

SI

SPORTING INFLUENCE

Improving Social Skills Through Sport

Clothing, Hair & Jewellery



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Clothing

All children should wear school PE uniform for Sporting Influence lessons. This is normally a white t-shirt, black/blue non-branded shorts/trousers/leggings and trainers unless your school has a specific uniform policy. Footwear should be suitable for wet weather and sport and have suitable ankle support, open-topped shoes, boots and ballet pumps should not be permitted. A coat/hoody/ fleece can be worn during cold weather, along with hats and gloves if required.

Jewellery

No jewellery should be worn. Nationwide Regulations and Guidelines state that jewellery of any kind (including earrings and ear studs) should be removed for physical education because of the danger of injury to the wearer and/or other pupils in the class. Jewellery does stretch to watches, including smartwatches. Bracelets worn for religious grounds should be covered by wristbands throughout PE.

Children should be able to remove their jewellery before a P.E. lesson. Where this is not possible, parents should remove any jewellery prior to attending school when P.E. activities take place. If children do attend with jewellery on and cannot remove it, the Sporting Influence staff member should amend the task to ensure participation is safe for the individual; Sporting Influence staff should not remove any jewellery.

Hair

Long hair can impair vision and cause injury to the eyes if it contacts others. Sporting Influence asks that all children with long hair, hair which reaches the shoulders, be tied back or held back in place with a headband. If the hair is not long enough to tie back, but the fringe is long and can impair vision, then it should be held back in place with a headband.