

Fall 2023 • PE WAIVERS

This waiver form applies only to students participating in an outside sports program that fulfills the following requirements below. Any student, participating in a state or nationally sponsored competitive sports activity, including participation in a professional dance company, can request a waiver of the Physical Education requirement from the Berkeley High School Administration.

Waiver Process

1. Student provides Student ID number, grade level and SLC to the coach.
2. Your coach will print and complete all parts of the waiver.
3. Your coach writes a letter on company letterhead
 - a. **Letter Requirements:**
 - i. MUST be on letterhead
 - ii. Your name and the date
 - iii. Your coach's contact information
 - iv. Assurance that you are meeting state physical standards and competencies through the activity
 - v. The specific number of hours you will be doing the activity - **minimum of 60**
 - vi. The coach who writes and signs the letter MUST also sign the waiver in the beginning of the semester & at the end.
Remember all coach signatures must be by the same coach.
4. Must provide proof of registration and/or billing statement from the organization where you plan to complete your PE credits requirement. The registration must be current to Fall 2023 and must have the student's name showing he/she is registered.
5. **Your Coach** must email the PE Waiver Form, letter, and proof of registration to pewaivers@berkeley.net no later than **Friday, September 1, 2023**. It will **NOT** be accepted if anyone else sends it. The coach and the student will receive a confirmation receipt that all documents have been received and are being reviewed. **Do not lose it, you will not be provided another copy.**
6. Once you have completed your hours, have the same coach sign and email the original copy of the waiver with the additional signature to pewaivers@berkeley.net by **Friday, December 15, 2023**.

7. Remember, your activity must:

- Be a structured athletic program, or a competitive (state-sponsored) team sport.
- Include at least five hours of structured activities per week -- at least 60 hours for the semester.

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Here are a few examples...

Activities that ARE accepted for PE waiver:	Activities NOT accepted for PE waiver:
A league team (ie...Mavericks, ABSC, SPURS, BHS Ultimate, BHS Orienteering, BHS Crew)	Your PE class at BHS
A professional dance company (ie...Berkeley Ballet, Golden Bear Gymnastics)	A dance group you started with friends
A martial arts class (ie....East Bay Seido, Berkeley Cuong Nhu Karate, West Wind Karate)	A personal trainer
Berkeley YMCA Teen Program * (Located on Allston Way)	Working out in your neighborhood gym * (ie...24 Fitness, CitySports, Planet Fitness)

** At present, the Berkeley YMCA is the only gym with a BHS PE waiver program. For information please email Angelo Petrilli apetrilli@ymcaeastbay.org.*

Questions? email: pewaivers@berkeley.net