NORTH BERWICK HIGH SCHOOL INDOOR SPORTS FACILITIES ASSESSMENT

REPORT BY NORTH BERWICK HIGH SCHOOL PARENT COUNCIL JUNE 2024



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1. BACKGROUND

The North Berwick High School Parent Council has become aware of both a possible shortfall in indoor sports facilities, and concern regarding the condition of existing facilities in the school, and through this report, aim to highlight areas of the school's estate that would benefit from improvement.

Over the past few years North Berwick High School has had an overall increasing roll:

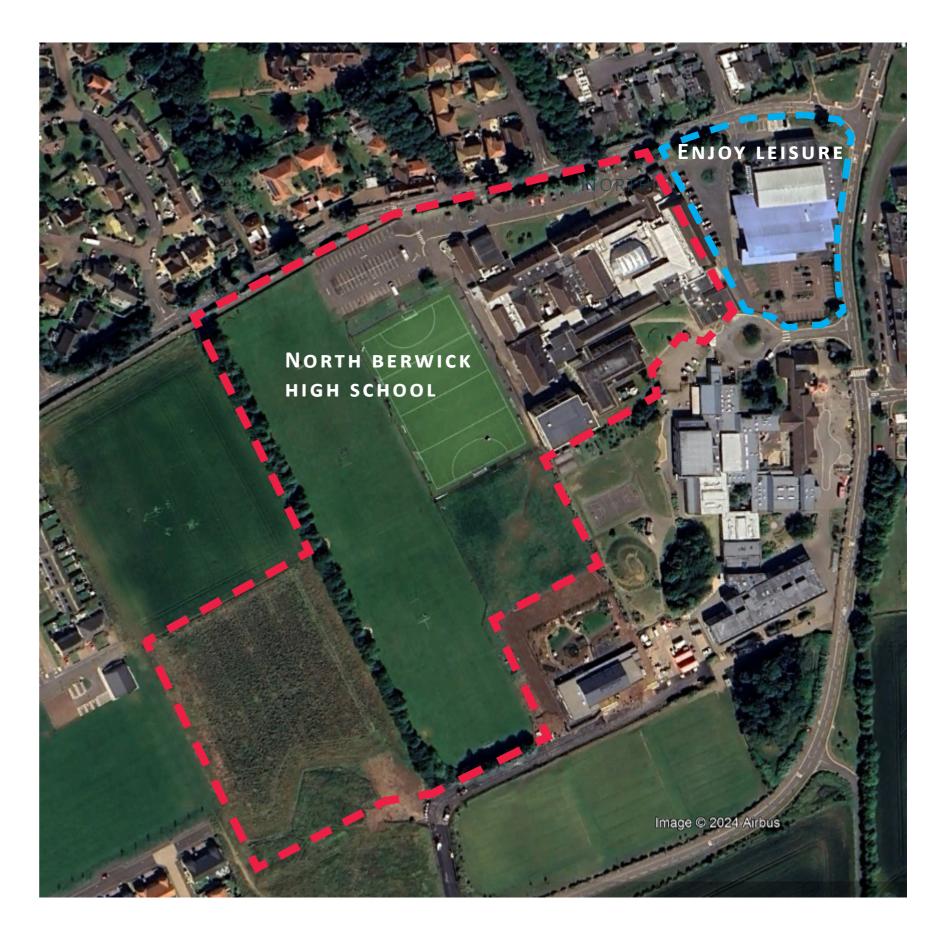
2019: 973 2020: 1009 2021: 1046 2022: 1057 2023: 1043 (in beginning of academic year, 1026 in May)

This increasing roll is also reflected in the recently completed extension, enabling the school to accommodate a total of 1200 pupils.

The need for a four court sports hall was identified in 2018/19, and provisional plans were drawn up for the school. This hall has not been constructed and it is understood there are no current plans for it's development.

In subsequent years NBHS Health and Wellbeing team has seen a significant increase in demand for their facilities and a corresponding increase in wear and tear on these spaces.

Demand on space is such that NBHS increasingly relies on the public Enjoy Leisure facilities to provide an acceptable level of physical education. At times the school has also asked to use Law Primary School facilities, and invited children to play outside in poor weather.



2. AUDIT OF EXISTING FACILITIES

North Berwick High School has two main indoor sports facilities, the basketball hall and the 'mirrored' gym.

BASKETBALL/VOLLEYBALL HALL (NOTIONALLY EQUIVALENT TO SPORTS HALL)

Area: 165m² (15.20m x 10.87m)

Condition:

1. There has been a recent flood resulting in significant water damage to the sports floor. This damage has caused dead spots, which in turn negatively affects the ability to play basketball.

2. Three of four manual window actuators are broken, which results in poor quality ventilation. To overcome this, a fire door requires to be propped open, which is not helpful from an operational point of view.

3. The acoustic quality in the room is very poor. There are no acoustic panels or absorbent surfaces at all. Teaching within this environment is very challenging, and when multiple conversations are ongoing individual voices are very difficult to ascertain.

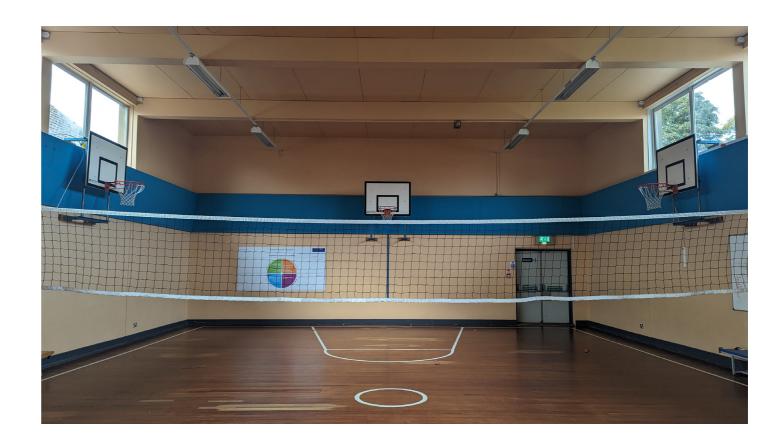
4. The skirting is significantly damaged, peeling away from the wall in places.

5. Overall the hall is in poor condition and does not allow for quality physical education teaching.

Size:

At 165m², the basketball hall is just **one-quarter** of the 646m² spatial allowance recommended for a sports hall by Sport Scotland, and furthermore has no storage (Sport Scotland recommend 15% of floor space which is approximately 100m²).





'MIRRORED' GYM (NOTIONALLY EQUIVALENT TO DANCE STUDIO)

Area: 164m² (18.22m x 9.02m)

Condition:

1. The floor is in reasonable condition and suitable for gym type activities.

2. Most windows on the north facade open, but the main west window does not, meaning there is no cross-flow ventilation.

3. The heating system is not working correctly in this room, resulting in constant overheating. To partially mitigate this the fire door is propped open. This at times results in the corridor doors opening in high winds, causing problems in adjacent spaces.

4. Notwithstanding the heating problems, this gym is in reasonable condition. The mirrored wall, however, does limit the types of activities that can be undertaken in this area. Sports such as basketball, volleyball etc cannot be played in this space.

Size:

At 164m², the mirrored gym is less than **three-quarters** of the 225m² spatial allowance recommended for a dance studio by Sport Scotland.





ENJOY LEISURE FACILITIES

Both the staff and Parent Council at North Berwick High School thank Enjoy Leisure for their continuing partnership and support in providing space for pupils during school hours.

SPORTS HALL

1. NHBS has use of five badminton courts generally during school hours, however this is reduced to three on Wednesdays mornings and Fridays.

DANCE STUDIO

1. The dance studio can be used by NBHS but only when classes are not on. This space is frequently booked by the public during school hours and is therefore rarely available during curriculum time.

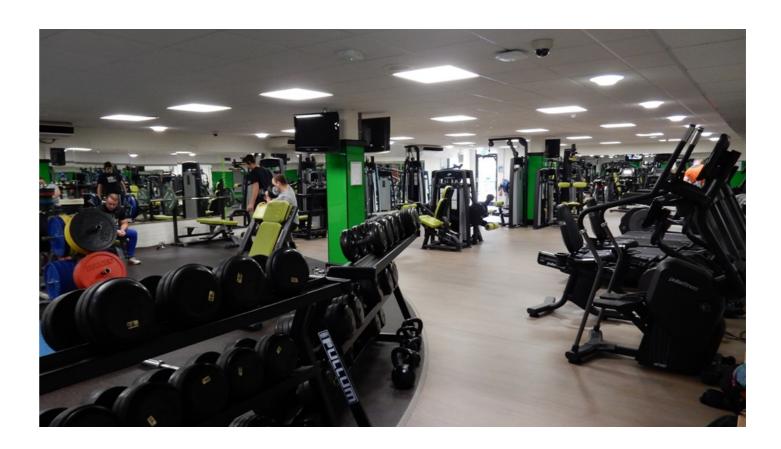
The dance studio therefore should be ruled out as a realistic opportunity for school learning.

FITNESS GYMNASIUM

 This is available periodically, but is limited to a maximum of six pupils at a time, so is not available at any time for a class.
 The gym is open to the public at all times, so there is no opportunity for exclusive use of the full space for the school.

The fitness gym therefore should be ruled out as a realistic opportunity for school learning.





3. SPORT SCOTLAND RECOMMENDATIONS

Sport Scotland indoor sport facility guidelines are shown opposite.

- A school with a roll of 1000 should typically have:
- 1 Sports Hall of 646m²
- 1 Gymnasium of 266m²
- 1 Dance Studio of 225m²
- 1 Fitness Room of 105m²

A school with a roll of 1100 should typically have:

- 2 Sports Halls of 646m² each or alternatively one larger Sports Hall capable of being subdivided,
- 1 Gymnasium of 266m²
- 1 Dance Studio of 225m²
- 1 Fitness Room of 105m²

In addition to this, a PE classroom should be provided at all schools of reasonable size.

It should be noted that the above are general requirements and a school specific assessment should be calculated through Sport Scotland's guidance 'Appendix I'.

The Parent Council, in conjunction with NBHS senior leadership representatives, has calculated a school specific assessment in line with the above document.

Table 1: Guideline School Facility Requirements from Worked Example

School Roll	Sports Hall'	Gym nasium²	Dance Studio	Fitness Room	Chanding		Outdoor Teaching Spaces⁴	Outdoor Changing Units
400	1	1	-	-	2	6	1	1
500	1	1	-	-	2	7	1	1
600	1	1	1	-	3	8	1	1
700	1	1	1	-	3	10	1	1
800	1	1	1	1	4	11	1	1
900	1	1	1	1	4	12	1	1
1000	1	1	1	1	4	13	1	1
1100	2	1	1	1	5	15	1	1
1200	2	1	1	1	5	16	1	1
1300	2	1	1	1	5	17	2	2
1400	2	1	1	1	5	18	2	2
1500	2	2	1	1	6	20	2	2
1600	2	2	1	1	6	21	2	2
1800	2	2	2	1	7	24	2	2
2000	3	2	2	1	8	26	2	2
2200	3	2	2	1	8	29	2	3
2400	3	3	2	1	9	31	2	3

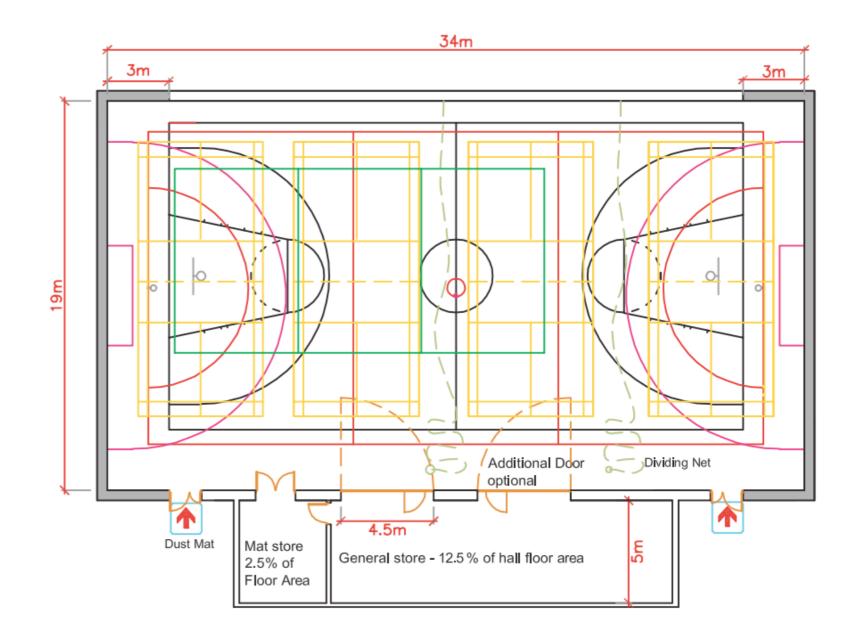
SPORTS HALL GUIDANCE

In this guidance, the term sports hall refers to a four badminton court hall unless stated otherwise. The sports hall provides the opportunity for the development of skills for indoor court games, individual activities and the practice of some skills and techniques for outdoor activity. The most likely games which will be taught are badminton, basketball, volleyball, netball, indoor hockey, handball and table tennis. In addition, skills practice such as athletics, football, golf and cricket may be taught. Gymnastics activities needing a large floor will also be taught.

A four-court sports hall is considered as one teaching space and should not be sub-divided for teaching separate classes. Doing so tends to result in a deterioration in the learning experience due to the distraction and disturbance caused by the other teacher and class. In addition, the full four-court hall is required to give sufficient room to teach a class of pupils the activities listed above. The sports hall is the most flexible indoor teaching space and one should be provided in every school.

Area: 646m² (34m x 19m) excluding stores.

Source: https://sportscotland.org.uk/documents/resources/ secondaryschooldesignnote02sportshall.pdf

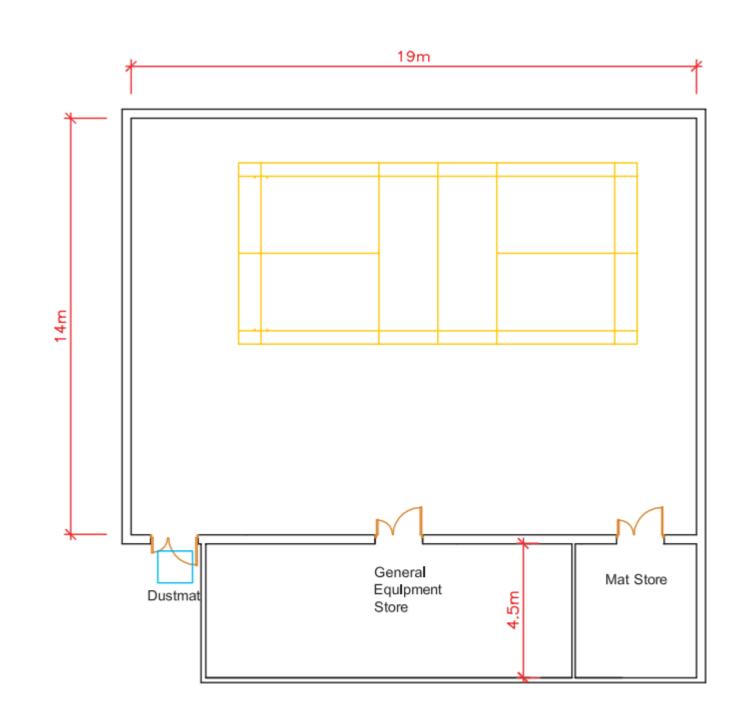


GYMNASIUM GUIDANCE

This space should have the flexibility to be used for school based gymnastics and for skills practice for a range of other activities. School based gymnastics teaches pupils the principles of flight, rotation and balance and requires a range of specialist equipment. Much of the work in the gymnasium will require individual and small group work in an environment conducive to problem solving, concentration, creative thinking and skilled performance. In smaller schools, the gymnasium and dance studio functions may be provided in a single dual use space designed to meet the functional requirements of both. A gymnasium is likely to be needed in all but the smallest of secondary schools.

Area: 266m² (19m x 14m) excluding stores.

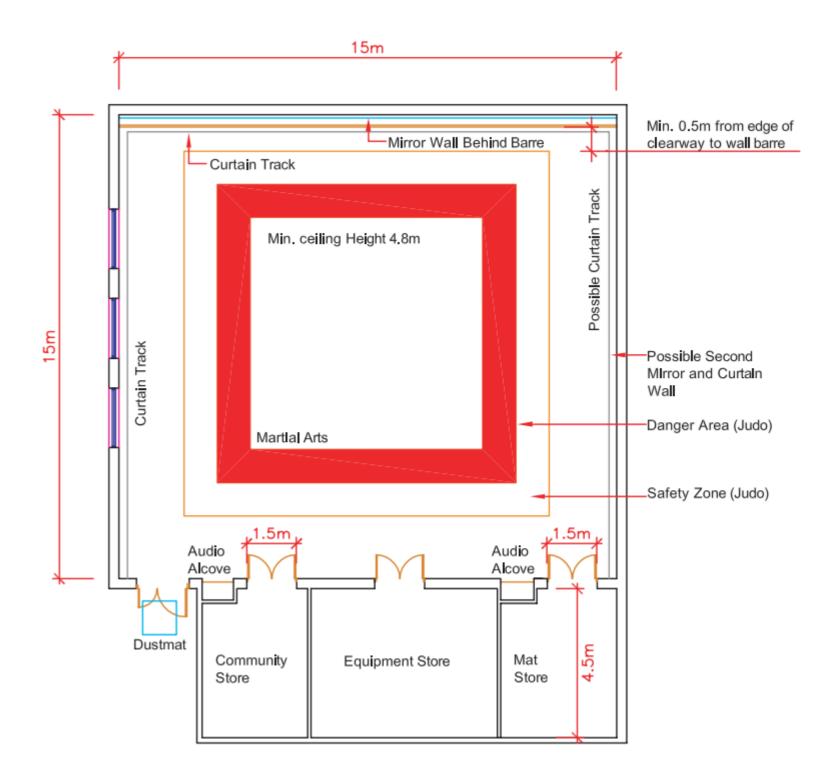
Source: https://sportscotland.org.uk/documents/resources/ secondaryschooldesignnote03gymnasium.pdf



DANCE STUDIO GUIDANCE

This space will be used primarily for movement and dance. The specialised facilities and equipment needed for these disciplines and the particular qualities required of the space means that a dance studio is a much more appropriate teaching environment for these activities than a gymnasium or sports hall. A dance studio can also be used for the teaching of other activities such as yoga, martial arts, aerobics, circuit training, keep-fit and other exercise disciplines. In smaller schools, the gymnasium and dance studio functions may be provided in a single dual-use space designed to meet the functional requirements of both. A dance studio is likely to be needed in all but the smallest of secondary schools.

Area: 225m² (15m x 15m) excluding stores.



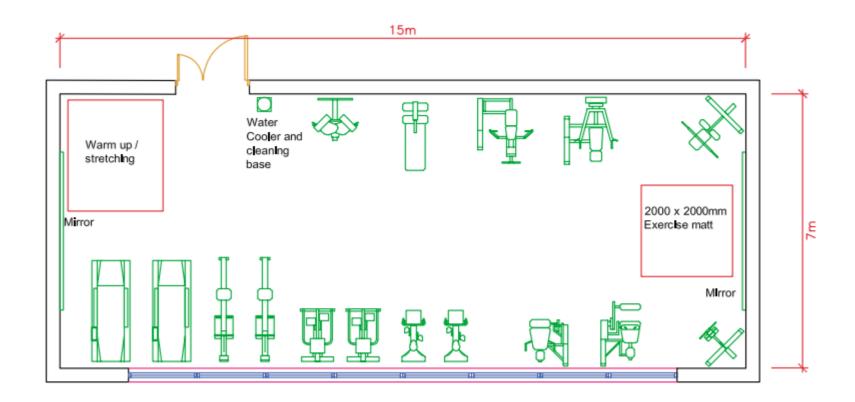
Source: https://sportscotland.org.uk/documents/resources/ secondaryschooldesignnote04dancestudio.pdf

FITNESS ROOM GUIDANCE

The existence of a well-equipped fitness room in a physical education department provides an environment in which pupils can focus on preparation for physical activity and on how their bodies react to this activity. The effects can be monitored in a controlled environment, lessons learned and theories tested.

A fitness room should be considered important to the delivery of the physical education curriculum.

Area: 105m² (15m x 7m)



Source: https://sportscotland.org.uk/documents/resources/ secondaryschooldesignnote05fitnessroom.pdf

4. SPORT SCOTLAND NBHS SPECIFIC ASSESSMENT

TABLE 1 - WORKED EXAMPLE - BASIC ASSUMPTIONS

Points to note:

1. NBHS has shorter periods (50 minutes) than Sport Scotland assumptions (55 minutes), resulting in more classes that can theoretically occupy facilities each week.

2. NBHS does not offer full classes of fitness due to a lack of a designated fitness suite, however fitness is delivered as part of the curriculum within current indoor and outdoor facilities

3. Maximum class sizes of 33 (S1-S3) and 30 (S4-S6) have been used in the calculations. NBHS currently operates at these maximum class sizes. If recommended class sizes of 20 were used, the total number of classes would increase by over 50%.

Sport Scotland states: "Whether or not the school considers PE to be a practical subject is also important. Practical subjects typically have a maximum class size of 20, and non-practical subjects a maximum of 33. Many practitioners take the view that PE should be considered as a practical subject and that consequently the maximum class size for all groups should be 20. This approach has been used in our worked example..... This parameter will have a significant impact on the results of the calculations."

Sport Scotland guidance does not align with the Scottish Government position on the practical subject definition. The Scottish Negotiating Committee for Teachers Handbook guidance does not treat PE as a practical subject.

4. The proportion of senior school pupils in NBHS is higher than the Sport Scotland example, which results in a lower than usual number of classes for this size of school.

Maximum Class Sizes

School Roll		Comments
School Roll	1026	
Periods Per Week	32	(30* for calculations)
Period Length	50	in minutes
Max. Class Size S1-S3 core	33	
Max. Class Size S4-S6 core	30	
Max. Class Size Elective S3	33	
Max. Class Size NQ S4-S6	30	
Minimum Recommendation for Physical Education	No. Minutes	Comments
S1-S4 core	100	
S5 core	50	
S3 elective	150	(additional to core)
S4 NQ	200	(additional to core)
S5-S6 NQ	300	(additional to core)
Weekly Period Allocation	No. Periods	Comments
S1-S4 core	2	
S5 core	1	
S3 elective	3	(additional to core)
S4 NQ	4	(additional to core)
S5-S6 NQ	5	(additional to core)
Year Groups as Proportion of Total Roll	No. Pupils	Percentage
S1	172	16.76%
S2	173	16.86%
S3	190	18.52%
S4	175	17.06%
S5	183	17.84%
S6	140	13.65%
S3 elective	83	8.09%
S4 NQ	59	5.75%
S5-S6 NQ	77	7.50%

NO - National Qualification

The school operates with 32 periods in the week but 30 has been assumed to allow two free periods for staff meetings or similar

Recommended Class Sizes

School Roll School Roll Periods Per Week Period Length Rec. Class Size S1-S3 cor Rec. Class Size S1-S3 cor Rec. Class Size S4-S6 cor Rec. Class Size Ielective S Rec. Class Size NQ S4-S0 Minimum Recommendation Physical Education S1-S4 core S3 elective S4 NQ Weekly Period Allocation S1-S4 core S3 elective S3 elective S4 NQ Year Groups as Proportion Total Roll S1 S2 S3 S4 S5 S5 S6
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S4 NQ S5-S6 NQ Year Groups as Proportion Total Roll S1 S2 S3 S4 S5 S5
S5-S6 NQ Year Groups as Proportion Total Roll S1 S2 S3 S4 S5
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S4 S5
S5
S6
S3 elective
S4 NQ
S5-S6 NQ

NO - National Qualification for staff meetings or similar.

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190 18.52%	
175 17.06%	
183 17.84%	
140 13.65%	
83 8.09%	
59 5.75%	
77 7.50%	

The school operates with 32 periods in the week but 30 has been assumed to allow two free periods

TABLE 2 - USE OF TEACHING SPACES

Points to note:

1. NBHS does not offer pool based activities.

2. NBHS does not offer full classes of fitness due to a lack of suitable facilities.

	Sports Hall (%)	Gymnasium (%)	Dance Studio (%)	Fitness Room (%)	Outdoor (%)	Pool (%)
S1	33%	23%	13%	0%	30%	0%
S2	33%	23%	13%	0%	30%	0%
S3	33%	23%	13%	0%	30%	0%
S4	33%	23%	13%	0%	30%	0%
S5	33%	23%	13%	0%	30%	0%
S6	33%	23%	13%	0%	30%	0%
S3 elective	33%	23%	13%	0%	30%	0%
S4 NQ	33%	23%	13%	0%	30%	0%
S5-S6 NQ	33%	23%	13%	0%	30%	0%

TABLE 3 - NUMBER OF PE CLASSES IN SCHOOL

Points to note:

1. Rolls are accurate as of May 2024.

2. Class sizes are maximum allowable. If Sport Scotland recommended sizes were used, the total number of periods would rise from 90 to 139.

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Fitness Room	% of Roll	Year Group Size	% Taking Part	P.E. Group Size	Class size	INA AT LACCAC	Periods Per Week	Total Periods
S1	16.76%	173	100%	173	33	6	2	12
S2	16.86%	171	100%	171	33	6	2	12
S3	18.52%	191	100%	191	33	6	2	12
S4	17.06%	174	100%	174	30	6	2	12
S5	17.84%	178	100%	178	30	6	1	6
S6	13.65%	139	100%	139	30	5	0	0
S3 elective	8.09%	104	100%	104	33	4	3	12
S4 NQ	5.75%	82	100%	82	30	3	4	12
S5-S6 NQ	7.50%	55	100%	55	30	2	6	12

TABLE 4 - PERIODS REQUIRED FROM EACH TEACHING SPACE

Points to note:

1. The Sports Hall quota is fully utilised at 30 periods of use per week (Sport Scotland assume two periods per week where staff are in meetings) with fully maximised classes of 33 (S1-S3) and 30 (S4-S6) pupils.

2. There is a high percentage of outdoor use (30%), meaning on days of poor weather options for alternative use are limited.

		S1	S2	S 3	S4	S5	S 6	S3 elective	S4 NQ	S5-S6 NQ	Total
	Proportion	33%	33%	33%	33%	33%	33%	33%	33%	33%	
Sports Hall	Total Periods	12	12	12	12	6	0	12	12	12	
	Period Load	4.00	4.00	4.00	4.00	2.00	0.00	4.00	4.00	4.00	30.00
	Proportion	23%	23%	23%	23%	23%	23%	23%	23%	23%	
Gymnasium	Total Periods	12	12	12	12	6	0	12	12	12	
	Period Load	2.80	2.80	2.80	2.80	1.40	0.00	2.80	2.80	2.80	21.00
	Proportion	13%	13%	13%	13%	13%	13%	13%	13%	13%	
Dance Studio	Total Periods	12	12	12	12	6	0	12	12	12	
	Period Load	1.60	1.60	1.60	1.60	0.80	0.00	1.60	1.60	1.60	12.00
	Proportion	0%	0%	0%	0%	0%	0%	0%	0%	0%	
Fitness Room	Total Periods	12	12	12	12	6	0	12	12	12	
	Period Load	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	Proportion	30%	30%	30%	30%	30%	30%	30%	30%	30%	
Outdoor	Total Periods	12	12	12	12	6	0	12	12	12	
	Period Load	3.60	3.60	3.60	3.60	1.80	0.00	3.60	3.60	3.60	27.00
	Proportion	0%	0%	0%	0%	0%	0%	0%	0%	0%	
Pool	Total Periods	12	12	12	12	6	0	12	12	12	
	Period Load	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

TABLE 5 - ACCOMMODATION REQUIRED

Points to note:

1. A combination of factors suggest NBHS has an equivalent PE requirement of a 600-700 pupil school. These include:

a. Using the actual class size of 33 (S1-S3) and 30 (S4-S6) pupils in the calculations in line with Scottish Government guidance rather than class sizes recommended Sport Scotland.

b. The NBHS length of period is shorter than Sport Scotland assumptions.

c. Sport Scotland assumes a core of 2 hours per week, however S6 PE is not compulsory in Scottish Government guidance, and NBHS aligns with Scottish Government guidance.

		-							NBHS										
School Roll		400	500	600	700	800	900	1000	1033	1100	1200	1300	1400	1500	1600	1800	2000	2200	2400
Total Period Load		57	69	84	100	108	120	130	90	151	159	171	187	197	210	238	256	289	313
Periods In Week		28	28	28	28	28	28	28	32	28	28	28	28	28	28	28	28	28	28
Classes Per Period		2.04	2.46	3	3.57	3.86	4.21	4.64	2.81	5.31	5.68	6.11	6.68	7.04	7.5	8.5	9.14	10.32	11.18
Total Spaces		3	3	4	4	5	5	5	2	6	6	7	7	8	8	9	10	11	12
Total Changing		3	3	4	4	5	5	5	х	6	6	7	7	8	8	9	10	11	12
Sports Hall	Load	16	19	23	27	29	32	35	30	41	43	46	50	53	57	64	69	78	84
Sports nam	Spaces	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	3	3	3
Gymnasium	Load	11	13	16	19	20	23	25	21	28	30	32	35	37	40	45	48	54	59
Gynnasian	Spaces	1*	1*	1	1	1	1	1	0	1	1	1	1	2	2	2	2	2	3
Dance Hall	Load	9	10	13	15	16	18	20	12	23	24	26	28	30	32	36	38	43	47
Dance Hair	Spaces			1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2
Pool	Load	6	8	10	11	12	14	15	0	17	18	20	22	23	24	27	30	33	36
1001	Spaces	(1)	(1)	(1)	(1)	(1)	(1)	(1)	0	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)
Fitness Room	Load	5	6	8	8	9	10	10	0	13	13	14	15	16	17	19	20	23	25
The so hour	Spaces					1	1	1	0	1	1	1	1	1	1	1	1	1	1
Indoor Changing		2	2	3	3	4	4	4	х	5	5	5	5	6	6	7	8	8	9
Outdoor Spaces	Load	11	13	16	20	21	23	26	27	29	31	33	36	39	41	46	50	57	61
outdoor opaces	Spaces	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	3	3
Outdoor Changing		1	1	1	1	1	1	1	х	1	1	2	2	2	2	2	2	3	3

TABLE 6 - SCHOOL FACILITY REQUIREMENTS

Points to note:

1. If looking at pure pupil numbers, a school the size of NBHS

should have:

1 Sports Hall. 1 Gymnasium.

1 Dance Studio.

1 Fitness Suite.

2. If looking at Table 5's period loading, NBHS still should have:

1 Sports Hall.

1 Gymnasium.

1 Dance Studio.

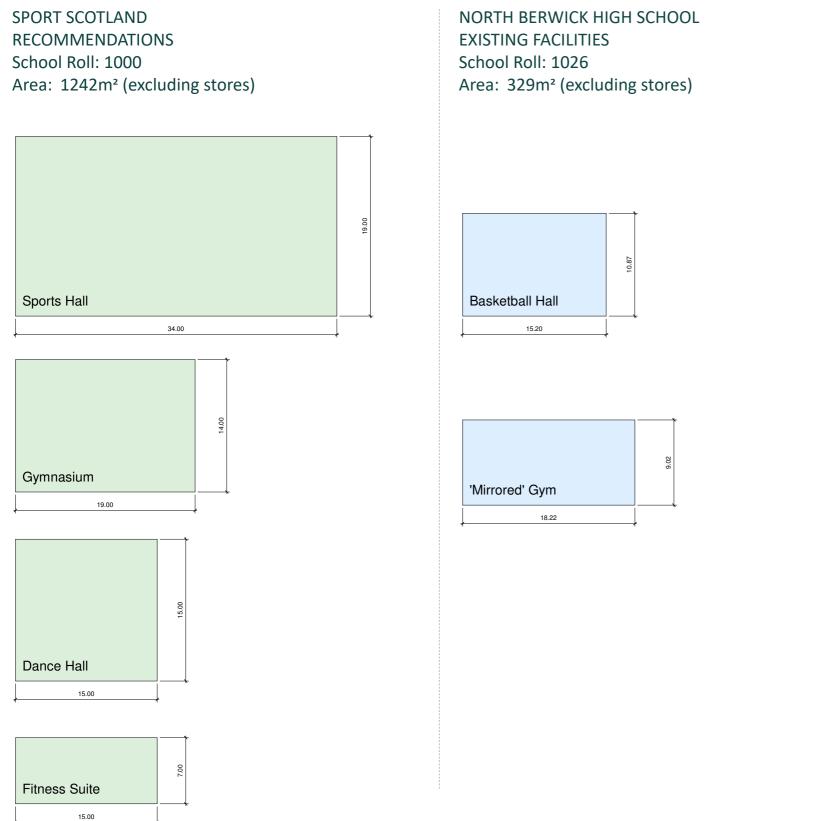
School Roll	Sports Hall ¹	Gymnasium ²	Dance Studio	Fitness Room	Indoor Changing Units	Pool (Period Load) ³	Outdoor Teaching Spaces	Outdoor Changing Units
400	1	1	-	-	2	6	1	1
500	1	1	-	-	2	7	1	1
600	1	1	1	-	3	8	1	1
700	1	1	1	-	3	10	1	1
800	1	1	1	1	4	11	1	1
900	1	1	1	1	4	12	1	1
1000	1	1	1	1	4	13	1	1
1026*	1	1	1	1	x	0	1	x
1100	2	1	1	1	5	15	1	1
1200**	2	1	1	1	5	16	1	1
1300	2	1	1	1	5	17	2	2
1400	2	1	1	1	5	18	2	2
1500	2	2	1	1	6	20	2	2
1600	2	2	1	1	6	21	2	2
1800	2	2	2	1	7	24	2	2
2000	3	2	2	1	8	26	2	2
2200	3	2	2	1	8	29	3	3
2400	3	3	2	1	9	31	3	3

* Roll as per May 2024.

** Roll as per school capacity

5. FACILITY COMPARISON AGAINST GUIDANCE

THE BELOW PLANS ILLUSTRATE HOW DEFICIENT IN SPACE STANDARDS NBHS PHYSICAL EDUCATION FACILITIES ARE, WITH JUST 26% OF THE TYPICAL INDOOR AREA RECOMMENDED BY SPORT SCOTLAND.



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FACTORING IN THE NON-EXCLUSIVE USAGE OF THE ENJOY LEISURE FACILITIES, NBHS STILL DOES NOT HAVE THE TYPICAL INDOOR PROVISION RECOMMENDED BY SPORT SCOTLAND.



6. CONCLUSIONS & RECOMMENDATIONS

CONCLUSIONS

The Health and Wellbeing teaching at NBHS is executed to a very high standard.

1. In assessing the indoor provision for the Health and Wellbeing Department at North Berwick High School, the Parent Council has concluded that the provision falls well short of that recommended by Sport Scotland.

2. The two dedicated rooms in the High School campus amount to just one-quarter of the space recommended by Sport Scotland to teach physical education, which is a very poor situation for the school to be in.

3. Even factoring in the compromised use of Enjoy Leisure, the existing facilities fall significantly short of that recommended, in terms of both number of spaces and size of accommodation. NBHS have a strong and positive relationship with Enjoy Leisure but recognise they are a business and as such, the school may not have the same access in future years as they have enjoyed until this point.

4. The quality of physical education at NBHS is diminished by the lack of indoor space as quantified in this report. This results in a compromised educational experience.

5. NBHS is designed to a capacity of 1200 pupils and facilities should match this. For a school of 1200 pupils Sport Scotland recommends two sports halls, or at a minimum one larger hall that can be subdivided.

6. Using spaces open to the public, particularly without adequate changing facilities, is a significant compromise for pupils.

7. With NBHS block-booking the badminton courts in the Enjoy Leisure Sports Hall, opportunities for the public to use this space during school hours are very limited.

RECOMMENDATIONS

The Parent Council recommends the following actions by East Lothian Council:

1. Urgent improvements to bring the Basketball Hall up to a reasonable standard. This should include acoustic treatments, new flooring and fixing of window actuators.

2. Improvements to the heating and ventilation of the Mirrored Gym to allow it to be a functional space in lieu of a Dance Hall.

3. **Provide a new Sports Hall** in a similar manner to the previous Hub South East Scotland proposal. This should be designed and built to Sport Scotland guidelines and allow for gym and dance facilities along with indoor and outdoor changing facilities.

4. **Provide a new Fitness Suite**. This could be either part of a new Sports Hall or a reconfigured existing space.

5. **Contingency plans should be drawn up** to ensure NBHS can have additional sports hall facilities should the roll increase beyond 1200 pupils.