



## Springs Christian Academy Physical Education Department

The Physical Education Department has a dress code for all students which we have summarized below.

- Students are to dress modestly. *1 Timothy 2:9 "I also want you to dress modestly; with decency and propriety."*
- **Preschool to Grade 2** students do not change for P.E. classes, they only require socks & non-marking, indoor runners.
- **Grades 3 to 12** students are to change into P.E. clothing for each class; to participate in P.E. classes they **MUST** have their P.E. attire.
  - **Grades 3 – 11** must be wearing an SCA T-shirt (cost of \$15.00 available for purchase at the PE offices.)
  - Students are required to wear **loose fitting** shorts or sweat pants. Length must be no shorter than mid-thigh. Please no spandex or jeans.
  - The hems of t-shirts and sweat tops **must** extend below the waist when arms are raised.
  - For health reasons all students must wear sports socks to class.
  - Proper non-marking running shoes must be worn in the gym. For safety reasons, backless runners or **skate board shoes are not allowed.**
- **Earrings** - Long or dangling earrings are not permitted and must be removed for P.E. classes. Studs are discouraged, but allowed under the understanding of potential consequences, and are worn at own risk. If parents send their child to P.E. classes with "sleeper or stud earrings", SCA will not be responsible to remove the earrings for P.E. class, & SCA will not be responsible for any injury that may result.
- SCA is not responsible for lost or stolen items, including jewellery.
- A fresh change of clothes is recommended weekly. For health reasons, daily fresh socks are recommended.
- Students with long hair must have it tied away from their face.
- Deodorant is required for students in Grades 5 through 12. (No spray deodorants)

Thank you for reviewing these expectations with your child.

SCA Physical Education Department

