**MONARCH HIGH SCHOOL**

**PHYSICAL EDUCATION**



There are a few rules and guidelines needed for the **safety and health** of all students who participate in the physical education/ H.O.P.E. classes.

**Dressing for Activities**

1. **SHIRTS**: a red t-shirt **with sleeves** must be worn at all times (from inside the locker room and back to inside the locker room). Half shirts and tank tops are not school board approved for apparel. It is recommended that you have at least 2 shirts for the week so one shirt can be brought home to wash by mid week if not daily.
2. **SHORTS**: Solid black shorts with an elastic waist band/draw string should be worn. **NO ZIPPERS PLEASE** (for safety reasons). Shorts need to be at least mid-thigh as per school board regulations, regardless of the class (aerobics, dance, softball).  **No cutoffs or compression shorts are permitted** for class. You will receive a zero for the day.
3. **TENNIS SHOES**: Tennis shoes/running or cross-trainer shoes (must be able to be tightened for safety). It is dangerous when shoes fall off the feet during exercise/activity and at **NO TIME ARE STUDENTS TO BE WITHOUT SHOES ON THEIR FEET. SOCKS should be white** to prevent athlete’s foot.
4. **Supportive undergarments** are required for all class activities. Most activities are vigorous and require the use of such garments (under tights must be red or black).
5. **Uniforms should not be shared** for personal hygiene reasons. Names should be put on all clothing for identification purposes.
6. **Blouses, jeans, sweaters and sweatshirts should not be worn under the uniform. On cold days,** sweatshirts, sweaters, sweatpants may be worn over the uniform. Please plan for cold days.
7. **Uniforms should be taken home at least weekly** and laundered, then returned if you have a locker, on Monday mornings at 7:30 or during your class period.
8. **Under no circumstances will hard sole shoes be allowed on the gym floor.**
9. **NO GUM, FOOD or DRINKS (other than water) are allowed during class time.**
10. Lockers are issued, but are the property of Monarch High School. You may use only the locker assigned to you by a teacher.

* **Activity classes**: In the lockers you may have items in plastic bottles only, such as deodorant, comb, hairbrush, and towels for showers, soap and feminine products. Asthma is triggered by some odors so sprays should not be used in the dressing room for the safety of others.
* **HOPE students will only have daily use of a locker**. You will be required to bring your clothes twice a week to dress out for activity days. **You are required to purchase a combination lock** and give the combination to your teacher if you want to use the lockers in the locker room.

**FAILURE TO DRESS ACCORDING TO SCHOOL BOARD POLICY WILL RESULT IN A DETENTION AND LOSS OF GRADE and REPEAT OFFENDERS WILL RECEIVE REFERRALS.**

**STUDENT REQUIREMENTS**

1. Regardless of weather conditions, students should be prepared to dress in the uniform everyday.
2. Showers are a necessity following physical activity therefore you are encouraged to shower at the end of class each day. **Bring your own towels.**
3. At the end of class, you are to wait in the assigned areas until the dismissal bell.
4. You are responsible for lost or stolen articles. Monarch High is not responsible for the loss or damage to property locked in lockers.

**LOCKERS AND LOCKER ROOM**

1. PLEASE, no glass containers in the locker room. This is very dangerous.
2. Keep your locker locked at all times.
3. **Activity students** are assigned a lock and locker. Do not change lockers to another location and never **GIVE YOUR COMBINATION TO ANOTHER STUDENT**. The long lockers are yours to use during class time only so you can hang your school clothes, (JROTC uniforms). The small locker is where you will lock your PE uniform and supplies daily.
4. **H.O.P.E - STUDNETS will take their PE clothes home after each class and another student will use that locker during the next period. You will need to purchase a combination lock for use during class time 2 days a week.**

**EXCUSES FROM PHYSICAL ACTIVITY**

1. To be excused from **participation for the day,** a written parental note is required, but the student will still be required to dress out that day. The date and the specific reason for the request must be included.
2. **Students will DRESS OUT even though they are excused from the actual participation for that day.** Teachers should have a written assignment for the student to do to make up for the participation grade in the event of a parental note.
3. If a student is unable to participate for 2 consecutive days: **A MEDICAL INFORMATION REPORT FROM A DOCTOR must be presented.**  The medical information sheet will tell the teacher what activity you can do such as walk, arm exercises only etc. **The physician should check off only the activities the student can do.** The forms are available from your teacher.
4. If an extended temporary condition is known before the semester begins or within the first 20 days of the course, you may be transferred out of the class as participation is a major part of your grade in Physical Education and 50% of your grade in H.O.P.E.

**In the event you are injured in class, be sure to report all injuries to your instructor before you leave the class so that an accident report can be filed. Thank you.**

After reading the rules above, *both the student and the parent/guardian* must sign the form below and return it to the class instructor to be kept on file. Thank you for your attention to this important information.

**PLEASE PRINT ALL INFORMATION NEATLY**

STUDENT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GENDER: ( ) MALE ( ) FEMALE PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Area Code/Number

PARENT/GUARDIAN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please Print Area code/Number

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please list any physical defects or history of serious illnesses. If such condition will be affected by physical activity, the parent/guardian should list it here and have the physician fill out the medical form. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I have read and fully understand the above rules.

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STUDENT SIGNATURE DATE

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