



# Safety protocol - Physical Education & Health

## Katedralskolan

### To all students and guardians

In accordance with course plan for Physical Education & Health it is required that all students show regard for his/her own safety as well as the safety of others when participating in the chosen activities. It is for your and your fellow students' safety.

### General

- Follow instructions carefully. Even simple exercises may bring risk.
- Always use proper equipment for the activities, clothes and shoes.
- Everyone takes part in bringing forward and removing used equipment during the lessons in a safe manner instructed by the teacher.
- If you use the school's gym facilities on your own it must be restored to its proper condition afterwards.
- Outdoor clothing, bags and valuables must be placed where the teacher instructed.
- In case of an accident – notify your teacher immediately or any other staff on site. If necessary, call 112.
- It is every student's responsibility to inform the teacher of any medical conditions or complications that might increase risk during lessons.
- Gym facilities can only be used if a teacher of Phs.Ed. & Health is informed.
- All usage of gym facilities without supervision by teacher is at the student's own risk.

### Activities outside school

- It is the student's responsibility to travel safely to the given location.
- It is the student's responsibility to bring necessary medication (allergies etc.) to class and give the teacher instructions on how to handle and emergency if necessary.
- Follow general rules.

### Swimming

- If you do not know how to swim inform your teacher as soon as possible. Being able to swim is considered to be able to swim 200m in deep water without having to stop.
- No student is allowed to be in the pool before or after class.
- Follow general rules.

### Does the student know how to swim? (Mark your answer below)

Yes

No

### Does the student have any medical conditions that may affect the student's ability to participate during class or any medicine that needs to be taken before participating?

Yes

No

We have read the safety protocol and understood its content (signed by both student and guardian)

**Student signature**

**Class**

**Guardian signature**

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