

The following guidelines are a summary of those developed for Physical Education teachers with students physically in the schools during the COVID-19 pandemic. They are based on information from [CDC](#), [SHAPE](#), and [MSDE](#) and are subject to change as more is learned about COVID-19. They are being provided to families to help make decisions regarding virtual or in-person learning.

Instructional Environment:

- Students and staff must respect physical distancing guidelines and remain 6 feet apart. Use outdoor space if weather and building administration permits.
- Advise students to come to school dressed in clothes that are appropriate for participation in physical education, whether indoors or outdoors. Locker Rooms will not be utilized.
- The teacher should maintain accurate seating charts for contact tracing. Students should keep their same “seat” in order to minimize the spread of COVID-19.

Personal Hygiene:

- Have students and staff wash or sanitize hands as they enter and exit the class.
- Face coverings should be worn by staff and students during class, except for periods of extreme exertion outdoors where social distancing is in place.
- Students should be encouraged to bring their own water bottle or water should be made available.
- Extra masks should be available in case a student's mask becomes wet or soiled.

Equipment Safety & Sanitation:

- Limit the use of physical education equipment and eliminate the use of equipment that would be passed between or shared by multiple students throughout a class period.
- For equipment that will be handled by students, assign each student their own piece of equipment for that class period.
- Establish equipment collection routines and protocols.
- After each class period, properly sanitize used equipment prior to distribution to another student.

Continue to address all standards found in the [Maryland Framework](#).