

2019-2020

Durant Road Middle School Physical Education/Fitness Procedures

The following procedures should be followed for the security and safety of all students in the Healthful Living program. Please read, sign and return to your Physical Education teacher.

1. Be on time to the locker room. Unexcused tardies will result in a silent lunch and/or consequence. A note is required from a school staff member for the tardy to be excused.
2. Three minutes is given for dressing out. When dressed, go immediately to the gym and sit in your attendance spot. Participation in physical education recommends you to change your clothes from what you wore to school that day. The required dress includes: **a grey, black, white, or any t-shirt that says Durant on it; grey, black or white athletic shorts; socks and athletic shoes.** Sweatshirts or warm-ups may be worn OVER the dress out attire.
3. Students who do not dress out are not allowed in the locker room. If a student does not dress out and has unsafe clothes or shoes prohibiting participation, an alternative assignment will be given. Students are expected to complete the assignment to earn their grade for the day. A student is given 3 times a quarter to complete the alternative assignment due to not being prepared for class. Over 3 times results in an administrative write up and consequences will be given. Come prepared!
4. If a student is injured or has been sick, please send a note explaining the cause of the problem with the dates the student needs to be excused. A doctor's note is needed for an extended illness of more than 2 to 3 days.
5. The locker rooms will be locked during the class time. Restrooms by the "Dolphin" will be used if necessary, at the beginning of class. DRMS IS NOT RESPONSIBLE FOR PERSONAL ITEMS (ie-clothes, shoes, electronics). Bring a lock!
6. Gym lockers will be provided and DRMS strongly recommends a lock to be used to protect your belongings. Students must provide his/her own combination lock – KEY LOCKS ARE NOT ALLOWED. It is recommended that students take their dress out clothes home weekly to be washed.
7. Physical education equipment must not be touched unless a teacher instructs one to do so. Do not enter the equipment room or leave your assigned area unless told to do so by a teacher.
8. Self-control and good sportsmanship should be shown at all times. Students should actively participate in all activities and put their best effort forward. Points will be deducted for students sitting out and refusing to participate.
9. Gum, candy, drinks and/or food are never allowed in the locker room or gym.
10. Please report an injury to a PE teacher immediately. Parents will be called if necessary.
11. No electronic devices should be out at any time during PE, fitness, or health unless otherwise stated and permitted by your teacher. Failure to comply will result in consequences.

Parent signature _____ Date _____

Student signature _____ Date _____