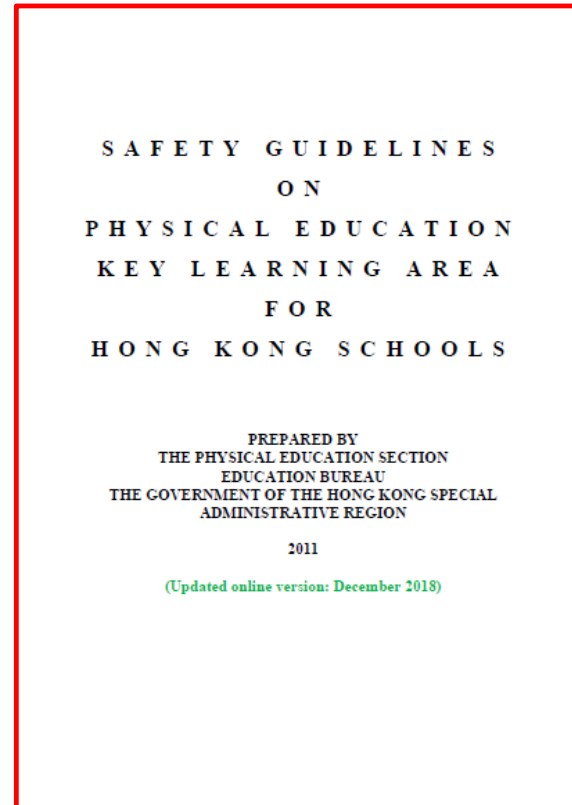
- Look for the Hazards
- Decide how may be harmed
- Evaluate the risks
- Record your findings
- Review your assessment



(Labour Dept, 2019)

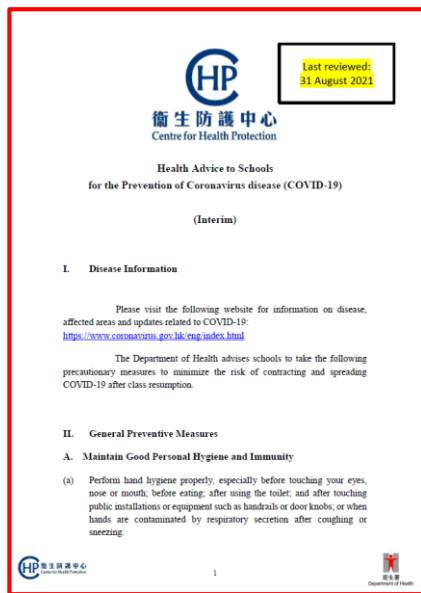
# Safety Guidelines for PE KLA

- 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?



# COVID-19 Guidelines

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



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)

|       |   |
|-------|---|
| 1     | Civic Education   |
| 2     | Parents' Participation  |
| 3     | 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   |
| 4     | 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  |

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(Updated on: 16.9.2021)

## 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-intensity<sup>1</sup> physical activities, and keep social distancing for at least 1 metre. If students have moderate or vigorous intensity physical activities outdoors or swimming activities<sup>2</sup> 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 annex<sup>3</sup>, 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 breathing<sup>4</sup>. Wearing masks during physical activities causes difficulty in breathing and increases the chance of a lack of oxygen and dizziness. Therefore, students should not

<sup>1</sup> 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](https://www.lcsd.gov.hk/en/sportforall/common/pdf/leaflet_e.pdf)).

<sup>2</sup> 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.

<sup>3</sup> 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".

<sup>4</sup> 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/](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)

# Home Exercise (家居體能活動)



## 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：

- 穿著合適的衣履進行活動；
- 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衛生；
- 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



## 預防2019 冠狀病毒病進行體育活動的指引及支援措施網上研討會

日期：2020年8月28日（星期五）

時間：下午三時至五時

內容：

- 簡介「預防 2019 冠狀病毒病進行體育活動的指引」及網上學與教資源 [PDE](#) （教育局體育組課程發展主任）
- 網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）

其他：

- 網上學與教資源



Active Students, Active People  
(ASAP)

Thank you