

## **Elementary Physical Education Guidelines**

1. In order to participate, physical education students are required to have appropriate footwear such as sneakers with laces and non-marking soles. The physical education teacher may ask students to remove some jewelry if it poses a safety issue.
2. Students with medical excuses from active participation in regular class activities must still report to physical education class. A note from a parent or guardian requesting a student be excused from physical activity is valid for a maximum of two (if so dated) successive classes. Notes from a parent must be presented to the school nurse prior to the start of class and include a telephone number for verification.
3. Any student may be excused from participation, for not more than two days, by presenting a parent's note to the school nurse. If a parent presents a note for an extended physical education excuse, the nurse will call the parent to discuss the situation on a case by case basis.
4. To be excused from participation for more than two consecutive classes, students must present a note from the physician/ medical provider that is treating the student for the medically excused reason to the school nurse. That note at the time of the disability must be handed in before the third day of nonparticipation. Should the medical condition warrant, the student will be placed in an appropriate alternative setting during the PE period. Students excused by a doctor's note must present written permission from the physician in order to return to regular activity.
5. Any student that is medically excused from PE will not be permitted to participate in recess.
6. Medical notes received by the school nurse will be shared with the physical education department.
7. The school nurse will discuss with the student the physical education restrictions and any other safety procedures (including emergency procedures such as fire drills/evacuations, use of elevators, etc.).
8. Students coming to school with crutches, without a medical note, will have to wait in the health office until a parent can provide a medical note, or the student will have to return home. Medical notes are also required for any medical device/appliance, including splints, boots, braces, and wraps. The note must provide restrictions and instructions for care, including the duration of need for the medical device/appliance.