

Dear Parents,

In order to ensure smooth and safe sports lessons, we would like to ask you to read through and observe the following rules concerning sports lessons at the European School Munich with your child! The rules below are, among others, excerpts from the brochure "Schulsport" of the Bavarian State Ministry for Education and Culture, cf. https://esmunich.de/fileadmin/Website/Downloads/Hoehere_Schule/HS_Sport_Info.pdf. Guardians are asked to take note of the entire brochure.

The right sportswear

- A short-sleeved T-shirt (no undershirt) and short sports trousers (for girls also a gymnastics suit) allow freedom of movement, good helper grips and keep the risk of injury low.
- Soft, fitting and sweat absorbing socks
- Suitable sports shoes

Additionally we recommend a tracksuit

- For warming up to prevent injuries
- As protection against the cold during exercise breaks, between competitions, in cool sports halls in the transitional period and in winter or as protection against the cold and wind during outdoor sports

Please make sure that the sportswear is washed regularly and does not remain sweaty in the sports bag!

Not suitable for physical education classes are:

- Street clothes (little freedom of movement, risk of accidents, lack of hygiene)
- Street shoes (danger of slipping or twisting, dirt, damage to the floor of the hall)
- Sporting activities in stockings, tights or barefoot without sports shoes (great risk of injury, e.g. from slipping or getting caught, risk of catching a cold, lack of hygiene)
- Wide, long sleeves or trousers (danger of getting caught, helper grips cannot be used)
- Jewellery (risk of hurting yourself and others).

The suitable sports shoe

Perfectly adequate for indoor and outdoor all-weather sports instruction is the "Universal Indoor Sports Shoe" (e.g. basketball or handball shoe).

Sports shoes worn in the sports hall should not be worn on the street. They bring dirt into the sports hall, thereby increasing the risk of accidents (risk of slipping) and the risk of spreading pathogens. If the indoor sports shoe is used outdoors, the shoe must be thoroughly cleaned before further use in the sports hall.

For spectacle wearers

The particular risk of injury when wearing glasses that are not suitable for school sports is expressly pointed out. Expert advice on the necessary requirements for glasses suitable for school sports can be obtained from an optician, for example.

Fairness

School sport is not only fun, excitement, enthusiasm and a test of strength. Carefree, accident-free and joyful sports lessons also include fair and cooperative behaviour.

Parents can use their influence to help ensure that their children participate in physical education with a fair and responsible attitude. Pupils can actively make school sport fair by respecting classmates, accepting the rules of sport, being helpful, respecting school material, cooperating and taking responsibility.

Accident insurance cover

As with all school events and on the way to and from school, pupils are also insured against accidents during school sport via the school. This insurance cover is non-contributory. If, despite all safety efforts, an accident should nevertheless occur for which a doctor is called upon, we ask you as parents to pay attention to the following:

- Notify the school to prepare an accident report.
- Tell the doctor that it is a school accident
- Do not accept private billing unless this is your/your express wish!

Compulsory attendance

Students are required to arrive to class in sports appropriate attire and on time. In case of injury/illness, parents are asked to excuse the child in writing from active participation in class. In case of prolonged complaints (longer than one week), parents are asked to hand in a medical certificate (copy to Mrs. Weidel and original to the responsible sports teacher).

Pupils can only be excused from the practical parts of PE lessons on the basis of a doctor's certificate, depending on the duration, by the PE teacher in consultation with the educational advisors or the school management. Depending on the nature of the illness, pupils may nevertheless be present at physical education lessons. Here they can experience the theoretical contents and make themselves useful in the class community (e.g. as referees at ball games).

An exemption from physical education for special reasons can only be made by a written request, which is processed by the responsible physical education teacher, responsible educational advisor and the school administration.

An unexcused, repeated, inactive participation in the physical education class will be evaluated with a grade deduction in the A-grade or even with the fact that no A-grade will be given. In principle, as in all other subjects, attendance is compulsory in PE lessons. The PE teacher is responsible for the supervision of your child during PE lessons.

Injuries/illnesses/allergies

Parents should inform the school (nurses AND PE teacher) about any special health or physical impairments their child may have (e.g. heart defects, allergies, asthma, epilepsy, haemophilia, diabetes, growth disorders, eardrum injuries etc.) as well as during and after infections (e.g. flu). This will enable the PE teacher to tailor the intensity of practice to your child and provide the correct health care. Adequate vaccination protection against tetanus must also be provided.

Valuables

Students are asked NOT to bring their valuables to PE class, but to keep them safe in their school locker. No liability will be accepted for the loss of valuables!

Parents are welcome to also visit the PE teacher at the parent consultation day to enquire about their child's development.

With best regards,

The sports council