

# **MAPLES PHYSICAL EDUCATION**

## **RULES**

- **TREAT EVERYONE WITH RESPECT**
- **TREAT ALL EQUIPMENT WITH RESPECT**
- **ACT IN A MANNER THAT PROMOTES STUDENT SAFETY**
- **DO NOT ENTER GYM OFFICE OR EQUIPMENT ROOMS WITHOUT PERMISSION**
- **CHANGE FOR CLASS INTO A DIFFERENT PAIR OF CLOTHES THAN WHAT YOU CAME IN (Hygiene)**
- **USE INDOOR RUNNING SHOES IN GYM**
- **WEAR APPROPRIATE CLOTHING FOR THE GYM. NO HATS, FLIP FLOPS, OR BOOTS.**
- **SPECTATORS ARE NOT WELCOME DURING CLASS TIME**
- **NO FOOD OR DRINKS IN GYM, WEIGHT ROOM, OR FITNESS ROOM**
- **INTRAMURAL PARTICIPANTS MUST BE CHANGED IN ORDER TO PARTICIPATE**
- **PARTICIPATE TO THE BEST OF YOUR ABILITIES**
- **BRING A DOCTOR/PARENT NOTE IF YOU ARE UNABLE TO PARTICIPATE DUE TO INJURY OR ILLNESS**