



VMHS Physical Education

Policies and Procedures

PE Dress Code

- **PE Attire** – All students must dress out in appropriate PE clothing everyday as described below:
- PE Shorts and Shirts – Students may choose from one of the following three clothing choices:
 - VMHS PE shirt and shorts (purchased from school)
 - VMHS school sponsored spirit wear t-shirt in PE/school colors
 - Plain navy knee length shorts and a plain heather gray t-shirt (both must be free of logos, writing or other graphics)
 - Leggings that are below the knee in navy or gray
- NOTE: All clothing must NOT be modified – no ripped, torn, or sleeveless clothing may be worn, modified clothing will result in a non-suit (See below). Clothing must be labeled for identification with both first and last name. No sharing PE clothes is allowed.
- Shoes – Appropriate athletic shoes are required (cross trainers are recommended). All shoes must be rubber soled and lace up. No slip-ons, slides, Crocs, etc.
- Cold weather clothes – Sweatshirts and sweatpants are acceptable. They must be in school colors: Navy or heather gray. Again, they may not have logos, except for VMHS logos. They must also be labeled with your first and last name. Sweatpants are available to purchase through PE. Sweatshirts must be worn over your PE shirt.

Loaner Policy



- **Loaner Policy** – Students who forget their own PE clothes may check out freshly cleaned loaners with their Student ID cards (no exceptions) from the PE office on a one-day basis. All loaners must be returned at the end of the class on that day. Students are limited to three (3) loaner checkouts a semester.

Non-Suit and Tardy Policy

- **Non-Suit/Refusal to Dress Out Policy** -Students that refuse to dress out are defiant and in violation of the Physical Education Policy and result in receiving **zero credit** for that class with no opportunity to make up that class.
- 1st non-suit - Warning
- 2nd non-suit – Detention
- 3rd non-suit – Saturday School/OCI
- 4⁺⁺ - OCI and further disciplinary action

- **Tardy Policy** – Students are expected to be in the locker room when the tardy bell rings. Once the tardy bell rings, students have 10 minutes to dress and exit the locker room. Students arriving after the tardy bell will be marked tardy. After 10 minutes, anyone not dressed and out of the locker room will be marked tardy. Students that arrive after the 10-minute period will not be allowed to dress out, therefore receiving a non-suit for the class period.

Locks and Lockers

- **Locks and Lockers** – Locks will be issued to each student at the beginning of the school year. Each student is required to have an assigned small locker and a second hanging lock. Sharing lockers or locks is NOT allowed. Personal locks are not allowed and will be cut off immediately. Students assigned small locker will be for storing PE clothes and other personal items. Students will use a large locker during their class period for storing their backpacks and other belongings. These large lockers are not assigned and must be emptied at the end of each period. Leaving personal belongings unattended or unsecured in the locker room may result in loss or theft as is not allowed. VMHS and the Physical Education Department are not responsible for lost or stolen items. At the end of the year, lockers must be cleared of all personal belongings and the lock must be returned in good, working condition. Students that do not return lock or not returned in good condition will be charged a replacement fee.