



MAST ACADEMY

Policies, Procedures and Course Information

Course Title: Dual Sports II and Water Safety

Mrs. Hendrickson

Room Number: Aquatics Facility

Credit: One Semester - Dual Sports II
One Semester – Water Safety

Fees: SCUBA \$150 (this may change)
(additional certification Fee):
Lifeguard Training, First Aid, CPR/ AED \$ 45

Phone number: (305) 365 6278 x2233

Best time to call: 12:30-1:00

Best day: M-F

Teacher Assistance Times: By appointment

Course Objective:

Students will learn the skills and knowledge needed to prevent and respond to aquatic emergencies. They will learn the responsibilities of management and how to interact with the public. They will also become familiar with how to recognize and care for victims of injuries, sudden illness, and breathing emergencies. They will develop swimming, snorkeling, SCUBA and sailing skills that will help them to be safe in, on and around the water.

Online class courses: Lifeguarding online
SCUBA Manuel online

Significant projects:

American Red Cross certifications issued for Lifeguard Training, First Aid, CPR for the Professional Rescuer, SSI Certifications are issued for SCUBA.

Field Trips

Snorkeling, kayaking, South beach lifeguarding, SCUBA=School Fees must be paid

Evaluation (*minimum of two per week*):

Observed performance of skills, skill tests, written tests, pop quizzes and homework assignments

Grading Scale:

Individual Assignment Letter Grades Entered by Teacher into Gradebook	Associated Assignment 100- Point Scale (Use for Converting to a Letter Grade)	9- Weeks Grade	Associated 9- Weeks Grade Range Scale for Averaging	Used by ISIS for Course Grade Averaging
A	100 – 90	A	4.0 – 3.5	4
B	89 – 80	B	3.49 – 2.5	3
C	79 – 70	C	2.49 – 1.5	2
D	69 – 60	D	1.49 – 1.0	1
F	59 – 0	F	0.99 – 0	0

X	Student is excused from activity, does not affect the grade	N/A	N/A	N/A
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Evaluation Techniques:

The final nine-week grade is determined equally by observed performance, skill tests, and written tests, quizzes, and homework. Nonparticipation by a student will have the following effect on their observed performance grade:

First nonparticipation noted as a warning	
Second instance	grade dropped one letter
Third time	grade dropped another letter & parent contact
Fourth time	grade dropped another letter & notify counselor
Fifth time	grade dropped another letter & notify administration

Other instructional supplemental supplies and materials:

1. White T-shirt
2. navy shorts
3. white socks/ tennis shoes
4. a one-piece swimsuit for girls or boxer style swimsuit for boys.
5. Water shoes are required for boating activities. A closed (non-sandal) type water shoe is recommended.
6. A swim cap is required for anyone whose hair is shoulder length or longer.
7. Snorkel with mask
8. goggles
9. Warm-up suits, hats, sunglasses, eyeglass lanyards, and swim goggles are optional.

Shorts and underwear are not acceptable substitute for the required swimsuit. A MAST-Academy – provided lock is required. Non-school purchased locks will be cut and removed from the locker.

The school store sells school shirts and shorts, swim caps, and goggles. The store accepts cash or check made payable to MAST ABC. Other sources are acceptable for these supplies. Locks are \$5.

Dress-out procedures:

Students will be expected to dress every day unless the teacher notifies the class to do otherwise. Look for a notice on the bulletin board. Students are to dress and be in class for roll ten minutes after the tardy bell. Students will be given 20 minutes at the end of class to shower and dress.

Locks and Lockers:

- Rules are subject to change based on Covid rules.

Each student is required to supply a physical education lock purchased from the school. This lock is his/her own personal lock. Lockers will be assigned by the instructor in the locker room. Any student caught using a large varsity locker that has not been assigned to them will have the lock and items

removed, and their conduct grade dropped one letter. Books, clothes, shoes, and valuables must be stored in the locker during the student Physical Education period. Items too large to be stowed in the locker may be stored in the teacher's office. Lockers are not to be used as a book locker for long term storage. The locker room will be closed during each period and during lunch.

Locker room Monitor

Lockers to be cleaned out by June 2, 2023

Locker room rules:

1. Lock all belongings in locker before leaving the locker room.
2. Don't leave your locker unattended if it is not locked.
3. Don't leave swimsuits hanging outside of the locker or in the drying room to dry.
4. Don't share lockers with other students.
5. Turn showers off after use.
6. Help keep the locker room clean.
7. No food, gum, or drink will be tolerated in the locker room, weight room, or during class participation. Sodas purchased in the locker room must be consumed outside either before or after class.
8. No horseplay.
9. No glass containers.

Excuses:

If you are to be excused from Physical Education, you must bring a note from home. **This note must have your full name, the dates to be excused, the reason, and a parent's or guardian's signature.** If you become ill the day of the activity, this note must be provided within five school days. An articles summary will be required for each day excused (as discussed below)

Menstrual cycle:

Students are expected to participate in water activities during their menstrual cycle. A medical note is required if you need to be excused for this reason. You will be expected to dress in gym suit and tennis shoes for an alternate assignment.

Here are a list of websites to purchase items to swim with if you do not use tampons.

www.pantyprop.com

<https://lunapads.com>

www.modibodi.com/product-category/teen/

Injuries:

Injuries are to be reported to your instructor at once. Accident reports will be completed. If the injury requires medical attention beyond first aid given at school, you must notify the instructor to add the information to the accident report.

Classwork Make-up Policy:

Two items must be handed in

1. written summary

2. form for physical make up

For all approved absences, which include field trips, work for other teachers, medical excuses, and permissible absences from school, classwork must **be made up within one week** of returning to school. A student must make up for lost work by finding an article related to health, fitness, or marine related activities in the newspaper, magazines, etc. They must bring in a copy of the article, as well as their written summary. Summaries failing to show appreciable effort may be rejected. Plagiarism will

result in an F on the assignment and may be subject to a referral to the administration. For make-up purposes, 100 minute periods count s two classes and require two such assignments.

Attendance Procedures and consequences:

Tardy to class:

Students must be in the Physical Education facility or class room before the tardy bell rings. Grade will also be affected if you are not dressed out and in class for roll check within ten minutes of the tardy bell.

First tardy:	tardy noted as a warning
Second tardy:	conduct grade dropped another letter
Third tardy:	conduct grade dropped another letter & parent contact
Fourth tardy:	another grade dropped & referral to counselor
Fifth tardy:	another grade dropped and referral to administration

Absent from class:

Recorded as unsatisfactory until permissible admit is received. F for each unsatisfactory absence will be given. Student will be “blue slipped” to the attendance office if their name does not appear on the attendance list. Students are not allowed to be detained by another teacher without prior approval. Failure to give prior notification to attend a field trip will be considered unsatisfactory.

Homework Incomplete or Missing:

Recorded as an F if not turned in on time or turned in the next class if absent.

General information:

Jewelry is not recommended. No jewelry that dangles is to be worn during any physical activity. Lost uniforms can be claimed from the instructor or in the lost n found box. Students may not leave class before the passing bell without a hall pass. If they finish dressing early, they may wait in the hall of the PE building or in other designated locations. **Do not go into the cafeteria** or into the building to wait for the bell.

The conduct grade may be affected by not following directions, excessive talking, consuming food or drink during class, or failing to bring proper materials for class. The first infraction will result in a warning. Each subsequent violation will result in a drop in conduct grade.

Every student will be required to fill out a walking field trip form in order to participate in physical activities adjacent to the school site (jogging path across the street and path located behind the school)

School Insurance:

For athletics Student Pays \$30.00 (Mandatory for Participation in sports)

For All students 24 hour Insurance \$ 80.00

Please see attached form

*Field trips

*Fire Drills

*Code Yellow and Red

*First bleachers

Homework

- 1. MAST White T-shirt & MAST navy shorts**
- 2. a one-piece navy swimsuit for girls or boxer style navy swimsuit for boys.**
- 3. Water shoes are required for boating activities. A closed (non-sandal) type water shoe is recommended.**
- 4. A swim cap is required for anyone whose hair is shoulder length or longer.**
- 5. Snorkel with mask (First unit)**
- 6. goggles**
- 7. insurance forms and money (if applicable)**
- 8. forms signed and turned in**
- 9. toiletry item (towel, shampoo, soap etc.)**
- 10. Locks are \$5.**
- 11. Sign up for Schoology**
- 12. Sign up and pay for lifeguarding on OSP.- TBA**

I have read and understand the Policies and Procedure for Ms. Hendrickson class and agree to follow the procedures to the best of my abilities.

Name:(print)_____

Signature:_____

Parent Name (print)_____

Parent/Guardian Signature_____

Parent email & phone
number:_____
