

3. Adequate rooms and showers to accommodate the largest classes or groups in approximately ten minutes time for taking showers and dressing are required. For the boys, there should be a shower head for each five to eight members of a group, and for the girls, there should be a shower head for each four to six members of a class.
4. Since adequate play space is necessary for the proper conduct of a program of physical education, each school should provide ample playground room with the proper amount of space allotted to each of the following: basketball; tennis; volleyball; football; playground baseball; running track; jumping pits and other track activities. The smallest high schools, according to most authorities, should have at least four acres play space and high schools of an enrollment of four hundred or more should have eight or ten acres.
5. It is strongly recommended and urged that all high school pupils have a change of clothing for the physical education period. The pupils will feel more comfortable and at ease and much more and better work can be accomplished.
6. Each school is expected to have the following sorts of supplies and equipment in sufficient quantities to adequately meet the needs of the enrollment of that school. (This equipment should be furnished on the same basis as library, laboratory, or other school equipment)
 - a. Physical education supplies such as balls, bats, nets, ropes, and other necessary equipment in sufficient quantities for groups of not more than thirty pupils each.
 - b. Accepted types of apparatus for use in teaching technique and the fundamental skills and for giving stunts and self-testing activities. (Measuring tapes, chinning bars, hurdles, watches, jumping standards, balls, etc.) Proper record forms for each pupil for the accurate recording of his achievements and marks in physical education are considered necessary.
 - c. Sanitary toilets free from unnecessary odor; sanitary drinking fountains conveniently located; and facilities for handwashing and drying.
 - d. First-aid kit accessible to all pupils and teachers.
 - e. Reference books on physical and health education covering organization and various types of activities. A list of reference material may be secured from the State Director upon request.

STANDARD IV

1. Each school must require a health examination, by a medical doctor, of all high school pupils at least twice during the four year high school course. Pupils representing the school in any of the major sports must be examined each year for each sport. Permanent records must be kept of all pupils examined.
2. Scheduled health education classes attended by each pupil at least four times each month are required as a part of the physical and health education program. Each student should also provide the kind of school environment and sanitary conditions which would permit healthful living by the child throughout each day.