

Locker Room Orientation Notes

- Directions:**
1. Do not write on this page!
 2. Copy these notes in AVID format with a BLUE or BLACK PEN!
 3. Do not write on the back.
 3. Write 2 appropriate study questions on each page of your notes.
 4. Write a 2-3 sentence summary at the bottom of each page.

I OUTSIDE

- A. NEVER enter any PE facility (locker room, gym, or annex) without a teacher
- B. Keep out of the "No Student Zone" between the fitness center and the lunch court
- C. Line up single file; do not bunch or crowd the entry area
- D. Do not knock, kick, or bang on the doors or windows or you will be sent to the end of the line or given a detention
- E. Enter orderly – no pushing, running, yelling

II LOCKERS

- A. You will be assigned a locker; you may not switch
- B. You must register your lock's combination and serial #; if you switch locks be sure to inform the P.E. office
- C. Your locker is ONLY for P.E. clothes; you may not keep books, musical instruments, laptops, etc..
- D. You may not return between classes, at lunchtime or after school to get anything left in your locker – including cell phones!
- E. No food, gum, candy, drinks – ants
- F. No aerosol, glass or mirrors
- G. Do not change in the restroom – others need to use them
- H. Change directly in front of your locker, not standing on the bench
- I. Do not share you combo with anyone
- J. If you need help, ask a teacher –not the person next to you
- K. Hang lock correctly so the dial is facing out- lock it
 1. Do not put your lock on the bench or floor; hang it and lock it on your locker after opening it
- L. Most backpacks will fit in lockers; if yours does not see a PE teacher
- M. Remove all jewelry except stud earrings and put them in your pencil case
 1. Small items get lost/fall through lockers
 2. Pencil Case to keep small items:

a. Brush/comb	d. Pen/pencil
b. Deodorant (stick or roll-on- no aerosol)	e. Band aids
c. Lotion	f. Cologne (no glass)
- N. Make sure nothing is hanging out of your locker before closing it; make sure nothing is near the hinges
- O. Check the bench & floor around you before leaving to make sure everything is locked up
- P. Always check your lock – turn the dial before you leave
- Q. If your lock is facing in, you probably for got to lock it or left it out – it is a reminder
- R. Do not "hang out" in the locker room; get dressed and get out!

III PE CLOTHES

- A. You must wear your own clothes,
 - 1. labeled clearly – Last name, First initial in black permanent marker
 - 2. You may not share your clothes or borrow clothes from a friend = referral
- B. Keep an extra pair of shoes and socks in your locker
- C. Check the “Sweats Sign” before putting on sweats
 - 1. You must wear your PE. shirt & shorts under sweats
- D. Take out PE clothes and put backpack in locker first
 - 1. As you remove your school clothes, put them in your locker; not on the bench!
 - 2. DO NOT layer PE clothes over school clothes=non-suit
NO tanks/wife-beaters
 - 3. DO wear proper support garments
- E. On Fridays, you need to take your clothes home to wash them
 - 1. Make sure you bring them back on Mondays
 - 2. Save the bag you bring your clothes in to use to take them home on Fridays
- F. If you forget your clothes, you must get loaners – it is not optional
 - 1. See TA at the loaner room – DO NOT enter loaner room
 - 2. You need a student ID to get loaners
 - 3. Consequences: 1st = warning, 2nd = detention, 3rd = referral; no ID = lunch detention
- G. You may not wear PE clothes to other classes
 - 1. After class, change back into your school clothes

IV. LOCKER ROOM

- A. No loud noises, yelling or singing
- B. Always knock before entering the office
- C. Pick up your trash, leave the locker room clean – this goes for the bathrooms too! (paper towels)
- D. Report any accidents/spills
- E. Exit same doors – Never go through the gym unless directed to do so by a teacher
- F. Lockers are 13 years old – no scratches, stickers, graffiti
- G. You may personalize/decorate your lock – not your locker; don't cover the serial # on the back
- H. The locker room is NOT open after school.

V. RESTROOM

- A. GO before class
 - 1. Your teacher will not write you a pass during class!
- B. Do not clean your shoes in the sink or in the bathroom!
- C. Do not hang out in front of the mirror!

VI LOST & FOUND:

- A. Lost & Found is in our office
 - 1. If you find something, please turn it in to a PE teacher
 - 2. If you lose something, please check with a PE teacher in the office

ASK FOR TA's