

**GLENDALE UNIFIED SCHOOL DISTRICT
HEALTH SERVICES**

October 31, 2007

To Students, Parents, Guardians

Regarding: Use of the gym, athletic facilities, and locker rooms

It is important to practice good personal hygiene in order to guard the health of each and every student as best as we can. Microorganisms are frequently exchanged during active participation in athletic activities. Therefore we are asking for your cooperation in the following manner:

1. Do not share clothing, shoes or socks with others
2. Wash hands frequently
3. Bathe or shower on a regular daily basis, particularly when participating in P.E. or athletic activities
4. If you have a wound or injury, check with the teacher and or coach before using any of the equipment, the weight room, or before participating in sports activities.

Let's work together to minimize the spread of illness, and promote good health.