**PDHPE/Sport Uniform**
The College PDHPE sports uniform must be worn for all practical lessons in PDHPE, Thursday sport, carnivals and representative sporting teams. The College sports uniform consists of:

- MSCW polo shirt
- MSCW shorts
- MSCW tracksuit
- MSCW sport cap
- White sport socks
- Appropriate white joggers/runners. No slip-on type, casual or fashion shoes. All runners must support the feet and contain laces.

For safety reasons, students cannot participate wearing jewellery, incorrect footwear or incorrect uniform. Failure to have the correct uniform may result in the inability to participate in the practical lesson, which could then affect their class mark and grade in PDHPE.

**Non-Participation Policy**
MSCW has a non-participation policy to increase and encourage student commitment to the PDHPE program. If a girl fails to commit to the program, they miss important learning opportunities. The process outlined below seeks to ensure that every girl has the opportunity to maximise their learning in the PDHPE environment. It also ensures fairness and equity for all students.

**Non-participation process:**
1. First and second offence within a unit:
   - If a girl fails to bring parts or whole of the PDHPE uniform/equipment = **PDHPE Green Slip**
   - Parent/guardian is notified by the class teacher of the infringement, through the College diary
   - Class teacher records each infringement
   - Girl is required to complete work from their PDHPE handbook or complete topic specific worksheets during the lesson

2. Third offence within a unit:
   - “as above” and;
   - Official ‘Notification of non-participation’ letter sent to the parent/guardian

3. Fourth and subsequent offences:
   - “as above” and;
   - Further incidents may lead to notification to the Deputy Principal.
Exemption notes:
a) Substitute Uniform
In the case of not having a correct and complete uniform, students are to provide a note in their College diary from their parent/guardian outlining the reason for this, signed and dated by their parent/guardian.

Substitute suitable attire may be worn for that single lesson. If a note is not presented the girl is deemed as not having PDHPE uniform (refer to process above).

b) Illness and Injury
Students who are not able to participate in PDHPE due to illness, injury or a medical condition are to provide a note in their College diary detailing this reason, signed and dated by their parent/guardian.

Sunscreen
MSCW is a sunsmart school. The supply and application of sunscreen is a highly effective form of sun protection that is advocated.

Implementation of the sunscreen policy:
• All PDHPE staff and students are actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+)
• Sunscreen is available for all outdoor lessons from the PDHPE department, and will be distributed at the start of the lesson by the class teacher.
• No girl or staff member will be required by the school to wear sunscreen against their wishes.
• Students and staff are able to use their own personal sunscreen as opposed to school-supplied sunscreen, but colored zinc styled creams etc are not permissible.

Change-rooms
Students are to use the change-rooms in PDHPE to change into their sports uniform and for roll call. Under no circumstance is any student permitted to enter, or be in, the change-room without a teacher present. Students are given 10 minutes from the start of each lesson to change into sports uniform.

Your belongings will remain in the change rooms during practical lessons, which will be locked. However students are reminded to leave valuables in their locker, or not bring them to school.

In the change-rooms, aerosol deodorant is not permitted, as it can trigger asthma attacks. Please bring and use roll on anti-perspirant deodorant.

Personal Protective Equipment
The role of protective equipment in sports is to prevent injury from accidental or routine impacts. All students are to provide their own mouthguard for PDHPE lessons requiring their use. If a mouthguard is not brought to lesson, students will not be permitted to participate in that lesson.