

# STUDENT POLICY FOR PHYSICAL EDUCATION

## Uniform

Each student participating in the physical education program must wear the LT physical education uniform. The uniform can be purchased at the bookstore at each campus. Students are also required to purchase a heart rate monitor strap and a PE Handbook.

1. Blue L.T.P.E. uniform shirt. The last name is to be printed in the appropriate place on the front of the shirt using a permanent black marker.
2. Shorts – blue L.T.H.S. shorts. The last name is to be printed on the front of the shorts using a permanent black marker.
3. Pool – swim cap if the hair is longer. Swim trunks for boys and one piece swimsuits for girls.
4. **Gym shoes are required.** Any color is acceptable. Shoes that will damage the floor are not allowed. Shoes must have laces and the laces **must be tied.**
5. A heart rate monitor strap is required.
6. The waistband of the shorts is to be worn at the **waistline.**
7. Sweatshirts/sweatpants can be worn as long as the student has his/her PE uniform on underneath. Coats, sweaters, or street clothes that are worn to school are not permitted. Outdoor activities may take place if outside temperature is 40 degrees or warmer.
8. Physical education uniforms should be clean and in good condition. There should be no rips, tears, or ragged hems. Weekly laundering is recommended.
9. Rental uniforms are available in the locker rooms for a fee. Students are expected to rent a uniform if their own is not available. You will need your ID to rent. Failure to return a rental uniform results in a grade penalty.
10. If a student requires an inhaler, the student must bring it daily to class. Having the inhaler is considered part of the student's required uniform.

## Locker Rooms

Large numbers of students use the locker rooms each period. This makes it necessary to have certain rules and regulations governing its use.

1. Know the name of your locker room attendant and the teachers supervising during your class period. These are the people who will assist you with problems in the locker room such as rental, lost locks or combinations, lost and found, etc. Please give these people the respect that they deserve.

Each student is assigned to a gym locker. **STUDENTS ARE TO STAY IN THEIR ASSIGNED LOCKER UNLESS OTHER ARRANGEMENTS ARE MADE WITH THE LOCKER ROOM ATTENDANT. DO NOT SHARE LOCKERS.**

2. Students are responsible for purchasing a lock for their gym locker. It is recommended that the lock be purchased at the L.T. bookstore. You are responsible for the contents of your locker. Put all your belongings in the locker and **LOCK THE LOCK!** Backpacks and book bags are **NOT ALLOWED** in the locker room and should be left in your main locker.
3. Students are not allowed in the locker room other than during the dressing time of their scheduled period.
4. Students are responsible for keeping the locker room and lockers clean. Place all waste materials in the proper containers.
5. The following are **NOT** allowed in the locker room:
  - o No backpacks or book bags.
  - o No gum, food, or candy of any kind.
  - o No aerosol hairspray or deodorant because of our concern for other people and the environment. Please use the pump varieties.
  - o No body or baby powder. It is very slippery when spilled on the floor.
  - o All containers (deodorant, perfume, etc.) must be non-breakable. **NO GLASS!**
  - o No running, standing on the benches, or horseplay of any kind.
  - o No cell phones are permitted in the locker room.

## Class Procedure

1. Students must be in the locker room when the tardy bell rings.
2. Roll call will be taken in the proper activity area five (5) minutes after the last bell.
3. Six (6) minutes will be allowed for dressing at the end of the period.
4. All students must dress for activity. Gym rentals are available, for those who need them, from the locker room attendant.

### **Health or Medical Issues**

1. If you have a health problem that will affect your participation in class for the day, a parent or doctor note should be given to the school nurse **prior** to the beginning of the school day. **A parent note is good for a maximum of only two days.**
2. If you feel you cannot participate 100% on class for the day, dress and report to the teacher. If necessary, you will be allowed to minimize your activity.
3. All injuries, no matter how minor, should be reported to the teacher. In addition, all medical conditions should be reported to the teacher at the beginning of each semester.
4. Students with a medical excuse may be assigned written work in lieu of physical activity.

### **Lost and Found**

Lost and found items can be recovered from the locker room attendant. Be a friend. Take all items you may find to the locker room attendant.

### **Procedures to North Campus Students Walking to West Field**

Due to safety issues, the following will apply:

1. Students must jog out to West Field and back to North Campus by using the sidewalk on the north side of Cossitt. Students should cross Cossitt at Edgewood Avenue, both coming and going back. Use extreme caution when crossing.
2. Students must use the sidewalks and not walk on grassy areas or lawns.
3. Hitching a ride to or from West Field is prohibited.
4. Do not stop cars by stepping off the curb. Wait until the street is free from cars before crossing.