

SI

2021

CLOTHING, HAIR & JEWELLERY IN PE POLICY



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 schools has a specific uniform policy. Trainers should be suitable for wet weather, sport and have suitable ankle support. A coat/hoody/ fleece can be worn during cold weather, along with hats and gloves if required.

Jewellery

No jewellery is to be worn. North Yorkshire County Regulations and Guidelines state that jewellery of any kind (including earrings and ear studs) is removed for physical education because of the danger of injury to the wearer and/or other pupils in the class. Whenever possible children should be able to remove their own jewellery before a P.E. lesson. Where this is not possible parents should ensure that jewellery is not worn on days when P.E. activities take place. Earrings should not be covered by microporous tape or plasters due to risk of infection. Jewellery does stretch to watches, including smart watches, these can cause injury to others and can be broken easily during sport.

Hair

Long hair can impair vision and cause injury to eyes if it contacts others. Sporting Influence ask that all children with long hair, hair which reaches the shoulders, is 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.