# **AQUATICS CLASS PROCEDURES**

**MILLARD SOUTH HIGH SCHOOL**

## **GRADES 9-12**

**2014-2015**

Physical Education classes help provide the regular amount of vigorous physical activity which is so vital for the maintenance of good health. These classes help you establish a pattern of regular exercise and provide information necessary for physical fitness.

1. Locks and lockers: All students will receive a school lock at the beginning of the semester. The instructor will distribute locks. All students MUST use a school issued lock. Even if you are participating in a fall sport, and have an athletic lock, you must get a PE lock. Your sport season will end before the end of the semester and you will need your PE locker. You must return the lock issued to you when the semester ends. If you do not, you will be assessed a $5.00 replacement fee which must be paid before a grade is issued.
2. Locker room responsibility: You are responsible for your belongings in the locker room. You MUST lock them up. If you have money or belongings that will not fit into your locker, ask your instructor to lock them in the office until the end of the period. Everyone is expected to maintain a mature attitude in the locker rooms. Horseplay will not be tolerated. Any locker room problems should be reported IMMEDIATELY to your instructor.
3. Accidents and insurance coverage: All students are expected to have their own insurance coverage. ALL accidents and injuries are to be reported to your instructor, no matter how minor they may seem at the time.
4. Attendance and class participation: It is important for students to attend class every day. Physical Education is a PARTICIPATION based class. Make-ups are difficult and are done only at the discretion of the instructor. It is your responsibility to be in class on time and ready to participate. District policy will be followed in relation to extended absences. Seven non-school related absences would result in the student being placed in failing status. The student and instructor will work together to attempt to remedy the situation before the end of the semester.
5. Absences or non-participation due to illness or injury must be excused with a note, which will originate from the nurse’s office. All parent notes must go through the nurse’s office and after three school days of non-participation, a written physician’s statement will be required with limitations stated.
6. Students do not lose points for school related or excused absences, per school policy after a student has missed 7 classroom days a grade of zero will be entered into the grade book and the student has the option to make up those days.
7. Time schedule: Students are expected to be in the locker area before the second bell rings. Roll will be taken approximately eight minutes after the second bell. If you are not on the pool deck when attendance and stretches begin, you will be counted tardy and will lose 1 point for the day. Students are given 20 minutes at end of class to dress. Once dressed, exit the south gym locker rooms and stay in the pool area (not by the doors). Leaving the classroom after dress results in a truancy and loss of points for the day.
8. All students are expected to act in a mature, responsible manner when in class. This includes treating all students and the instructor with the dignity and respect that they deserve. There will be no tolerance for rudeness, disrespect or unsportsmanlike conduct. The consequence for this type of behavior will be a referral to the appropriate administrator.

MILLARD SOUTH’S PHYSICAL EDUCATION COURSES ARE DESIGNED TO ENHANCE YOUR ABILITY TO LIVE A FULL AND HEALTHY LIFE. YOUR ACTIVE PARTICIPATION CAN MAKE THIS A FUN AND REWARDING EXPERIENCE.

Additional Policies and Procedures for the Pool:

**No Dress/Parent and/or Doctor Excused:**

1. If a student is no dress the student will lose 4 points for the day. The student will sit down on the pool deck against the south wall.
2. If a student is parent or doctor excused (with note) the student will not gain or lose any points for that day. It is treated as an “excused absence”.

**Facility:**

1. No One is permitted upstairs without permission from the Instructor. Please refrain from using any of the dryland equipment found throughout the pool.
2. No One is permitted in the Coaches/Swimmers offices without permission from the Instructor.
3. Unless given permission to enter storeroom please ask to use the equipment.

**Equipment:**

1. Please take care of the pool equipment; we have a limited supply of fins/goggles/snorkels and masks.
2. Clean up after yourselves! Take pride in YOUR school!

**Classroom Conduct:** (2 Rules)

1. Respect your school, this facility, classmates, and your teachers.
2. With all the background noise in this pool I ask that you DO NOT talk while the instructor is talking.