



Guidelines – Physical Education Class Waiver

In order to participate in the Avon Lake City School District's Physical Education waiver program, the student and parent/guardian will need to successfully complete the following requirements.

1. The front page of the *Application for Physical Education Class Waiver* form must be completed and turned in to the Head Coach or the Avon Lake High School Marching Band Director at the beginning of the activity that the student desires to use for the Physical Education waiver. Applications may be picked up in the Guidance office of Avon Lake High School, the Guidance office of Learwood Middle School or the Athletic Director's office of Avon Lake High School.
2. Successfully complete **2 full** seasons of an activity in **good standing** during **2 different** school years. The student **may not** use the waiver for their senior year.
3. The student shall be required to complete **one-half unit**, consisting of at least 60 hours of instruction, in another elective course of study. The student **may not** use the same course for credit more than one time (as per the Ohio Department of Education). The ODE requires that all students complete at least **5.5 units of electives** to fulfill graduation requirements (ODE).
4. The Physical Education waiver statute specifically limits the participation of students desiring to apply for the Physical Education waiver to interscholastic athletics, marching band, cheerleading, and JROTC. There is no authority granted to a board of education to include any additional participation (Ohio Department of Education).
5. Activities performed during the school day may not count towards the fulfillment of the Physical Education waiver (Ohio Department of Education).
6. All required paperwork for the successful completion of the Physical Education waiver must be turned in at the end of the activity/season. When all paperwork is turned in the Head Coach or the Band Director will sign the waiver for the appropriate year verifying completion of all requirements.
7. After both years (2 waiver years) of the waiver are completed and the Head Coach or Band Director have verified completion with their signature, the waiver form must be submitted to the Guidance office by the student. Making sure that the Physical Education waiver process is completed is the responsibility of the student.
8. The Avon Lake City School District reserves the right to modify or revoke this waiver program at any time.
9. If a student transfers from the Avon Lake City School District after receiving the Physical Education waiver, the student is still responsible to adhere to the requirements of their new district. The waiver may not transfer to the new school district (Ohio Department of Education).

The Avon Lake City School District's Physical Education waiver program shall consist of **two areas** that each student must successfully complete for **two different school years** in order to be granted the Physical Education waiver – the Verification of Completion of a sport/activity and an Additional Activity as listed below.

The student will earn points as he/she progresses through the Physical Education Waiver process and must score **6 points** total to successfully complete the Physical Education waiver. This will be done in the following manner: Complete 2 full seasons in 2 different school years = **4 points (2 points per activity)**. Select one Additional Activity per year from the provided menu and successfully complete the activity = **2 points (1 point per year)**.

Additional Activities

1. **Document at least 10 hours of physical fitness activities outside of the selected activity.** This list would include:
 - a. Off-season conditioning supervised by team Coaches/Marching Band Director
 - b. Documented personal fitness/skill training with a certified personal trainer
 - c. Documented participation in road races and charity walks (for example marathons, ½ marathons, 5k, 10k walk-runs, Walk for a cure, Race for Grace, etc. If the event is for a charitable purpose, the time also counts towards the student's community service credit).

The student is responsible for keeping clear, accurate records and documenting their activities. Documented activities must have the signature of the supervising adult for verification.

2. **Complete the Avon Lake Physical education workbook/handbook.** This document is available in the Physical Education and Health Department office located in room 302. Upon completion of this workbook/handbook, the student must have a member of the high school Physical Education staff sign off on the completed book.
3. **Complete a 14-day food journal.** Include all meals and snacks with nutritional values of each (grams of fat, carbohydrates, and proteins). After completion of the food journal, the student will explain how their nutritional intake was or was not relevant to the activity they were involved in. The student will also explain how they could make adjustments to their diet to be more beneficial to the activity level that they are involved in. The food journal itself will be several pages, while the evaluation must be a minimum of 1 page.

Food journal example:

Day:	G protein	G carbohydrates	G fats
Breakfast:			
Lunch:			
Dinner:			
Snacks:			
Totals:			

4. **Attend preseason coach parent meeting that will include a nutritional component for athletes and sign up (follow) the Avon Lake City Schools Healthy Habits Twitter account.** This account will provide weekly information and helpful tips regarding ways that the individual may enhance their personal health. Signed verification of attendance at the preseason coach/parent meeting and Twitter account sign-up is required.