

# BBCHS PHYSICAL EDUCATION HANDBOOK POLICIES

## PHYSICAL EDUCATION (UPDATED 09-10)

Students are required to wear court-type athletic shoes with shoelaces that must be in and tied. Velcro straps must be secured. In addition, students must wear white sweat socks and a BBCHS physical education uniform that is available at local sports stores. Last name, first initial and year of graduation must be written on the front of t-shirts and shorts and the last names on the back of the t-shirts—no nicknames or drawings should be on the PE Uniform. No other writing is allowed. It is suggested that all articles be identified. Physical Education activities that require the use of projectiles such as hockey and lacrosse are required to wear eye protection. Wearing jewelry during physical activity may result in injury or possible loss of the jewelry. It is recommended that jewelry be left at home or locked in the student's locker. No jewelry may be worn during any Physical Education class that includes physical contact. **All students will be issued a heart rate monitor strap their freshman year. In the event of loss or theft, a replacement strap must be purchased for \$5 from their PE teacher.** Physical Education students are required to participate in fitness assessments multiple times a year.

### • DEFIANCE

Refusal to dress and/or participate in physical education may result in discipline and a parent meeting. **Physical Education is a graduation requirement.**

**1<sup>st</sup> Violation—Teacher Detention-Parent Contact by Teacher**

**2<sup>nd</sup> Violation—Teacher Detention-Parent Contact by Teacher**

**3<sup>rd</sup> Violation—Extended Detention-Parent Contact by Teacher**

**4<sup>th</sup> Violation—Extended Detention-Parent Contact by Teacher**

**Any subsequent violations to the no dress policy will result in the student being assigned to LAC until a parent meeting can occur.**

### • PARENT/GUARDIAN NOTES

A note from home explaining the reason why the student cannot participate will be honored for two days a semester. The student will still dress for the activity and give the note to the teacher when attendance is taken. **DO NOT TAKE THE NOTE TO THE NURSE.** If a student cannot participate for a period longer than two consecutive days the student needs a note from a doctor.

### • DOCTOR NOTES

Doctor's notes must be taken to the school nurse who will issue an excuse from participation. This should be done before school. The student will still dress for the activity and give the note to the teacher when attendance is taken. If the note is for one to five days the student will assist the class (timing, officiating, recording, equipment, etc.) If the note is for six days or longer, supplemental course work will be required in place of participation. Failure to complete coursework will result in a failure for the unit. The requirement of dressing while on a doctor release will be evaluated based on the seriousness of the illness. Doctor Notes stating "until further notice" must be renewed every 30 days.

### • ACTIVITY MEDICALS

In the event the student presents a medical excuse from participating in physical education activity class, that student will be restricted from participating in extra-curricular athletic activities and use of the strength and conditioning areas of BBCHS. The student may provide medical documentation to modify the activity class and continue with extra-curricular activities.

### • SWIM MEDICALS

Swim medicals will be accepted from a physician for medical reasons. These notes must be taken to the nurse who will issue an excuse. **These medicals must be presented to the teacher one week prior to the swimming unit.** Notes excusing the student from swimming because he/she wears contact lenses will not be accepted. The student may wear goggles in the pool to prevent reddening of the eyes as well as ear and nose plugs. Notes for new body piercing or tattoo work will not be accepted. Girls are given three consecutive days for a menstrual cycle. Supplemental course work will be assigned for those students on swimming medicals in place of participation. Failure to complete coursework will result in a failure for the unit.

### • PHYSICAL EDUCATION LOCKERS & LOCKS

The physical education instructors assign lockers and locks. All students must have school issued locks that must be on their issued locker. All other locks will be cut off. Students should make sure their locks are locked at all times.

### • LOCKER ROOMS

Cell phones, I-Pods, or MP3 players are not allowed in the locker rooms. In addition, large sums of money, jewelry or any valuables should not be brought into the locker rooms. We are not responsible for lost or stolen items. Students are reminded to lock their lockers at all times and to double check them.

### • RENT ROOM

A rent room is provided for students who have forgotten their uniforms or heart rate monitor straps. The cost is 50 cents per item and requires a deposit of a driver's license, school ID, or handbook. Students are allowed to charge up to two dollars. We cannot guarantee that there will always be uniforms to rent. It is the student's responsibility to bring their uniform every day. Failure to do so will result in a no dress.

### LABORATORY

Physical Education is a physical activity laboratory. Your daily assignment is moderate to vigorous physical activity.

PRINT NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_