

2018-2019

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 Healthful Living 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. Five minutes is given for dressing out. When dressed, go immediately to the gym and begin walking. Participation in physical education requires 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. Points will be deducted if the student does not dress out and/or participate in the assigned class activity. For more information, please refer to our Healthful Living website at: <http://www.wcpss.net/durantroadms/healthfulliving>
3. Students who do not dress out **ARE NOT** allowed in the locker room. If a student does not dress out and has no excused note, points will be deducted from his/her PE grade. Students are expected to participate even when they do not dress out.
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. **THE STUDENT MAY STILL BE REQUIRED TO DRESS OUT (UNLESS THE INJURY PROHIBITS THIS) AND WILL BE GIVEN AN ALTERNATIVE ASSIGNMENT.** 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 when class is in the gym and the outside mobile restroom will be used when classes are outside – for security purposes. **DRMS IS NOT RESPONSIBLE FOR PERSONAL ITEMS.** That includes any clothing item or electronic device. **BRING A LOCK!**
6. Gym lockers will be provided and DRMS requires a lock be used to protect your belongings in the locker room. Students must provide his/her own combination lock – **KEY LOCKS ARE NOT ALLOWED.** It is recommended that dress out clothes be taken home and washed at least weekly.
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. Read and follow the Hellison's Model of Social Responsibility posted on the Healthful Living website.
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 _____