



PE Department Policy

Clothing:

Please wear clothing which is appropriate for the activity that you are participating in and the weather conditions.

- Warm clothing; hoodie/long sleeved top.
- Waterproof jacket and trousers
- Bring a hat and gloves for colder weather
- Sports trainers should be worn and consider bringing a spare pair of socks and trainers to be changed into in wet weather.
- Sports top; t-shirt/top which falls below the waist band of what you are wearing on the lower half of your body.
- Sports leggings/shorts/tracksuit bottoms

Jewellery, Nails & Hair

- All jewellery should be removed prior to participation; it is the participant's responsibility to remove/make safe jewellery which is not visible.
- Nail extensions should not be worn in a practical environment to ensure the safety of the participant and the safety of others
- Long hair should be tied back prior to entering the teaching environment.