

SIGN IN!

REMEMBER, THE MEETING IS MANDATORY

PE WAIVER ORIENTATION

BHS | SPRING 2011-12

SPECIFIC WAIVER REQUIREMENTS

- **MUST** be an organized program and state or **NATIONALLY** sponsored competitive sports/activity
- The sport/activity must require at least 5 hours of structured activity per week for the entire semester (of the requested waiver)
- Must be approved by the BHS Administration

YOU DO NOT NEED A WAIVER FOR THE FOLLOWING BHS SPORTS:

FALL

Cheer
Cross Country
Field Hockey
Football
Water Polo

WINTER

Basketball
Soccer
Swimming & Diving
Wrestling

SPRING

Badminton
Baseball
Crew
Golf
Lacrosse
Tennis
Softball
Track & Field
Volleyball

Upon the your successful completion of the season you will receive 5 credits on your transcript. It will show up as “Athletic Credit” (Term).

POPULAR CLUBS THAT REQUIRE WAIVERS

JUDO

Mountain Biking

Rugby

Ultimate Frisbee

ABSC Soccer

El Cerrito Soccer

EXAMPLES OF ACCEPTABLE SPORTS

- ✓ ABS Soccer
- ✓ Shawl – Anderson Dance
- ✓ YMCA
- ✓ Ultimate Frisbee

Keep in mind that the activity must be **NATIONALLY sponsored.**

EXAMPLES OF UNACCEPTABLE SPORTS

- Yoga to the People
- BHS Softball
- BHS Basketball
- Finger-painting
- Foosball

Please note that these are just examples of sports that are not acceptable. Please refer to the BHS Course Catalog for complete information.

YMCA WAIVERS

**They are a special process, the orientation
will be immediately after this**

OR

The makeup session...

@ the Y on Thursday February 16, 2012 at 4:30 PM

FLOWCHARTS ARE FUN

FIRST

Fill out
WAIVER

Get Letter
from coach

SECOND

Turn in
WAIVER &
LETTER to
Attendance
Office by

2/21/12

THIRD

Turn in
COMPLETED
waiver to
Attendance
Office

5/22-6/1

WAIVER PROCESS - STEP 1

Fill out Part 1 (Semester and Year) & STUDENT Part 2:
The part you need to fill out is in orange.

ALL STEPS MUST BE COMPLETE TO RECEIVE PE CREDIT

1. Semester and Year of Waiver

| Fall Semester (YEAR) | Spring Semester (YEAR) | Summer Semester (Year) |
|----------------------|------------------------|------------------------|
| N/A | 11-12 | N/A |

STUDENT:

2. Student Molly Ringwald ID NUMBER 1234555 Date 2/3/12
First Name Last Name

NOTE: An official description on letterhead from the participating organization must be submitted, before approval.

WAIVER PROCESS – STEP 2

Have your coach or sponsor fill out COACH/SPONSOR Part 3.

Do not have your coach sign Part 4 yet (blue).

NOTE: An official description on letterhead from the participating organization must be submitted, before approval.

COACH/SPONSOR:

3. By signing this document, I am validating that this student is participating in an organized program, which meets the specific physical education requirements as outlined above. I am also providing an official description of said activity on our company letterhead. Coach/Sponsor Signature) _____ Date _____
Phone Number _____ Email _____

4. Coach/Sponsor signature needed upon completion of the program

Coach/Sponsor _____ Date _____
Signature

WAIVER PROCESS – STEP 3

Your coach **MUST** provide a letter on official letterhead.

The letter must have:

- Your name & the date
- Your coach/sponsor's name and contact info
- Assurance that you are meeting state physical standards and competencies through the activity
- The specific number of hours per week you will be doing the activity for the entire semester
- Your coach/sponsor's signature
- This signature must be from the same person who signed your waiver on both Parts 3 & 4

WAIVER PROCESS – STEP 4

- Take your wavier & letter to the Attendance Office (D134).
- Sign in with your name and ID number.
- They will look over the waiver to make sure it is complete.
- They will immediately return the yellow portion of your wavier to you.

IT IS YOUR RESPONSIBILITY TO HOLD ON TO YOUR YELLOW COPY
UNTIL YOU NEED YOUR COACH'S FINAL SIGNATURE!

The due date for this is: **Tuesday, February 21st, 2012**

FINALLY IT'S THE END OF THE SEMESTER!

STEP 5

Take your yellow waiver and get your coaches signature on Part 4.

Remember that this signature has to come from the same coach that signed your letter and Part 3 of your waiver.

Turn in your completed waiver (yellow)
at the Attendance Office (D134)

From 5/22/12 - 6/1/12!

IMPORTANT DATES

| What | Where | When |
|------------------------------------|--------------------------|------------------|
| Waiver & Letter | Attendance Office (D134) | TUE - 2/21/12 |
| Notified of any Denial or problems | IN CLASS | by 3/2/12 |
| Completed Waiver DUE | Attendance Office (D134) | 5/22/12 - 6/1/12 |

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5/22-6/1

QUESTIONS

Have any?

Let us answer them now.

- IF you are already participating in PE or a BHS Sport you cannot get a waiver in addition. **NO DOUBLE CREDIT allowed!**