**KVHS Physical Education Rules and Procedures**

**All school rules will apply in addition to the following:**

**Proper Dress for Class**

1. A complete change of athletic clothing must be worn, including t-shirt or sweatshirt, shorts or sweatpants, socks and athletic shoes. Athletic clothing must be of an appropriate size to completely cover all undergarments.
2. Athletic shoes must be tied properly before class and remain tied during the class period.
3. Classes may be held outdoors in the fall and spring. Be prepared daily with a jacket, sweatshirt and/or sweatpants.
4. Students should have a water bottle, filled before each class.
5. All jewellery must be removed before class since it can pose a safety hazard.

**Locker Rooms**

1. Keep the locker rooms clean, and treat them with respect.
2. Once class begins, no student will be allowed back into the locker room without permission from the teacher.
3. Valuable belongings (jewellery, purses, wallets, electronics, etc.) are not to be left in the locker room. Bring them to the gym so they can be locked away. The physical education staff will not be responsible for lost or stolen articles.

**Class Expectations**

1. Students are to be completely changed and in the gym when the class begins.
2. No gum chewing is allowed in class, and, with the exception of water, no food or drink is to be consumed in the gym, mini-gym, fitness center, turf field area, or locker rooms.
3. All electronic devices will be stored in school bags during class.
4. Students are not permitted to use any equipment in the instructional area without supervision by the teacher.
5. All students will remain in the instructional area of the day until they are dismissed.
6. Any injuries or emergencies must be reported to the teacher during the class period so the proper actions can be taken, and an injury report should be completed before leaving class.
7. No student may ever leave the instructional area without permission from the teacher.
8. No student is allowed in the equipment room without permission from the teacher.
9. Directions must be followed the first time they are given.
10. Abuse, destruction, or misuse of physical education equipment will not be tolerated. Obscene language, gestures, harassment, or disrespect will not be tolerated.
11. Listen during the teaching of the lesson. Prepare questions to ask later; do not chat with the person next to you.
12. Deadlines for health assignments must be met unless there are special circumstances that were discussed with the teacher prior to the deadline.
13. For safety, in the event that a student is absent from a class during which progressive skills have been taught, the student is not permitted to participate in activities until instruction in the necessary skills has been given.
14. Work hard and enjoy physical education; mastering it can only make your life better.

**Participation Excuse**

1. A student well enough to be in school is well enough to be dressed and participating in class.
2. A note from a parent is required to excuse a student due to injury. It will be accepted for a maximum of three consecutive days. To be excused longer than three days, a doctor’s note is required detailing the limitations being placed on the student’s physical activity, and a projected timeline for return to participation.
3. A student who has become ill at school will discuss the problem with the teacher before the start of class, and a decision will be made as to the best course of action for the student to take.

**Statement of Acknowledgement and Commitment**

I (student) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ acknowledge that I have read and understand the expectations of me in physical education classes at KVHS, and commit to adhering to these expectations to help ensure the success and safety of both myself and my classmates.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I (guardian of student) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ acknowledge that I have read and understand the expectations of my child in physical education classes at KVHS, and commit to encouraging her/him to adhere to these expectations to help ensure the success and safety of both myself and my classmates.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_