

## **INSTRUCTION**

### **Standard Instructional Program**

#### **Physical Education—Appropriate Dress and Personal Hygiene**

This regulation supersedes Regulation 3210.

##### **I. PURPOSE**

To establish guidelines for student dress and personal hygiene related to participation in the physical education program.

##### **II. DRESS**

Appropriate clothing must be worn by all students participating in physical education classes.

###### **A. Elementary School (K-6)**

1. Students participating in physical education classes taught by a physical education specialist or a classroom teacher must wear tennis, gym, or running shoes designed to provide support and prevent injury.
2. Special clothing may be worn at the discretion of the teacher for specific activities, for example, gymnastic shoes, leotard, or gym shorts during gymnastics.

###### **|| B. Middle or High School**

1. Appropriate clothing (other than what has been worn to school) must be worn by all students participating in physical education class. Examples of appropriate clothing are:
  - tennis, gym, or running shoes designed to provide support and prevent injury.
  - socks.
  - gym shorts.
  - gym shirts.
2. Fairfax County Public Schools will provide an opportunity for students to purchase a standard gym uniform.

3. Special clothing may be worn at the discretion of the teacher for specific activities, for example, leotards for gymnastics, or street clothes for golf.

**C. Availability of Appropriate Clothing**

Principals are responsible to see that all students have the use of required shoes and clothing.

**D. Accommodations**

Students requesting exemptions from physical education class because of religious reasons related to dress cannot be approved. Instead, accommodations for dress must be presented to parents and/or guardians. Examples of accommodations include wearing a head covering because of religious reasons or beliefs and wearing long garments that cover the arms and/or legs because of exposure and/or religious reasons or beliefs.

**III. SHOWERING**

For sound health and hygiene, showering after participation in vigorous physical activity is highly recommended, although showering is optional for all middle and high school students. The local school principal or his or her designee may modify the showering options when a student's medical condition indicates that showering would be appropriate or detrimental to his or her health and welfare.