School sports in a pandemic

By Aidan Nowosielski

“Go Bulldogs!” Bruno the Bulldog has always been animated and lively when cheering on all of BISB’s sports teams.

Unfortunately, the COVID-19 pandemic has not allowed us to experience this kind of atmosphere with sports at BISB. Massachusetts has previously imposed various lockdowns and countermeasures against the Coronavirus and although many of these have been relaxed, social distancing guidelines remain in place. The agreeable weather this season has made the opportunity of hosting vibrant competitions on campus enticing and this concept seems more realistic than it did just last year. However, despite the substantial appetite for rambunctious games and packed bleachers, it's not business as usual. Upholding social distancing guidelines and insulating BISB from Covid-19 cases at other schools has made holding sports games on campus completely infeasible. BISB has tirelessly embraced improvements in policy to protect the wellbeing of our students and teachers and a necessary sacrifice to guarantee success is that cherished customs have had to be reimagined.

Mr. Censorio is a PE instructor at our school and holds the titles: Head of Physical Education and Director of athletics. He mentioned his experiences with IGCSE PE, and he proudly emphasized alongside his technical credentials that he has “been playing sports all my life, ever since I was able to stand!” Mr. Censorio acknowledged that his PE class and the broader sports environment was impacted by the Coronavirus pandemic and listed many policies adopted: “taking mask breaks, taking water breaks, separate equipment for each student, sanitizing equipment after each lesson, and using hand sanitizer before/during/after lessons.”

*How long have you taught PE?*

I have taught PE for a total of 10 years; nine here at BISB and one during my student-teaching in New Hampshire.

*What sports do you usually teach?*

Some of the sports we play in our PE lessons include but are not limited to Ultimate Frisbee, Frisbee Golf, Volleyball, Basketball, Rounders, Kickball, Track and Field activities, Badminton, Quick Cricket, Health Related Fitness and Circuit Training.

*How significantly have changes made in light of the coronavirus affected PE class?*

We have had to make some pretty significant changes to our PE classes and the extra-curricular sports we offer at BISB this year. We have had to hold off on certain sports (basketball for example) as we needed more guidance and regulations from the state of Massachusetts on how best to play this sport while still abiding to all of the guidelines and Covid-10 restrictions. Also, we have had to limit who we offer extra-curricular clubs for as we have been grouped by pods and certain Year Groups are not allowed to mix together.

*Do you think PE class is more important during a pandemic?*

Absolutely! I found that with all of the restrictions put in place throughout the pandemic, it has become increasingly easier for people not to exercise and/or play sports, thus leading to a more sedentary lifestyle. Now, more than ever, is the time to focus on your mental and physical well-being, which both play a vital role in how well you feel on a day-to-day basis!

There is much anticipation over future athletic activities and the outlook will appear

We would like to thank Mr. Censorio for participating in an interview and his adoption of policies to keep his students safe.