

Physical Education Policies

5/15

Materials needed:

- Official PE uniform required
- Socks must be worn at all times
- **Athletic running** shoes that must be tied tight enough not to come off
- Sweats/warm-ups for inclement weather. It will be cold. Be prepared! **MCMS sweat pants** may be worn in place of the PE shorts. All other sweat pants and **all sweat shirts** require that the uniform shorts and shirts be worn **under** them.
- Suggested items to be kept in lockers:
 - GIRLS: sunscreen, brush, lotion, **non-aerosol** hairspray, feminine hygiene products, band-aides, towel, baggie or box for jewelry.
 - BOYS: comb/brush, band-aides, towel.
 - Deodorant: For safety reasons **only non-aerosol deodorant** is allowed in the locker rooms.

Hats/Sunscreen:

- Much of PE takes place outdoors. To avoid damage to your skin from the sun's UV rays, we **STRONGLY RECOMMEND** that all students wear a hat outside and sunscreen on a daily basis! Help lead a healthy lifestyle by taking care of your body and decreasing your odds of skin cancer!

Water:

- Hydration of your body is extremely important to your health and fitness. We recommend that students utilize both the water faucets located at the school and in the gym as well as bring bottled water to keep from becoming dehydrated.
- Only clear/plain bottled water is allowed, may be used for drinking only, and all empty bottles should be thrown away in the recycling bin! (Colored or flavored drinks not allowed).
- Water bottles **must be brought to class at the beginning of the period**, you will **NOT** be allowed to leave class to go and get it once class has started.
- **NO** water bottles allowed in the locker room.

Backpacks:

- **Backpacks are not permitted in the PE locker rooms.** We recommend you do not bring them to PE. Students may not access backpacks during class
- All valuables should be locked in a locker and not left out in a backpack.
- Backpacks will not be secured during PE. They will be put in a designated area and the PE department is not responsible for them at any time.
- Lunches and food left in backpacks are at risk of being eaten by the birds (please secure them).
- Backpacks must be on hooks (not on ground below hooks).
- Backpacks are not to be placed on benches.

Equipment:

- Only MCMS equipment is allowed on campus.

Locks and Lockers:

- Each student will be assigned a locker for PE materials.
- Do not share lockers/combinations with other students.
- Lost or damaged locks must be replaced for five dollars.
- There will be a repair charge for damaged lockers.
- Keep only necessary items in your PE locker. (Filling the locker with unnecessary items causes them to become bent. You will be sent to an administrator in the office.)
- Be sure to always check your locker to make sure it is locked each time you use it. This will keep you from losing your lock. (Please report to the PE office if you receive a note in your PE locker.)

Medical Excuses:

- Parent . . .
 - May request in writing for temporary excuse from physical activity
 - Note must be dated, signed and submitted to the teacher prior to class time
 - Note will be accepted for that **one day** only
 - Three notes will be accepted per quarter and all missed work must be made up
 - Non-participants **will be required** to “dress-out” and observe activities
- Physician’s . . .
 - Physician’s note and modified PE form must be dated, signed and submitted to the office prior to class time.
 - Honored for as long as the doctor designates
 - Points may be awarded for completing a modified activity
 - Contact teacher when medical release extends past two weeks
 - If note is for more than three days, a “**Modified PE Form**” must be attained from the office. Please have the doctor carefully fill out this form and return it back to the office **ASAP**. It allows us to determine in what activities a student may participate.
- Any student who is unable to participate is required to remain quietly seated in the bleachers and observe class for the duration of the period. This is not a social time. (Parent notes and Medical notes).
- Any student with a note (medical or parent) is not allowed to be on the blacktop / field before school or during lunch.

Student Name (print): _____

Student Signature: _____

Parent Signature: _____

☐ I have read this document and understand the expectations.

Best Method of communication with coaches:

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