THE BUCKINGHAM SCHOOL

An Ofsted Graded Good School

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21st October 2026

Dear Parent / Carer,

Health and Safety in PE

I hope your child has enjoyed their first half term so far this academic year in PE.

I recently attended a workshop on *'Safe Teaching in Physical Education, School Sport and Physical Activity'* run by the Association for Physical Education (AfPE). As a school, we are governed by AfPE guidelines across all Physical Education and Sport provision to safeguard our students and ensure their health and safety remains our highest priority. During the course, we were able to discuss matters within our individual schools as well as broader issues across the sector and nationally. I felt it was important to write to you following this workshop to address a few key points specifically relevant to our community at The Buckingham School.

Staff accompanying our school teams are appropriately qualified (including First Aid) and carry First Aid kits. In the event of a serious injury, staff will contact parents and accompany the student to the hospital if necessary. All students participating in school matches are covered by the school's insurance policy. Furthermore, staff involved in delivering our Rugby provision, across both the curriculum and extra-curricular clubs, complete the RFU's HEADCASE programme; a concussion awareness and education resource.

Below is specific safety and kit information related to outdoor sports, alongside key reminders from our official School Uniform policy. The policy is available here and is also linked in this email.

Football and Rugby

- Students are advised to wear shin pads for Football, gum shields for Rugby and studded boots for both sports. Studded footwear may feature moulded or metal studs.
- Trainers or non-marking sports shoes must be worn for indoor/court activities, but appropriate outdoor studded footwear is required on pitches.

Key Uniform Policy References: PE Kit, Jewellery, and Prohibited Items

For your convenience, our full The Buckingham School Uniform Policy has been sent along with this letter. Please find the relevant section and page references below regarding PE requirements and prohibited items:

1. PE Uniform Standards (Page 9)

- General Guidance: *"Please note that in each case, plain black means that the garment should have no logos visible."*
- Compulsory PE Items: The Buckingham School black t-shirt with logo (Uniform Direct), 1/4 zip PE top (Uniform Direct or plain black), black shorts (Uniform Direct or plain black), white sports/trainer socks, long black socks (for football/rugby), football boots, non-marking trainers, hairbands for long hair and personal safety equipment (shin pads and gum shield etc).

- Prohibited PE Items / Footwear:
    - Trainers or 'Astro' turf trainers are not permitted on grass pitches for rugby/football (studded boots required).
    - Any PE garments featuring visible non-school brand logos.
    - Standard jogging bottoms (only plain black sports leggings/tracksuit bottoms are permitted).

2. Strict Jewellery & Piercings Policy (Page 8)
According to AfPE *"all jewellery, watches, and body piercings (including retainers and expanders) be completely removed at the start of every physical education lesson, swimming session, fixture and extra-curricular sport*'.

- Zero Jewellery Rule in PE: As explicitly stated on page 8:
  "No jewellery to be worn whilst taking part in PE and Sport'.
- Absolute Removal Requirement: Under no circumstances is any item of jewellery; including rings, bracelets, necklaces, or watches, permitted during PE lessons.
- Piercings & Retainers: While page 8 specifies that *"One pair of stud or sleeper earrings"* or *"Discrete retainers for other piercings"* are permitted during general classroom wear, all piercings and retainers must be completely removed for PE.
- Prohibited Items in School (Page 8): The policy strictly forbids:
    - *"Large earrings, dangly, hoops or stretchers"*
    - *"Facial or body piercings"*
    - *"Any other form of jewellery, e.g. rings"*
- No Taping or Sweatbands: Covering piercings or jewellery with tape or wrist sweatbands is not allowed as an alternative to removal. If a student has a new piercing that cannot yet be taken out, they will not be permitted to participate in practical physical activity until it can be fully removed. We strongly advise that any new/ future piercings are planned for the start of the summer holidays to allow adequate time for healing.

Spare PE Clothing & Footwear Available
We want to ensure all students can fully participate in every lesson. Please note that the PE department holds a range of spare clothing and footwear; including trainers and football boots, which students are always welcome to borrow if they forget an item. All spare items are regularly washed and readily available in the PE department.

If you or your child have any questions or queries regarding Physical Education or uniform expectations, please do not hesitate to contact me. I thank you in advance for your continued support.

Yours faithfully,

Mr J Ribbans
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