

**COMMACK UNION FREE SCHOOL DISTRICT  
COMMACK HIGH SCHOOL**

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Physical Education Safety Guidelines

Our students' health and safety is always our main concern. To help ensure a safe physical education learning environment, the district has developed and adheres to specific safety guidelines which are described below:

- Medical Clearance  
Students must have full medical clearance to participate in PE Class and receive credit. Doctor's notes requesting partial participation or participation with stipulations are not accepted. ***Any student-athlete who is not fully cleared to participate in physical education class is ineligible to participate in athletics.***
- Jewelry  
Jewelry causes a significant safety hazard in the physical education environment. Students are not permitted to wear jewelry other than stud earrings that are flush to the ear on either side. To prevent loss, it is highly recommended that students leave all jewelry at home on PE days. Any students wearing jewelry will not be allowed to participate and will be marked as unprepared. This will result in a lowering of their grade. ***There are no exceptions to this important safety rule, including new piercings.***
- Appropriate Attire  
Appropriate clothing and footwear are also important in ensuring the safety of students within the physical education environment. Appropriate footwear means traditional sneakers with rubber bottoms and significant traction. Students should also wear clothing such as sweat pants/yoga pants; shorts, tee shirts and/or sweat shirts. These allow for freedom of movement and full participation in physical education.

Thank you for your continued support of keeping our students safe.