

# **Chase Terrace Academy Physical Education Department**

## **Health and Safety PE kit policy**

### **Health and Safety in Physical Education**

- Jewellery must not be worn during PE lessons.
- All long hair must be tied back for both boys and girls, long fringes must be secured away from the face using clips or a sports headband.
- Protective equipment are compulsory when performing contact sports such as Rugby, Football and Hockey
- Suitable Athletic shoes which offer the correct support are required for all PE lessons. It is important to wear the correct footwear when taking part in any type of physical activity. Incorrect footwear can lead to injuries such as heel pain, shin splints, shin pain, back pain, sore calf muscles and ankle sprains and breaks. By wearing the correct footwear, injuries are less likely. In order to protect the health of our students all trainers with velcro straps, flat soles and flat insoles (fashion trainers) are banned within PE. Students must also not wear the shoes/trainers they are wearing as part of their school uniform.

### **Unable to Participate in PE Lessons due to Illness or Medical Issues**

If your child is not able to participate in a PE lesson for any reason, they must **bring a note** to explain why they can take part.

**Students will still be expected to change into regulation PE kit** with extra optional clothing (tracksuit or black leggings under shorts/skorts for girls).

Although they are not engaging in the physical activity they will still take part in the lesson by working to develop their officiating, coaching and leadership skills.

**The only exception** is if a child is physically unable to change e.g. wrist, arm or leg in a plaster cast or brace and in this case they will be supported by the focus room and classwork appropriate to the PE activity they are timetabled for.

### **PE uniform**

The following uniform has been developed in consultation with students and is regularly reviewed and communicated to students to ensure appropriateness and clarity. It is also clearly displayed on the school website under the uniform tab. Students should bring the following kit on days they have PE:

#### **Physical Education Clothing for Boys:**

- Rugby Shirt: Reversible Royal blue and black (school branded)
- Polo Shirt: Royal blue and black (school branded)
- Shorts: Black (school branded or other)
- Football socks: Royal blue (school branded or other). In KS4 (Years 10 &11) optional white socks
- Training shoes

- Studded or moulded bottom footwear for Football and Rugby

**Optional items worn with permission of class teacher:**

- Track suit bottoms: Dark Blue or Black (school branded or other) can be worn over shorts as a thermal layer at teachers' discretion
- Navy blue hoodie: school branded (name on the back optional) can be worn over Rugby shirt and/or Polo shirt as a thermal layer at teachers' discretion

**Physical Education Clothing for Girls:**

- Sky blue sports shirt with white piping (school branded)
- Navy Blue shorts (school branded or other) **or** skorts (school branded only)
- Navy blue hoodie with school logo, (school branded)
- Training shoes
- Royal blue Football socks. In KS4 (Years 10 & 11) optional white socks

**Optional item worn with permission of class teacher:**

- Black cotton leggings (school branded or other) that can be worn under shorts or skort as a thermal layer.

**Swimming**

- All KS3 students will have swimming lessons.
- Students need an appropriate swimming costume and towel for each lesson.
- Swim hats, goggles and nose clips are optional extra equipment.
- Verruca socks are not permitted, those with Verruca's should bring their indoor PE kit to coach from pool side along with suitable indoor footwear.

**Personal Protective Equipment**

Required for Rugby, Football and Hockey

- Shin pads worn under royal blue football socks – **required for Football and Hockey**
- Mouth guards/Gum Shields When it comes to protecting your mouth, a mouth guard is an essential piece of equipment, which helps to minimize the risk of broken teeth and injuries to your lips, tongue, face and jaw. They typically cover the upper teeth and are a great way to protect the soft tissues of your tongue, lips and cheek lining – **required for Rugby and Hockey**
- We recommend looking at the Physical Education Curriculum Activity Rotation Plan (which can be found on the school website and is displayed in the Sports Hall and Gym) to find out when you will need your mouth guard/shin pads and plan accordingly.

There are different types of mouth guards:

- Custom-fitted: These are custom made by your dentist. They are more expensive and need to be ordered well in advance as they take several weeks to make.

- Boil and bite: These mouth protectors can be purchased at many sporting goods stores, Uniform Plus or from the PE Department. They are softened in boiled water, then inserted into the mouth and allowed to adapt to the shape of your mouth. This process can be done as many times as you need.
- A mouth guard is especially important for people who wear braces. A blow to the face could damage the brackets or other fixed orthodontic appliances. A mouth guard also provides a barrier between the braces and your cheek or lips, limiting the risk of soft tissue injuries. If you have a fixed brace, it is important to remoulding your mouth guard regularly as your teeth are moving position.
- If you have a retainer or other removable appliance, do not wear it during any contact sports.

## **Valuables**

**The PE Dept cannot guarantee the security of the changing rooms.** Students will enter and leave the changing rooms unsupervised for a number of reasons having forgotten equipment, collect medication, go to the toilet, or collect a water bottle.

Students are strongly advised not to bring items of high value into school. Any items that are brought into school of value that are a cause for a concern should be left in the students locker during the lesson or if unable to do this then left in Head of Year office prior to lesson.