

MS/HS PE Dress Code



All students in MS/HS must adhere to the following dress expectations/requirements during all PE lessons, team trainings and competitions, and ASAP activities:

1. T-shirt or long sleeve shirt. High cut (v-cut or round-cut) collar is required. When a student's arms are raised over their head, the lower abdominal and back should remain covered.
2. Athletic shorts. Shorts must be functional and sport specific. (i.e. Shorts that may be suitable for basketball may not be suitable or functional for soccer). Short-shorts are not permitted.
3. Track pants or training pants. A safe length of pant requires that the bottom of the pants should not be able to slide under the soles of the feet.
4. Jewelry, accessories, and hair. Watches, hats, rings, ear-rings, bracelets, facial piercings, and over-sized necklaces are not permitted during physical activity. Long hair should be tied back behind the head or secured with a hair band. Note: Necklaces with small pendants which are concealable beneath a tee shirt collar are allowed. Stud-like ear-rings that do not hang below the ear lobe are allowed.
5. Sports shoes. Appropriate sport shoes must be worn during physical activity. It is recommended that socks are worn at all times. When participating in indoor activity, outside sport shoes will not be permitted.

Note: Shoes with arch/bridge support are recommended for physical activity.

6. Any clothing which exposes undergarments, the midriff, or the top of the thigh is not considered appropriate dress for PE lessons, team trainings and competitions, and ASAP activities.