

## 8. APPENDIX A

### ACCEPTABLE SHOES AT COVENANT CHRISTIAN SCHOOL

#### Formal School Shoes

Please be aware of the uniform policy when you are purchasing shoes, ie. shoes are to be the conventional, sturdy, school shoe with properly formed arch and heel. The sneaker- style leather shoe, flat soled, suede, desert boots and flimsy styles are NOT permitted.

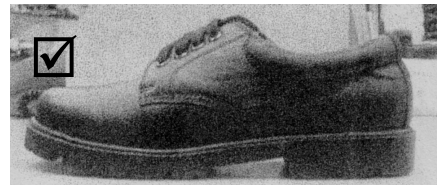
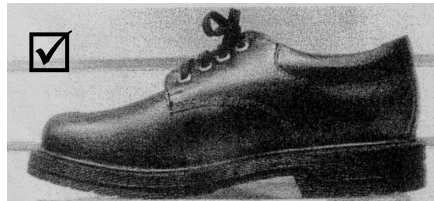
Approved shoes are black leather, lace up (black laces), have a heel no higher than 3cm at back of shoe (including sole). **Platform shoes are NOT acceptable.**

Black Leather Buckle-up shoes may be worn, but only by Primary girls.

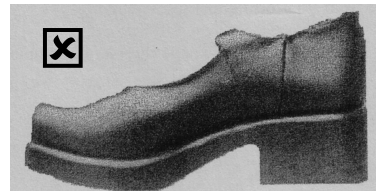
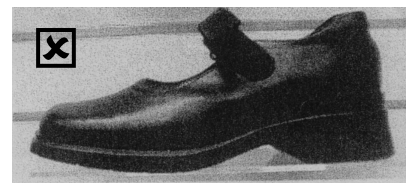
**WHY ...** To meet Work Health and Safety (WHS) requirements, school shoes must provide physical protection to the foot in case of liquid spills or falling objects. Heels that are too high, and platforms that are too thick or too inflexible, introduce danger as they present the possibility of ankle injury. In addition, school shoes must not represent a danger to other students. Consequently, school shoes must be chosen which comply with the uniform policy and standards as outlined. The bridge of the foot must be enclosed and heels must be of limited height.

The shoes pictured represent a sample of shoes which are acceptable and those which are not.

#### ACCEPTABLE SHOES



#### NOT ACCEPTABLE SHOES



## Sports Shoes

Our Uniform Policy prescribes predominantly white, cross trainer style shoes because they are very versatile and provide the basic comfort and stability that can be worn for almost all games and other sports activities. Canvas sneakers are not acceptable as students risk injury to their feet because they lack support for the arch and heel of the foot.

Footstock Shoes give this advice on their website. *A good shoe controls the foot, not vice versa... Structurally, feet are very complex and require specific kinds of support to avoid injury-causing stretches, bends, and twists. Good shoe design provides comfortable support that cradles your foot and keeps it in proper alignment whether moving or standing still.*

*One good test is to hold the shoe and try to twist it. If it's easy to bend the shoe out of shape, it's probably not a good choice. Another test is to try to bend the shoe in half so the toe meets the heel. You can almost roll some shoes into a ball. That indicates very little support, which means it's probably not a good choice for long-term wear.*

The shoes pictured represent a sample of shoes which are acceptable and those which are not.

### ACCEPTABLE SHOES



### NOT ACCEPTABLE SHOES

