

## Health and Safety Issues in Physical Education

The PE department would like to inform and clarify to parents some of the issues in terms of Health and Safety equipment for invasion games (hockey, rugby and soccer) and swimming. We have taken advice from National Governing Bodies and BAALPE (British Association of Advisors and Lecturers of Physical Education) and we would like to advise you of the following:

Compulsory	Suitable trainers (see below) Studded boots for <b>all</b> rugby/soccer lessons/matches. Shin pads for soccer rugby and hockey <b>matches</b> .
Strongly recommended	Shin pads for soccer, rugby and hockey <b>lessons</b> .
Recommended	Goggles for swimming lessons/galas (see below) Please note students who wish to wear contact lenses whilst swimming should consult their optician for advice.

### Trainers

Trainers should be appropriate for PE lessons; they must give suitable grip and offer cushioning for heel and ankle support particularly for high impact work. Fashion type flat soled trainers are not suitable for Physical Education and should not be worn.

### Swimming kit

Parents/students will be notified by the PE Department if and when swimming kit is required.  
Boys – blue/black shorts/trunks no longer than knee length  
Girls – one piece costume

#### Swimming goggle safety

- Ensure your child knows how to put them on and take them off correctly.
- When not wearing them, the wearer may sustain direct contact eye injury, eye irritation or infection.
- When wearing them the wearer may sustain damage to the eyes when putting them on or taking them off or through a blow to the goggle lens.
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**Contact lenses** – We will accept no responsibility for students wearing contact lenses – please contact your optician for advice.

**If a student needs to be excused from a PE lesson the parent/carer must contact the academy via email in advance of the lesson explaining the request. Long term issues, lasting 2 weeks or more, will require a doctor's certificate.**