

The Healthy Active Living Code of Conduct

The Basics:

- Arrive to class on time every day in suitable gym clothing that allows you to participate fully and safely every class. You have a maximum of 5 minutes to dress and a maximum of 10 minutes to shower and change at the end of every class.
- Always wait until the teacher opens the gym door before entering. All activity must be supervised.
- No food or drink other than water is allowed in class. Do not arrive with your lunch or snacks before class and expect to eat it.
- Store any valuables in your locker or bring them with you in a sports bag to the gym or field. The change room is not locked consistently during class. Every semester some students will have property stolen, don't let that be you.
- Always recognize potential threats to your and other students' safety. Don't engage in behaviour that you know is dangerous. This includes but is not limited to wearing safety goggles, kicking basketballs or volleyballs, hanging on the basketball rims, or using the weights without a spotter. Always use equipment for its intended purpose and recognize that you are responsible for the consequences of your actions in class. Immature actions by an individual or small group of students can have repercussions on the entire class.
- Bring a water bottle and towel to class every day. If you give your best effort, you will want to rehydrate and shower. Always work to your full potential.
- Students may leave the gym only to use the washrooms and fountains. Wandering the halls at any time during class is unacceptable and may result in loss of privileges. At the end of class, students are expected to wait at the doors leading to the front foyer. If students pass beyond this area, don't be surprised if the class will be required to wait in the gym for the bell. This expectation applies even if the class is returning from being off property – at the arena or fitness centre.

The Next Steps:

- Students using the weight room in the gym must be trained, sign a code of conduct form and have a partner to spot all lifting. Failure to follow these basic rules results in the suspension of privileges.
- Full participation includes attendance, behaviour and effort. Heart rates are often used to determine effort in class. The better shape you are in, the harder you must work to elevate your heart rate. Remember nobody ever improves when unwilling to try.
- Students are expected to be exemplary sportsmen. Cheer your classmates on, lead by example, if you are very good at a particular activity help another student. Make your teammates better by your actions during class.
- Excellent sportsmen never sweat when participating in an activity. Remember, the gym and field are our classrooms, be on your best behaviour always.
- When going to the arena students must walk or run there and back. The expectation is that you use this time as a warm-up and cool-down to your workout. Travel by automobile is **NOT** permitted.
- Always be on your best behaviour and maintain safe participation (especially for supply teachers). Be good representatives of our school.

Excellent Students always...

- Give their best mature effort in every sport and fitness activity.
- Set up and take down all equipment. Arrive on time and leave on time.
- Complete assignments – especially those involving consistent tracking throughout the term.
- Work diligently to achieve fitness and skill goals.
- Make the class better because you are there.
- Have fun every day and do your best to ensure that everyone else has fun too!