

OC Physical Education Clothing Guidelines

Students need to be prepared to dress out for physical activities every day.

- A. Clothes can be purchased through the Assistant Principal's Office at any time throughout the school year.

\$10 Shirts \$15 Shorts \$15 Sweatshirts \$15 Sweatpants

First and last names will be printed in the white space on the clothing.

- B. If you choose not to purchase clothes through the school; all clothing items must follow the OC School Wide Dress Code.

1. Shirts: crew neck; short sleeves; grey, white or spirit day.
2. Shorts: black or navy color without buttons, pockets or zippers. Shorts must be worn at waist line and be appropriate dress code length.
3. Clothes will be labeled with student's first and last name for identification purposes and personal safety.
4. Sweatshirts can have zippers and pockets, but, must be removed for contact sports. Flannels and jackets are not to be worn.
5. Sweatpants can be worn at any time.
6. Baseball caps can be worn brim forward. Beanies need to be locked up.
7. Shoes should be appropriate for a wide range of physical activities. Rite Aids and slip-on shoes do not provide enough foot support and pose a safety hazard.
8. Sunglasses can be worn with a Doctor's prescription.

SDUHSD Medical PE Guidelines

The following are guidelines for students who are unable to participate in P.E. due to injury or extended illness.

1. A physician's note is required if an absence from P.E. extends past three class sessions.
2. The P.E. teacher will attempt to modify the student's program to meet the guidelines of the physician.
3. If modifications cannot be made, the student will be exempted from P.E. as provided by Ed. Code 51241. At the time of exemption, the student will exit and re-enter P.E. with the grade earned at the time of injury. During the period of exemption the student may be assigned as a TA.
4. If the injury extends past five weeks during the semester, the student will be given a temporary exemption and will be dropped if no modification can be made. If accommodations can be made they will return to the P.E. program.
5. The physician's note will include any modifications or restrictions on physical movement.