



Hindhayes Infant School
Good Practice Guidance For
Getting Changed for PE/Forest School
October 2025

At Hindhayes, we believe success is based on the partnerships between pupils, staff and the parent community. We endeavour to enrich and develop each child to be a successful individual that will become an active community citizen of the future.

Approved on: _____

Signed: _____

Role: _____

Background

There is no current legislation around safe PE changing practices in Infant and Primary Schools in England; it is up to individual schools to write their own guidelines.

Hindhayes School has chosen to base this guidance on an NSPCC briefing from February 2022.

<https://learning.nspcc.org.uk/research-resources/schools/safeguarding-considerations-changing-rooms>.

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

At Hindhayes school children will come to school in their PE kit when they have a PE day and will remain in these clothes throughout the day. Children will not get changed on PE days apart from possibly removing their PE hoody or taking off shoes and socks.

Children at Hindhayes School also come to school dressed in Forest School appropriate clothes on their Forest School days. If children have Forest School in the afternoon, they will remain in these clothes all day and will not change (apart from footwear and coats depending on the weather). If children have forest school in the morning they will bring a change of clothes to school to put on for the afternoon as it is anticipated that children may get their clothes messy. No children will take off underwear during this time. For children who may need this level of changing staff will refer to the Intimate Care Policy.

Changing Principles

This will only apply to children who have Forest School in the morning.

Year 2 children will always have Forest School in the afternoon

- All pupils will be treated fairly and with respect for their privacy and dignity
- Staff will consider the needs of individual children, this will include those with disabilities, those who are transgender, non-binary or questioning their gender identity, those from different religions, beliefs and cultural backgrounds.
- Adults will only ever change outerwear in front of children – e.g coats, wellies, waterproof trousers, jumpers and cardigans.
- It is recommended that children over the age of 8 should change in separate gender groups. At Hindhayes children will change together as all our children are under the age of 8.

What of a child needs assistance?

- As an Infant school, our children are young and may need help with trickier clothing items. Adults will stay in the same room as the children to help as needed – giving verbal prompts and encouragement before offering physical assistance
- Staff will be especially careful if helping with tights or bodysuits.
- Children will be encouraged to be as independent as possible.
- If a child needs more intimate care, the school's Intimate Care Policy will be followed.
- If an adult gives assistance, this will be done so openly and in sight of other peers and adults.

Using off-site changing rooms – Swimming

Hindhayes school does not routinely take children swimming as it is not part of the National Curriculum for the Early Years Foundation Stage or Key Stage 1. However, enrichment of the curriculum is something the school is passionate about and an opportunity to go swimming may be provided during the year.

- Children will not share changing facilities with members of the public.
- Children will not share changing facilities with children from another school or setting.
- To ensure children feel safe, they will be helped by familiar adults in their changing space and change with their class where possible. Extra care will be taken if helping children to change in and out of swimwear.
- Where possible children will change independently.
- There will be some private cubicles available for any child who needs adaptive provision based on our knowledge of individuals.

Child Protection

Some signs of abuse may become apparent while children are getting changed. . Children may alter their behaviour, or may have unusual marks and bruises. Staff and volunteers are trained to recognise these signs of abuse and know the procedures to follow if they have any concern about a child.

