

Elko High School

Physical Education

Class Policy

The following is the policy statement established by the Physical Education Department of Elko High School. The purpose of this policy is to ensure organization and safety for all students enrolled in classes within the department. Should there ever be questions or concerns please feel free to contact the teacher at 738.6242 or 738.7281 ext. 1124.

This signed CONTRACT will go on file with the specific teacher involved. It will be used when needed if ever a problem or concern should arise or any time the parent needs to be contacted. Please read over the information provided so that you may be familiar with the expectations and requirements of the PE Department.

DRESS

Elko High School Physical Education Department requires a PE uniform. This uniform includes a t-shirt and shorts. The uniform may be purchased through the department at cost. All PE students must have a uniform. When classes are in the gym no sweats will be allowed. When classes are outside, sweats may be worn over the uniform. These sweats must be solid colors of grey, maroon or black. Sweat shirts and jackets may also be worn. The uniform is to be worn correctly. Shorts must be worn high enough on the waist to cover what would ordinarily be covered by underwear. Shirts and shorts are not to be excessively tight or baggy. There are to be no alterations in the uniform. Alterations may include but are not limited to cutting, rolling, tucking, or writing inappropriately on any portion.

Head coverings, including but not limited to hoods and hats, are not allowed in the gym.

No student will be allowed to participate in Physical Education without proper shoes. Tennis shoes with shoe laces in place and tied are required. Black soled shoes are discouraged because they mark up the gym floor.

Students are responsible for their own clothing including care and cleaning. They should plan to take clothes home on the weekend and have them back by Monday. Forgetting to bring clean clothes back is not an excuse for not dressing out. Grade deductions will be given any time a student does not dress out or when items are missing. Refusal to dress out will result in disciplinary action taken.

Any student who is unable to provide the proper dress for class should contact their individual teacher and every effort will be made to provide clothing for the student. Loaner uniforms will be available in cases of emergency.

As part of ECSD safety protocol, jewelry of any kind, including piercings, is not allowed during class. Student leave all jewelry in their locker or have a teacher lock it up. No allowance is made for students who get new piercings during the course of the school year.

PARTICIPATION

Participation is the most important part of the Physical Education Program. A student cannot expect to do well in the class if they do not participate in the activities. In order to participate they must be dressed in the proper attire.

Alternative Assignment

The only exception to active participation in class is injury or illness. Should a student have a legitimate illness or injury they must provide the teacher with a note from a doctor explaining the problem and the duration of the excuse. The teacher may provide an alternate activity or written assignment. Should the condition last longer than two weeks the teacher may consider a long term written assignment and a schedule change to study hall. The written work or alternate assignments will provide the grade for the student while they are inactive. Therefore all alternate assignments should be well written, typed if required, and turned in when requested. Students are responsible for providing material to complete the assignment. Listed below are examples of what may be required.

1. A report on a sport or activity. The duration will depend on the length of time the student is out on a medical.
2. A review of a magazine or newspaper article related to PE activities.
3. A book or movie review of a sports or fitness related topic.
4. A fitness log of any activity the student is able to do.

In every case of injury or illness the student will be given the option of dressing out and participating up to their capabilities. The choice will be up to the student and the parent. Should they choose this option they will dress out and do what they are capable of doing. Please make every effort to keep the teacher informed regarding the illness or injury.

There are often cases when a medical excuse is not warranted. These are cases when a student has a slight injury or illness they have not totally recovered from. In these situations, a note from a parent explaining the problem is required. Included in the note should be a phone number where the parent may be reached. This type of note is good for only two days. If the problem extends beyond the two days a doctor's note will be required.

LOCKERS

A PE locker will be issued to each student. Students are responsible for the locker that is issued to them as long as they are enrolled in the class. Students should keep the lockers clean and free from damage. Any damage or destruction of a locker should be reported to the teacher. Lockers should always be

locked when the student is not in the locker room. Valuables should never be left in lockers in the locker room. Locker rooms are high theft areas. Always lock your locker and secure your valuables.

Locks are available to each student. Any lost or stolen lock belong to Elko High School will cost the student \$5. Due to many problems in the boys' locker room, it is recommended that boys provide their own locks, however, if they wish, they can check one out from the school.

Although the locker rooms are supervised before and after class, it is impossible for a teacher to be in there at all times. Therefore, with the amount of traffic going in and out this area is a haven for theft. To cut down on this problem the students must 1) lock their lockers, 2) not share lockers or their combinations with others, 3) check valuables in with their teacher or not bring them at all.

All PE teachers have access to the student lockers and may open them should a situation warrant. Teachers will not open one student's locker for another student. Students are not to share lockers.

The PE department does not have a lost and found. Also, the school is not responsible for lost or stolen items. Most lost and/or stolen items are the direct result of student neglect. When personal items are locked up they don't disappear.

FACILITY

Students are expected to help in the care of the PE facility and all equipment used. Students are responsible for putting all equipment away at the end of class. Misuse or abuse of any PE equipment or the gym area could result in the student paying for the damage and possible dismissal from class.

Absolutely NO gum is allowed in class. Gum and candy are not allowed in the gym area. Snacks and pop are never allowed during class even on days we don't dress out. Students who do not dress out for whatever reasons are not allowed to eat while class is in session.

The emergency doors located on the south side of each locker room are just that--an emergency exit. Students' should neither enter nor exit that door at any time. Boys are to use the door on the east side and girls are to use the door on the west side. The doors in front of the gym are not to be used during PE.

ATTITUDE

Attitude is a critical factor in the Physical Education Department. The students are expected to respect the teachers, fellow students and the facility. If at any time a problem should occur, appropriate measures will be taken. Disrespect of any nature will not be tolerated.

A poor attitude or disrespect could be exhibited in the following manner:

Profanity

Destruction of school property

Chewing gum in class

Eating and drinking during class

Wearing jewelry in class

Leaving class without permission

Fighting

Vaping or use of other illegal substances in or around the gym

Refusing to do what is asked by the teacher

Talking back to any teacher

Each of these infractions will be taken care of as they occur. Each teacher will deal with them as they see fit. Parents may be called. In some cases the student may be referred to an administrator.

ATTENDANCE

PE grades are primarily based on participation. Students cannot receive passing grades if they do not attend class. Any unexcused absence will result in a zero for that day. It is important that each student understand the district attendance policy. Please be aware of the following:

Excused absences: The student must present a valid admit received at the office at beginning of class the day they return. Failure to do so may result in an unexcused absence. Any student who is late or who has to be sent to get an admit will make up the time missed at the end of the period.

Prearranged absences must be cleared through the office before the absence

School prearranged absences are cleared by a coach or advisor before an activity. These students are actually considered present.

Truancy, skipping class, or unexcused absences are always zeros. These may not be made up.

Detentions and suspensions: students who miss class due to school discipline will be given zeros until that missed day(s) are made up.

Tardies will not be tolerated; students must be in class on time. When the bell rings, the students have five minutes to dress and return to their lines. Excessive tardies can result in detention and even suspension.

Makeup work is always the responsibility of the student. When a student is absent, they need to check with the teacher to find out what work needs to be done. Any missed class work can be made up except truanancies. PE makeup work is physical. Since the class is an activity class students will dress out and do

physical activity. The exception to this is written tests. **Makeup work, unless other arrangements have been made with the teacher, will take place during the merit period.**

Hazing, Bullying and Sexual Harassment

ECSD and Elko High School have a clear, concise policy regarding hazing, bullying, and sexual harassment. It is never allowed in any form in or around the classroom or school by students or staff. Any time an incident occurs in or around the gym, proper authorities will be notified.

Students are encouraged to report to a teacher or administrator any incident that could be hazing, bullying, or sexual harassment.

GRADING

Each teacher will have his/her own method of grading which will be in compliance with the Elko County School District. Teachers will issue deficiency notices whenever necessary. All teachers will be available for conferences should the need arise.

All classes will participate in fitness testing. This will be part of the grade.

Classes will condition twice a week after holidays.

Freshmen classes will have units consisting of team sports. Junior & Senior classes will cover the lifetime sports.

Grades may be adversely affected in the following ways.

Daily: tardies, truancies, not dressing, not participating, chewing gum, wearing jewelry, leaving class without permission, profanity, etc.

Skills: lack of makeup, failure on skills tests

Written: failure to makeup tests, failure to take tests

INFECTIOUS DISEASES

Due to the nature of the physical education facility and the number of people using that facility each day it is common for bacteria and other germs to grow, which increases the chance of infection and illness. Although rare these infections can cause serious illness and even death. With proper care and vigilance serious illness can be avoided. The P.E. faculty and maintenance staff will ensure that equipment and the

facility itself will be clean and disinfected daily. Each student should conscientiously practice the following:

1. Wash hands with soap and water after each class period or use hand sanitizer.
2. Do not share personal items including clothing.
3. Keep clothing clean. Wash clothing weekly.
4. Report any unknown skin lesions or rashes to the instructor.

Social Media/electronic devices

Although there are times in class when electronic devices are useful for a class assignment, generally they are not allowed. Students should lock up phones, ipods, ipads, and any other similar device in their locker or check it in with a teacher. These devices are not allowable in class for any reason unless a teacher gives permission for their use.

Students who violate this policy will first, surrender their phones to the teacher, second, be referred to an administrator, and finally be removed from class.

GENERAL

Class begins five minutes after the tardy bell. The shower bell rings with five minutes left in class.

Students are not allowed in the locker room once class starts. Use the restroom before and after class.

Please report all injuries to an instructor when they occur so that proper care can be taken.

Be sure teachers are aware of any and all health problems that may create problems in class.

Students are to report to their roll call area and line up once they are dressed. Roll may be taken at the end of class.

Students should keep teachers informed of anything that may cause a problem in class.

Phone use is for emergencies only. Cell phone use is not permitted during class, or in the locker room before and after class.

Electronic devices such as ipods are not permitted in class at any time.

All teachers in the PE department will enforce the same rules. Any teacher may correct any student who violates PE policy regardless of the student's assigned teacher.

Classes in the weight room follow the same policy as any PE class. Since the room has recently undergone extensive renovation we remind all students of the general rules.

No student dressed in street clothes is allowed to use equipment in the weight room.

No student is to be in the weights room unsupervised.

Please feel free to contact the PE department at any time regarding questions or concerns. The phone number at the Centennial Gym is 738.6242 or you may call the main campus 738.7281 ext 1124

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