

## Dress Requirements

It is important from a health standpoint that every student have a complete change of clothing for physical education.

It is also emphasized that clothing is to be washed on a regular basis.

### Physical Education Dress

#### Requirements

- *T-shirt and/or sweatshirt*
- *Athletic/lycra shorts or sweatpants*
- *Yoga/dance-leggings/spandex*
- *Athletic socks/Yoga socks*
- *Sneakers (Dance shoes for students enrolled in Dance classes)*



## Safety Regulations

To further ensure safety, each student **must** follow the following safety requirements:

- *No oversized clothing, tank/sleeveless tops*
- *No electronic devices permitted during class*
- *No hats or jewelry*
- *Long hair is to be tied back*
- *No gum, candy, food, etc.*
- *Sneakers **must** be worn properly. No boat shoes or boots*
- *Back packs & personal belongings **must** be locked up during class*

### Medical Excuses

If a student is not feeling well, a signed note from a parent will be accepted.

If a student is going to be excused from physical education class for more than two weeks, a physician's note is required.

During the absence, students will be graded. The teacher and student will mutually decide on the assignment during the period of absence.

## Reminders

Students are expected to:

- *Actively participate during every class*
- *Arrive to class on time*
- *Conduct themselves in an appropriate manner*
- *Respect staff, students and parents*
- *Complete all assignments*

Students who receive an incomplete grade **must** complete all make-up work within two weeks of the next marking period, in order to be considered for a passing grade.

Students are not permitted in locker rooms unsupervised. No student is permitted in locker rooms once the locker room doors are locked.



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