

## HEALTH AND SAFETY

The department has a number of H&S measures in place. To help you and others participate safely within the lessons and facilities please read our article on Health and Safety on the schools web site in the PE and Sport section.

### Heat

Heat and humidity require extra caution for children taking part in outdoor physical activity. More information on this can be found on the schools web site in the PE section, but we would still like to reiterate the importance of preparing oneself for activities in Oman's climate. Dehydration is a main cause of heat related illness and this should be counteracted by drinking the proper fluids regularly. Other reasons that may cause fatigue and illness are diet and physical fitness. We urge all students to come to lessons prepared. The students are educated on signs and symptoms of heat exhaustion, but on some occasions this advice is ignored, resulting in heat related illness.

### Hats

All primary school children are required to wear a hat for PE. These should be baseball caps as the new school hats fall off when the children run.

In Secondary school, we strongly advise that children wear hats. Parents are encouraged to help educate their children. If it is a requirement on the part of the parent, please write a note in your child's organiser and we will mark in the register that it is a parental request that a hat must be worn.

### Mouth Guards and Shin pads

These are not a requirement of PE and it is at the parents discretion if they wish their child to wear them. Again, if it is a requirement on the part of the parent, please write a note in your child's organiser and we will mark in the register that it is a parental request that these items must be worn.

### Hair

Pupils with long hair must have hair tied back away from their faces whilst participating in PE and Swimming. Should a pupil forget their hair band then they must see the nurse before coming to the lesson for an alternative.

### Jewellery

Jewellery is not permitted to be worn in PE or swimming. This includes: necklaces, rings, earrings, watches, bracelets, cloth or rubber bracelets, and large plastic hair grips. Those students who cannot remove earrings or studs must use a plaster to cover them. These must be provided by themselves or the parents.

### Showers

Pupils are encouraged to shower at the end of each double period of PE and at the beginning and end of swimming.