

Teeland Middle School Safety Mitigation Plan

Revised 11/6/20

Seating and Attendance Procedures

- When entering the gym, students will check in on clipboard, sanitize their hands and sit down on their assigned spot.
- Students will be spaced no less than 6ft apart when sitting down.
- Students will sit in alphabetical order. Seating chart available.

Dressing out & Locker Room Procedures

- Each class will take turns going to the locker room and dressing out.
- There will be minimum of 10 students in the locker room changing out at one time.
- Social distancing protocol will be in place.
- Students will sanitize their hands after exiting the locker room.
- Gym locker room doors will be used for changing only.

Warm ups:

- Warmups will be spaced 6ft apart. (“Airplane Arms”) and conducted on their spots. This will be led by one of the PE teachers.
- Jog & Jump rope: Ten minutes of aerobic activity alternating with 5 minutes’ jump rope and 5 minutes jogging. Locations- Each of the classes will be in one of the areas for 5 minutes, then move to another area for 5 minutes. Each class will line up and enter the next location through one door as the other class exits that area from a different door.

Activity Locations:

- The following locations will be utilized – small gym, large gym (with center curtain pulled down), classroom, cafeteria, hallways, stairs and weight room.

Activity & Movement:

- PE teachers will rotate with their students to one of the locations to complete their activities. After a specific amount of time has passed, each class will line up and walk to the next location to complete a different activity.

Equipment Use

- Equipment will get fully sanitized at the end of each day.
- When transitioning between activities, or equipment, students will sanitize their hands.

Mask Use

- When receiving instructions, sitting out of an activity, standing or walking masks are mandatory.
- Masks will not be required when students are engaged in *vigorous* physical activity.
- When students take their mask off to participate in high level activity, they will be asked to wrap it around their wrist.

Restroom Use

- There will be three students allowed in the bathroom at one time.
- Hallway locker room doors are for restroom use only.
- Students will wash their hands, or sanitize, after exiting the restroom.
- Water fountains are only available to refill water bottles.

End of Class: Each class (all students) will return to their assigned spots in the gym.

Changing Out: Each class will take turns changing in the locker room with a limitation of 10 per locker room.

Exiting the Gym: Students will remain on their assigned spots until dismissed.

