



## A note from the GYM:



### A Change of Clothes.... For Safety's Sake

**Grades 3 to 5 students are required to have a change of clothing for Phys Ed. Students in K- Grade 2 are encouraged to dress accordingly for Phys Ed. (no skirts, sandals, dress shoes, tight fitting clothes, etc.)**

ANY STUDENT without proper gym clothes may be asked to sit out. A student will be excused if they have a note from home explaining why they are not able to have clothes for that day.

The “Manitoba Physical Education, Health and Safety” document recommends the following:

#### **Clothing:**

Due to personal hygiene and safety reasons, students are required to change into gym clothes. Shorts or sweats, and a t-shirt are best for classes. When looking for these items try and look for clothing without buttons or zippers on them as they could cause a problem in getting caught on equipment, or by just landing on them in a fall. Although zip- off pants seem to be the trend, the zippers are a safety concern and should be avoided.



#### **Shoes/ Footwear:**

At Crestview School, students seem to be sliding a lot on the gym floor, and that is a safety concern of ours. Several shoes were found to have a hard rubber sole. The bottom of these shoes are so hard there is no grip to stop them from sliding. Shoes with ‘*white moulded*’ bottoms are found to become hard and lose their *grip* quickly. When shopping for gym shoes, try to look for shoes with a rubber sole, staying away from the ones with white moulded bottom. If the bottoms have a sole that will not go hard, they will *grip the floor better, and therefore your child will be safer in being physically active.*



#### **Different types of shoes:**

In buying shoes I recommend a cross trainer, which is a shoe that will be good for all activities. A cross trainer provides great cushion, good balance and support to your growing child's feet.

#### **Gym Bags:**

Gym Bag and contents should be labelled with student's name and room number.

**I hope these tips are helpful in choosing safe, appropriate clothing and footwear. If you have any questions, please contact the phys. ed. department at Crestview School.**

*... Active Kids... Healthy Future.*

