Dartford Bridge Community Primary School

Dartford Bridge Community Primary School
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Dear Parents and Carers,

Health and Safety Changes for Jewellery in Physical Education (PE) lessons

At our school, the safety and wellbeing of all children is always our highest priority. For many years, pupils have been required to remove jewellery for PE lessons due to the risk of injury. Previously, an exception was made for newly pierced earrings, provided they were covered with micropore tape, safety backs or a plaster that the child could apply independently.

Following updated guidance from Cygnus Academy Trust, based on national recommendations from the British Association of Advisers and Lecturers in Physical Education (BAALPE) and the Association for Physical Education (afPE), our approach to earrings during PE lessons is changing.

The revised guidance advises that all jewellery should be removed before taking part in physical activity, as wearing jewellery can significantly increase the risk of injury to both the wearer and others. It also states that covering earrings with tape or plasters is no longer considered a safe solution, as this can create a false sense of security and does not eliminate the risk of injury. Unfortunately, there have been instances where earrings have become caught and caused injuries, even when covered.

In line with this guidance, the school's expectations for PE lessons will be:

- All jewellery, including pierced earrings, must be removed before PE lessons.
- To support a smooth start to PE lessons, we ask that earrings are removed at home on PE days wherever possible. Where this is not possible, children must be able to remove and replace their earrings independently, as school staff are unable to assist with this.
- If a child has recently had their ears pierced and the earrings cannot yet be removed, they will be unable to take part in the physical aspects of PE lessons for the recommended six-week healing period.
- During this time, children will still be included in lessons through alternative roles, such as coaching, observing, evaluating performance, or completing theory-based activities.

We appreciate that this change may require some adjustment for families. However, it has been introduced to ensure that all pupils can participate in PE as safely as possible and in accordance with current national guidance.

Thank you for your understanding and support in helping us keep our children safe during physical activity. If you have any questions, please do not hesitate to contact the school office.

Kind regards,

Mrs. R. Anthony

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Headteacher