



## Guidance for Supervised Rest Breaks

Supervised Rest Breaks (hereafter referred to as Rest Breaks) are a centre delegated Access Arrangement, that is to say that they are granted by the school in line with JCQ guidance. The latter requires that **‘..the candidate has an impairment which has a substantial and long term adverse effect, giving rise to persistent and significant difficulties. (The candidate is disabled within the meaning of the Equality Act)’**. Furthermore it must be **‘..his/her normal way of working within the centre’** and **‘..the candidate’s difficulties must be established within the centre..’**.

For the school to consider granting Rest Breaks for a long term condition, evidence will usually be required that a student is receiving clinical care at a consultant level, and that he or she is requiring rest breaks on a day to day basis beyond those normally provided by morning break and lunchtime.

Only in exceptional circumstances will a student have Rest Breaks and Extra Time together. In this case it may be necessary to vary the arrangements shown on the next page.

We would expect that in each year group being examined the number of students who qualify would be likely to be in low single figures in any academic year. Rest Breaks do not usually ‘roll forward’ from one year to the next, and a new assessment may be required for each year in which they are requested.

The decision as to how Rest Breaks are to be applied in practice lays with the school. They must not be seen to unfairly advantage any student. Therefore St George’s follows the guidelines overleaf.

PTO

Length of exam	<1h*	1h	Up to 1h30	Up to 2h	Up to 2h30	Up to 3h
Maximum <b>total</b> length of rest break(s)	0	10m	15m	20m	25m	30m
Maximum number of rest breaks**	0	1	2	2	3	3

\*Rest breaks may not normally be taken in exams lasting less than 1 hour

\*\* For example in a 2 hour exam a student may take up to 2 rest breaks totalling 20 minutes, NOT 2 rest breaks of 20 minutes each

NB

1. Rest Breaks are granted on the timetabled length of the exam.
2. Rest Breaks may not be taken in the first or last 20 minutes of any exam.
3. Students may not have access to question papers/answer booklets during a Rest Break – this is a JCQ regulation.
4. Students are normally expected to remain at their desk during any break – again this is a JCQ regulation.

Note that in an emergency Rest Breaks may be granted to a candidate on a temporary basis, for example because of a medical crisis – this will be at the sole discretion of the Examinations Officer, and all the conditions listed above will normally apply.