

MANEY HILL PRIMARY SCHOOL



Changing for PE Policy

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Best practice for PE changing rooms

There is no current legislation around safe PE changing practices in primary schools; it is up to individual schools to write their own guidelines.

Clear guidelines are recommended because:

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

Changing areas

- Where possible, **use designated single-gender changing rooms or areas.** If this is not possible and boys and girls change together, think about using furniture or screens to provide separate areas.
- Mixed gender changing areas are less appropriate as children get older and staff need to be sensitive to those who physically mature at a much earlier or later age than their peers. **Boys and girls should change separately from Year 3 onwards.**
- All pupils should be treated fairly with respect for their privacy and dignity.
- Adequate and sensitive arrangements for changing should be made for pupils with disabilities and children from different religions, beliefs and cultural backgrounds or gender identity.
- Adults must always change or shower privately, **never** in the same space as children.

Staff supervision

It is not necessary for an adult to remain in the room in order to maintain good behaviour; being in close proximity and pupils being aware of this should be enough. Pupils should know that adults will enter the room if necessary – in response to a disturbance, for example.

Teaching staff should:

- If possible, leave the door of the designated changing room slightly open.
- If an adult needs to enter the room, they should alert pupils by announcing it to give pupils the opportunity to cover up if they want to.
- Where possible, female staff should supervise girls and male staff should supervise boys.
- All adults, but particularly those of the opposite gender, should avoid just standing in the changing room watching pupils, or repeatedly going in and out without good reason.
- Remind pupils of the behaviour expectations about their conduct whilst they are unsupervised.
- If a pupil expresses a concern about the behaviour of a member of staff whilst they are changing, the pupil will be listened to and appropriate enquires will be completed by the headteacher or another designated safeguarding lead.

Pupils who need assistance with getting changed

When organising changing areas for children with additional needs, staff should:

- Be aware of any intimate care issues for individual pupils. Regular meetings with the SENDCo and class teacher should be arranged with the pupil and parents to discuss care arrangements.
- Encourage pupils of all ages to be as independent as possible; consider giving verbal help and encouragement before offering physical assistance.
- Be especially careful when helping children with underclothes, tights and swimming costumes.
- If necessary, offer assistance openly and not out of sight of others.

Using off-site changing rooms

Staff need to think about what safeguards need to be put in place to protect children when visiting other sites and should consider the following:

- When swimming, it is not appropriate for pupils to share changing facilities with members of the public (unless this has been carefully risk assessed). If school sessions precede or are followed by public sessions, enough time should be booked either side of the swimming session to allow pupils to get showered and changed before the public are allowed in.
- As far as possible, only supervise or assist pupils of the same gender.
- If changing areas are shared with pupils from another school, particularly those who are older/younger, adults from both schools should take this into account and properly risk assess together.