

July 2018

Dear Parent/Guardian

The PE department operates a kit policy. All students are expected to bring their PE kit to every lesson even when they are not participating due to illness or minor injury. This allows students to take a more active role in the lesson either as an umpire or a coach. It also promotes full integration within the lesson and prevents students from feeling like outsiders when they do not have their kit. In the case of extreme injury i.e. a broken leg requiring crutches, students will not be expected to change into their kit.

If students bring their kit but subsequently feel unwell they will be excused from the lesson. However, if a student fails to bring in their kit, the PE department will issue them with spare clothing in order for them to participate. The student will also be issued with a PE subject detention. Students who are injured and have their kit WILL NOT be expected to *play* any game or participate practically in a lesson. The wearing of kit makes them part of the lesson and will prevent them from getting their College uniform dirty if asked to umpire or organise teaching resources.

Before leaving the changing rooms, students MUST remove earrings or studs, necklaces, bracelets, watches, rings and other forms of jewellery in order to prevent injury to themselves/others and damage to these personal items. This is necessary to prevent the risk of injury during contact or collision sports. For health and safety reasons, students must have hair tied up and fringes that impede the eye-line must be clipped back with hair grips.

Following on from county advice it is recommended that all students remove spectacles during rugby or other contact sports unless it is crucial that they are worn; in this case they should contain safety glass. Guidance suggests that contact lenses, where applicable and comfortable, are a much safer method of eye care during PE lessons.

The Rugby Football Union (RFU) and England Hockey strongly advises that all students wear gum shields in rugby and hockey lessons. This is to prevent tooth or lip damage during contact or when tackled. These can be purchased from sports shops or the PE department for a reduced price of £3.00.

If you would like to discuss any of these issues further please do not hesitate to contact Mr Watson at the College.

Yours sincerely

Mrs S Bennett
Headteacher