



CHIJ Primary (Toa Payoh)

Safety Messages for Parents & Pupils

All visitors are to report
to the guard house at
the primary school
and obtain a Visitor's
Pass before
proceeding to the
General Office.

SAFETY RULES DURING PE & CCA

General Safety

- Pupils are to pay attention to safety precautions peculiar to specific sports given by teachers and coaches.
- All unwell pupils (pupils with medical certificates, letters from parents, pupil's personal report, teacher's observations) will be exempted from physical activities. Pupils who have recently recovered from flu, cold, and cough with chest infections may participate in physical activities on a case-by-case basis. Pupils with asthmatic conditions and other special medical conditions should have their prescribed medications with them at all times.
- Pupils should participate fully in warming-up and cooling-down exercises before and after physical activities during PE and NAPFA tests.
- Pupils should bring their own water bottles for PE, NAPFA tests, camps, excursions etc. sharing of water bottles is discouraged.
- Pupils are advised not to take the test if they are unwell or are suffering from acute infection (eg viral influenza, chest infection) or injury.
- Pupils are not to consume heavy meals 1-2 hours before the NAPFA test.

SAFETY RULES DURING PE & CCA

General Safety

7. Pupils are to wear PE attire with sports or PE shoes. Shoes with worn-out soles are not safe and should not be used during the test.
8. The following categories of pupils are exempted from the NAPFA test:
 - pupils with medical problems (eg heart problems, soft bones etc) and / or those advised not to participate by the School Health Service after their annual check-up
 - pupils with medical certificates for serious/long-term illnesses eg cancer, hole-in-the-heart etc
 - pupils with physical disabilities
 - pupils recovering from fractured arm/foot/leg or serious illnesses such as chicken pox or dengue fever
 - new cases of severely overweight pupils who have yet to obtain a certification of fitness from School Health Service.
9. Pupils should maintain good discipline at all times and wear the proper PE attire with school or sports shoes.
10. Pupils should be alert to the lightning risk warning signals and stay under shelter when the alert comes on.