

Charles County Public Schools Physical Education Dress Code Guidelines

The physical education program is committed to embracing and respecting safe learning experiences for all students. To develop physical literacy, students will explore and investigate skills, concepts, and strategies through physical activity and sport that cultivate confidence in movement for lifelong wellness. All students are expected to wear appropriate attire during physical education class for the purpose of ensuring the safety and hygiene of each participant. This practice continues to be an important component of the physical education program.

In all schools,

- Attire for participation in physical education at all grade levels should permit freedom of movement, adhere to cultural, religious, or medical expectations, allow for safe participation, and will not damage equipment or facilities.
- Attire for participation in physical education must follow CCPS dress code policy. Suggestive, provocative or excessively tight clothing is not allowed. CCPS does not allow clothing to be worn on school property which displays messages or images that are offensive, vulgar, harassing, or otherwise inappropriate for the school setting.
- It is encouraged that attire for physical education match the style, fit, and color to any available school spirit wear. Socks and proper athletic footwear (sneakers) are required for physical education class. Footwear must fit snug and secure; providing adequate support. Velcro or lace closure is preferred; footwear with lace closure must be tied appropriately above the tongue of the shoe. Appropriate footwear for physical education are shoes that have been primarily designed for sports or other forms of physical activity and exercise. Crocs, slides, flip flops, open heel shoes, ballet flats, dress shoes, heels, UGGs, boots, and any shoe designed primarily for style are examples of footwear inappropriate for physical education.
- For safety reasons, physical education attire is not to have pockets, zippers, buckles, snaps, buttons, or metal studs. Jeans, khakis, collared shirts, and dresses/skirts are examples of clothing items inappropriate for physical education. Students should refrain from wearing non-cultural, non-religious, and/or non-medical related jewelry. Hoop piercings, necklaces, bracelets, watches, and rings are examples of jewelry items inappropriate for physical education. Students may wear stud piercings, medical ID necklaces/bracelets, and fitness trackers. Students are encouraged to remove all jewelry before participation in physical education. Students are to always refrain from eating and/or chewing gum during physical education class.

In elementary school,

- Students do not change clothes for physical education.
- Students should wear athletic footwear (sneakers) in physical education class for safety.
- Students should attend physical education prepared with clothing that permits safe and appropriate movement.

In secondary schools (middle and high schools),

- Students should come prepared with a complete change of clothes separate from clothing worn to school (school clothes). Attire for physical education should be kept clean and in good condition. School clothes should not be worn over or under physical education attire.
- Attire should be appropriate to permit for safe movement and engagement in physical activities. Preferred attire include a t-shirt, shorts, socks, and athletic footwear (sneakers). Long-sleeved t-shirts, sweatshirts/sweatpants, or warm-ups may be worn.
- Students may have the opportunity to purchase spirit wear for physical education class. The purchasing of spirit wear may help to ensure student safety, hygiene, and in the identification of students.
- Guidelines will include or permit options for all religions, cultures, or medical conditions (i.e., long-sleeved shirts, sweatpants, etc.)
- Students may have an appropriate space for privacy while changing clothes.

When possible, schools should provide reasonable accommodations to students if they (or their parents/guardians on their behalf) request permission not to wear certain clothing during physical education class that they perceive as immodest based on cultural or religious beliefs. Such accommodations do not preclude a student's participation in an activity. Students should contact their physical education teacher and/or school-based administrator to discuss any specific accommodations necessary based on religion or other considerations to physical education attire and locker room access to develop an environment for all students to safely access physical education instruction and physical literacy skills and concepts in an active learning environment.