

# OPT OUT GUIDELINES AND PROCEDURES

## GUIDELINES:

- The student must participate in a WHRHS sports team or activity to qualify.
- Each OPT OUT season (fall, winter, spring) requires a new application via Parent Portal.
- A student may choose to OPT OUT for one season or any combination of seasons each year.
- A student who already has a study hall in schedule, cannot participate in OPT OUT. Regularly scheduled study hall refers to one per day.
- A student who participates in OPT OUT will earn PE credit and attend a study hall in lieu of the regularly scheduled PE class. The student will receive the grade of P while in OPT OUT.
- Participation in OPT OUT is voluntary. A student may be involved in a WHRHS seasonal sport/activity and want to continue in regular PE class. In that case, do nothing. Do not request OPT OUT.
- Once the seasonal sport/activity ends, all students will return to the regularly scheduled PE class.
- OPT OUT and OPTION II are not the same program. See OPTION II if you participate in a competitive sport/activity outside of WHRHS.

(Students who are on the WHRHS volleyball or soccer team and then continue with club volleyball/soccer after the fall season is over should apply for fall OPT OUT first. Once the season is over, the student will move to OPTION II when approved by the club coach. Email Mr. Commerford at [bcommerford@whrhs.org](mailto:bcommerford@whrhs.org) with questions.)

## PROCEDURES:

- All applications for OPT OUT must be completed through our Genesis Parent Portal by the specified deadline for each season.
- While an application is in process, all students must continue to attend their regular PE class. Attendance will be taken daily. Loss of credit in PE occurs at 7 unexcused absences.
- Once the application has been processed and accepted, the student will be notified of their schedule change from their guidance counselor.

**A NOTE TO FRESHMEN STUDENTS:**

Freshmen students begin the year in Health 9, not PE. The fall sports season and Health 9 will end at the same time, roughly November 8 -12. Therefore, fall OPT OUT is not an option for freshmen students. All other OPT OUT seasons (winter and spring) are open to freshmen. The only exception is for freshmen students who participate in WHRHS volleyball or soccer and continue with club volleyball or soccer (must be the same sport) for the remainder of the year. If that is the case, complete the fall OPT OUT application via Parent Portal. Once the season ends and your club coach approves your participation, you will then move to OPTION II for the remainder of the year.