

Gunston Middle School Health and Physical Education Frequently Asked Questions

1. Why do students have to dress out to participate?
 - Safety, Security, Hygiene, and Performance

2. What does it mean to be “Dressed-Out” for PE?
 - Students wear the GMS PE uniform (Shirt and shorts), athletic shoes and socks. Shirts are tucked in, pants worn at the waist line, on or above the hips. Waistbands may not be rolled. Optional: sweats may be worn in addition to a GMS uniform but cannot be a part of the student’s regular cloths for the day.

3. Why are students not allowed to dress if they are tardy to class?
 - Allowing students who are tardy to class does not allow enough time for monitoring and a timely start of class. This is a safety and security issue.

4. Why do we have an Alternative Assignment?
 - The assignment is to ensure that all students not dressed out or otherwise are participating during PE without being a safety hazard or health concern to the rest of the students and themselves.

5. What is the Alternative Assignment?
 - It is a continual activity requiring a minimum completion of one-mile during a class period. That is, 18 laps around the main gym, six laps around the soccer field or two laps around the combined fields.

6. Are deodorants and lotions allowed to be worn to PE?
 - Students may use deodorants, but only “Stick type” no aerosols or sprays may be used. Lotions are permitted, be aware that sweet scented lotions may attract bees.

7. Are backpacks allowed in the locker rooms or gym?
 - No. Gym lockers are not large enough, and the backpacks themselves are safety and theft issues if left in the Gym or locker room environment.

8. Why do we require a physicians order for students to be excused from gym activity or to return to activity after injury or illness?
 - Concern for the overall health, safety, and wellness of the student and the liability of the student, parent, and school.

9. Why isn’t jewelry allowed to be worn during PE?
 - Jewelry is not allowed because it is a safety, security, and property damage concern. The PE department and school are not responsible for personal items, jewelry, backpacks, and PE attire, lost, stolen, or otherwise in the gym.

10. Are Locks Provided?
 - Yes. Locks are loaned to a student with the understanding that they will be returned at the end of the year. The replacement cost of a lock is \$7.00.

11. Can we bring locks from home?
 - No. Locks are specifically keyed to Gunston for safety, security, and other issues.

OVER for signature →

I have read and understand the above Frequently Asked Questions.

Parent Signature _____

Student signature _____

Date: _____