

For reasons of hygiene and security, the following rules apply for all physical education lessons.

1) Access to physical education, sports, gym halls and changing rooms

No access to these buildings is allowed unless directly authorized and/ or accompanied by a teacher.

2) Compulsory physical education equipment

a) Inside lessons:

- T-shirt and shorts/ training pants with "EEB 3" emblem.
- A pair of clean socks and appropriate sport shoes which do not damage the wooden parquet.
Canvas shoes and all-stars are not allowed. P.E. professors specify when a certain activity can be performed barefoot or with socks.

b) Outside lessons:

- The same as for inside sessions - even when the weather is bad. The "EEB3" sweat-shirt is allowed to be worn in addition in cold weather.

All students must change completely for their sports lessons. A shower is recommended after a double lesson.

3) Valuables

Pupils are not allowed to bring valuables to the changing room and to the sports lessons (jewellery, mobile phones and all kinds of electronic devices). Sports teachers accept no responsibility for loss or theft of articles in the sports complex. In any case, and for reasons of safety, any jewellery or watches must be removed prior to physical education lessons. If this is not possible, then they should be covered up with a wrist sweatband. Changing-rooms will be locked during P.E. lesson-time.

4) Identification of personal property

All sports clothing and personal property should be clearly marked with the identity of the owner. This should be clearly visible from the outside.

5) Inability to participate

- In the event of a short-term illness (up to one week), a letter should be written by the parents and presented **PERSONALLY** by the student to his/her physical education teacher.

- If the absence is longer than a week, a medical certificate is necessary and must be presented **PERSONALLY** by the student to his physical education teacher first, and then to his study teacher ("conseiller d'éducation"). This certificate can stay in force for up to **3 months only** and may be extended by further certificates.

- All officially excused students **must turn up at the beginning of each physical education lesson** for their presence-mark. Failure to do so will result in the student being marked "absent". Only the Physical education teacher will decide how the excused student will spend his/her time during the lesson.

- Excuse letters and medical certificates must be presented at the **beginning** of the period concerned and cannot in any way be retroactive information.

6) Lateness

Students who are late and therefore unable to participate in physical education, must go to the **study hall** and remain there for the **whole period** of the sports lesson(s). A late slip will be given and **must** be presented to the sports teacher at the end of the lesson(s).

7) Special Medical Conditions

Parents are requested to indicate at the beginning of the year any illness, physical condition or weakness of their children which might render certain activities inadvisable, or even impossible.

USE OF OUTSIDE SPORTS FACILITIES AND BALLS DURING PE CLASSES AND PLAYTIME / RECREATION

As in previous years, many sports lessons will take place outside. These formal sports lessons have **ABSOLUTE PRIORITY** over any other activity. As soon as PE classes arrive at the outside courts, all students must leave the area.

No 'personal' balls are allowed to be used in the enclosure of the school grounds at any time (ONLY DURING SPRINGFEST GAMES). PE teachers will give soft footballs, basketballs and volleyballs out, if there is space. They must be used accordingly (i.e. **NO KICKING BASKETBALLS**)

Teachers will distribute the **balls during the first 10 minutes of class and collect them 10 minutes before the end of class.** NO 1st, 2nd and 3rd year students will receive balls during free periods. Students **MUST NOT** enter the building to ask for or return balls.

The Physical Education teacher who teaches a class outside decides whether pupils can use a ball, and what particular type is acceptable.

In order to return a ball, pupils should ring the (light)bell and wait – **NO POUNDING!**

Pupils must ensure that balls are returned before the end of playtime or free period. They should not keep a ball for two consecutive periods without authorisation. If a pupil does not return a ball (due to loss or any other reason), he/she will be asked to pay **10 euro** for the ball to be replaced.

Pupils are requested to **play appropriately and respect other people** in the same area. Otherwise, the ball will be taken and the student will be sanctioned for his/her inappropriate behaviour.