

Safety First, Always

Accidents can and sometimes do happen, and they can have serious consequences for you and your friends. To get the most out of your H&PE class, safety must be first and foremost in our minds both in the gym and on the field.

Paying attention to safety concerns is mandatory for all students, all the time. Here are the minimum safety requirements for all students taking this course:

Safety First, at all Times

Wear the appropriate protection (e.g. a helmet, eye protection, wrist, knee, elbow, and mouth guards) in sports & activities that require it. Always begin with a warm up & end with a cool-down. Wear the correct clothing & footwear, and keep shoelaces tied up.

Obey & follow the rules of the game or activity.

Safety in the Gym

Never consume food or soft drinks, or chew gum in the gym. Allocate a pair of running shoes to be worn in class & never outside. Do not use the gym as a “short cut” from class to class. Never be in the gym unsupervised.

Safety on the Field

Check the field for any cans & bottles, and report any broken glass to your teacher. Wear appropriate footwear, such as cleats, especially on wet fields. Look for and report any irregularities, such as holes, in the field.

Safety in the Weight-Room

Listen carefully and apply the proper lifting & spotting techniques presented by your teacher. Check cables & resistance tubing for tears & rips, and report them to your teacher. Keep fingers & feet clear of moving machines and report all jammed weight stacks to your teacher.

Do not attempt to clear weight jams by removing pins or plugs yourself. Return all free weights to their original location after you finish using them. Use a towel to wipe sweat from machines or mats. Use a weight belt as instructed by your teacher.

Tie back long hair. If the weight-room is left unlocked unintentionally, report it to your teacher. Never workout in an unsupervised weight-room. Always workout with a “training buddy” and call upon others if additional spotters are needed. Respect your classmates’ space and avoid “horseplay” at all times.

Safety in the Swimming Pool

No jewelry No gum chewing No running on deck Do not enter water without permission No diving in shallow end No shoes on deck No food or drink (water only) If not participating, students must sit quietly and complete assignment (no phones/cameras)



























































