



St. Athanasius Athletics Dress Code Policy

Introduction:

At St. Athanasius School, we believe that dressing appropriately for athletic activities is essential for safety, comfort, and promoting a sense of unity among our student-athletes. This dress code policy is designed to establish guidelines for student-athletes' attire during practices and competitions to ensure a positive and respectful environment for all participants. We encourage students and parents/guardians to review and adhere to this dress code to support a successful and inclusive athletic program.

General Guidelines:

Uniforms:

Student-athletes are required to wear the official team uniform provided by the school for all competitions. The uniform includes a jersey/top and shorts or pants specifically designated for the sport. Uniforms must be clean, in good condition, and worn as intended. Any undergarments should be colored **black** in order to foster a consistent unified team appearance.

Footwear:

Proper athletic footwear is essential for safety. Student-athletes must wear appropriate sports shoes suitable for their respective sports. Cleats, if necessary, must be the recommended type for the specific sport and must be in good condition.

Jewelry and Accessories:

For safety reasons, jewelry such as necklaces, earrings, bracelets, and rings should not be worn during practices or games. Exceptions may be made for medical alert jewelry that is secured and poses no risk of injury.

Hair:

Hair should be pulled back and secured if it interferes with vision or safety during activities. Hairpins, bands, and other hair accessories should be designed to minimize injury risk.



Weather-Related Guidelines:

Cold Weather:

During cold weather conditions, student-athletes should wear appropriate layers such as long-sleeved shirts, sweatshirts, or jackets as needed to stay warm. These additional clothing items should adhere to the school's dress code and may not obscure the official team uniform. For example, in cold weather, student-athletes on the cross-country team may wear moisture-wicking base layers under their uniforms for added warmth.

Hot Weather:

In hot weather, it is crucial for student-athletes to stay hydrated and cool. Appropriate athletic attire, such as lightweight, breathable clothing, and a hat, may be worn as long as it does not compromise safety or the integrity of the official uniform. For instance, soccer players may wear moisture-wicking, short-sleeved jerseys and shorts during hot summer practices.

Practice Attire:

Tops:

Student-athletes should wear comfortable, moisture-wicking tops appropriate for the sport. T-shirts or tank tops are generally acceptable, as long as they do not contain offensive graphics or messages (i.e. basketball players may wear breathable, moisture-wicking jerseys or appropriately lengthened tank tops during practice. Clothes should not be ripped or torn (i.e. no cut-off tees)

Tank tops are allowed as long as they adhere to the "three-finger rule." This means that the bottom edge of the crop top should extend to a point where it is no higher than three fingers' width above the top of the athletic shorts or pants. This also means shoulder straps (applied to sleeveless shirts or tank tops) should be wide enough for three fingers to fit inside the strap. By incorporating the "three-finger rule," we ensure that tank tops are worn in a manner that maintains adherence to the dress code while allowing for comfort and flexibility during athletic activities.

Bottoms:

Athletes should wear sports-specific shorts or pants suitable for the activity. These should allow for ease of movement and comfort. Additionally, bottoms should not expose the buttocks or undergarments when engaged in athletic activities. Ensuring proper fit and coverage is essential to maintain compliance with the dress code. For example, track and field athletes may wear appropriately lengthened shorts or pants during practice sessions.



Footwear:

Proper athletic footwear is crucial during practice to prevent injuries. Student-athletes should wear appropriate sports shoes that provide support and traction for their specific sport. For example, tennis players should wear tennis shoes during practice sessions.

Hygiene and Personal Grooming:

Personal Hygiene:

Student-athletes are expected to maintain good personal hygiene and cleanliness. This includes regular showering, use of deodorant, and proper care of athletic clothing and equipment.

Personal Grooming:

Any grooming products, such as cologne or perfume, should be applied in moderation to ensure a pleasant environment for all participants.

Consequences for Dress Code Violations:

Verbal Warning:

For minor dress code infractions, coaches or staff report the violation to the Athletic Director (AD). The AD may provide a verbal warning to the student-athlete and discuss the issue with the student and their parents/guardians.

Written Warning:

Repeated or significant dress code violations may result in a written warning, which will be communicated to the student's parents/guardians.

Suspension:

Continued and deliberate dress code violations may result in suspension from athletic activities or competitions until the issue is resolved.

Conclusion:

St. Athanasius School encourages all student-athletes to adhere to this dress code policy to promote a safe and inclusive athletic environment. Parents/guardians are encouraged to support their child's compliance with these guidelines. By doing so, we can ensure that our student-athletes can focus on their sports, improve their skills, and enjoy their athletic experiences to the fullest extent possible.