







Physical Education at Westlane



Safety First, Always

Accidents can and sometimes happen, and they can have serious consequences for you and your friends. To get the most out of your H&PE class, safety must be first and foremost in our minds both in the gym and on the field. The minimum safety requirements for all students taking this course are:




Safety First, at all Times

-  Wear the appropriate protection (e.g., mouth guards, eye protection) in sports & activities that require it.
-  Always begin with a warm up & cool down.
-  Wear the correct clothing & footwear, and keep shoelaces tied up.
-  Obey & follow the rules of the game or activity.






Safety in the Gym

-  Never consume food or soft drinks in the gym.
-  Never be in the gym unsupervised.

Safety on the Field

-  Check the field for any cans & bottles, and report any broken glass to your teacher.
-  Wear appropriate footwear, such as cleats, especially on wet fields
-  Report any irregularities, such as holes to your teacher

Safety in the Weight-Room

-  Listen carefully and apply the proper lifting & spotting techniques presented by your teacher.
-  Report any equipment irregularities to your teacher
-  Return all free weights to their original locations after using them
-  Use a towel to wipe the machines after using them
-  Always work in partners