



MANJIMUP SENIOR HIGH SCHOOL

AN INDEPENDENT PUBLIC SCHOOL

Ms Kerry Mather, Principal

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Aim High

HEALTH AND PHYSICAL EDUCATION

SAFETY REQUIREMENTS

CLOTHING

It is a requirement in Physical Education subjects that students dress appropriately for sporting lessons this includes the following:

- Sports shirt or sleeveless top including polo shirts, football jumpers and racer back singlets. *Students should be mindful of sun conditions and change tops accordingly.*
- Tracksuit pants, gym tights or shorts
- Enclosed footwear must be worn unless permission is given to remove them. Students are required at times to wear sports specific footwear such as correct trainers and football boots.

Students are required to change for all practical lessons

FOOTWEAR

It is an Occupational Health and Safety requirement that all students *must have on appropriate footwear* to participate in sports lessons. The following footwear is recommended to increase personal performance and reduce the risk of injury.

Examples of recommended footwear include	Footwear not recommended for sport:
<ul style="list-style-type: none">• Trainers• Football Boots (as required)	<ul style="list-style-type: none">• Ballet Flats• Ugg boots• Heels• Skate shoes• Volleys

Students who do not wear correct footwear, as instructed by their teacher, may be unable to participate and considered unprepared for the lesson.

MOUTHGUARDS

Dental injuries are the most common facial injury in sport. They can keep players out of sport for a significant amount of time and often prove costly.

In order to reduce oral injuries, Manjimup Senior High School *strongly recommends* that students wear mouth guards during training sessions and official games. Any student that does not take the advice to use a mouth guard does so at his or her own risk.

There are many types of mouth guards currently available on the market today. These range from over the counter products to the professionally fitted custom guard. *Sports Medicine Australia* recommends a custom-fitted mouth guard to accommodate the uniqueness of each individual mouth. A poorly fitted mouth guard offers minimal protection and risk blocking the airway of an unconscious athlete. As part of the educative process on facial injuries in sport, Physical Education staff at Manjimup Senior High School will continue to promote the possible outcomes from facial contact in sports.

SUN SAFETY

Manjimup Senior High School strongly encourages the sun protection strategies outlined below:

- The use of SPF 50+, broad spectrum, water resistant sunscreen is encouraged.
- All students are advised to wear a hat when outdoors.
- Students should wear sun protective clothing.
- Positive role modelling of sun protection behaviour is demonstrated by parents, school staff and volunteers on the school site and during off-site activities, such as excursions.
- Before sunscreen is applied at school, parents are asked to inform the school if their child is allergic to sunscreen
- During vigorous physical activity in hot conditions or where large quantities of perspiration are generated, drink breaks should occur or opportunities be provided to replenish fluids. This is to avoid any problems with dehydration.

OTHER REQUIREMENTS:

Throughout each term, students are advised of any sports specific safety equipment that may be necessary for particular sports. Some specific requirements may include:

- Shin pads
- Strapping
- Personal Medications
- Sports braces

If you have any queries please contact me at the school on 9771 3400.

Kind Regards
Josh Rayson
Head of Learning Area
Health and Physical Education

