



CLOTHING, HAIR & JEWELLERY



CAMPS



SCHOOLS



FOUNDATION

Clothing

All children should wear school PE uniform for Sporting Influence lessons. This is normally a white t-shirt, black/blue non branded shorts/trousers/leggings and trainers, unless your schools has a specific uniform policy. Trainers should be suitable for wet weather, sport and have suitable ankle support. A coat/hoody/fleece can be worn during cold weather, along with hats and gloves if required.

Footwear

Footwear should always be safe, appropriate and support the ankle. School shoes, in particular ballet pumps, boots and heeled shoes, should not be worn during physical activity. If a child does not have appropriate footwear for the PE lesson they will be given a non-participation role.

Jewellery

No jewellery is to be worn. We ask for jewellery to be removed for physical education because of the danger of injury to the wearer and/or other pupils in the class. Whenever possible children should be able to remove their own jewellery before a P.E. lesson. Where this is not possible parents should ensure that jewellery is not worn on days when P.E. activities take place. Earrings should not be covered by microporous tape or plasters due to risk of infection. Jewellery does stretch to watches, including smart watches, these can cause injury to others and can be broken easily during sport. Sporting Influence staff will do their utmost to allow everyone to engage in a PE lesson by developing non-contact roles or playing non-contact sports & games when it is not possible to take earrings out.

Sporting Influence will use their professional judgement to ensure children are able to engage in PE and sporting activity where safe and possible.

Hair

Long hair can impair vision and cause injury to eyes if it contacts others. Sporting Influence ask that all children with long hair, hair which reaches the shoulders, is tied back or held back in place with a headband. If the hair is not long enough to tie back, but the fringe is long and can impair vision, then it should be held back in place with a headband.