

ATHLETIC FOOTWEAR FOR HEALTH AND FITNESS

BEST CHOICE: Tie or close with Velcro and have good arch and ankle support.



Not recommended but acceptable until a new pair of sneakers is needed: Ked-like “sneakers” do not have good arch or ankle support. Platform shoes also present a safety risk.



Students **MAY NOT PARTICIPATE** in slip-ons (Merrells), sandal type sneakers, Mary Janes or backless sneakers.

