

EXTRA CURRICULAR SPORTS POLICY

St. Joseph's School encourages all students to participate in school sport. Our extracurricular sports teams should foster an environment where our students:

- can meet and play with other students
- develop physical skills and fitness
- actively participate in a team
- appreciate the commitment and responsibility required for teamwork
- develop social skills, leadership and good sporting behaviour

St. Joseph's School, Kingswood sports provide equal opportunity for involvement and participation for all students who wish to be involved by ensuring that an adequate and satisfying period of time on the court or field is provided for each student.

Important notes for Parents

- Once students commit to an activity it is expected that they will participate for the entire season unless circumstances beyond parent/child's control prevent this
 - Summer season is Terms 1 & 4 of the same year
 - Winter season is Terms 2 & 3 of the same year
- Supervision of siblings is NOT an expectation of the Coach, they are your responsibility

CODES OF CONDUCT

All students, parents, caregivers, coaches, spectators and other personnel associated with St Joseph's extracurricular school sport agree to adhere to the below codes of conduct. Breaches are to be reported to the Sports Coordinator (Steven De Giovanniello) and/or Principal (Phil Schultz).

Players' Code

- Remember that you are representing St. Joseph's School and that your behavior reflects on yourself, your family and your school.
- Learn the rules of the game and play by them at all times.
- Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
- Work equally hard for yourself and for your team.
- Be a good sport
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Cooperate with your coach, team mates and opponents. Without them there would be no competition to participate in.
- Offensive and/or derogatory language including that based on gender, race or creed is totally unacceptable.

Coaches' Code

- The coach's role is crucial in building self-esteem in the team and players.
- School based sport is structured to promote enjoyment and participation.
- All children, regardless of their ability, have the right to develop the skills to participate in school based sports.
- It is an expectation that all regular members of a team enjoy equal participation, both through playing time and the opportunity to experience position rotation where appropriate.
- Be reasonable in your demands on young player's time, energy and enthusiasm.
- Teach your players that the rules of the sport are mutual agreements that no one should evade or break.
- Whenever possible, group players to give a reasonable chance of being successful.
- Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making a mistake or for losing a game or competition.
- Ensure that the equipment and facilities meet safety standards and are appropriate to the age and ability of the children involved.
- Take into consideration the physical, social and emotional development level of the children, when scheduling and determining the length of practice time and competition.
- Develop team respect for the ability of opponents as well as for the judgement of officials and opposing coaches.
- Follow the advice of physicians when determine when an injured player is ready to recommence training or competition involvement.
- The use of offensive and/or derogatory language including that based on gender, race or creed is totally unacceptable

Parents' Code

- Always inform the coach of your child's arrival or departure if you are not going to be present for the whole of the activity.
- Focus upon the child's efforts and performance rather than the overall outcome of the event.
- Keep the performance goals simple. Simple and realistic means challenging but attainable. The more performance goals set, the more likely the child will have to be successful. Some examples of simple performance goals:
 - Contest the ball with an opponent
 - Recover quickly from incorrect plays
 - Recover quickly from correct plays
 - Find a team mate with a pass
- Teach children that an honest effort is an important victory, so that the result of each game is accepted without undue disappointment.
- Encourage children to always participate according to the rules of the school.
- Encourage children to always participate according to the rules of the game
- Never ridicule or yell at a child for making what you consider to be a mistake, or for losing a game. The parent's role is crucial in building confidence and self-esteem in the team and players.
- Remember that children are involved in organised sport for their enjoyment, not yours.
- Remember that children learn best from example.
- Genuinely applaud good plays by all teams.

- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's honesty and judgement in public. Remember, most officials give their time and effort for the benefit of your child's involvement.
- Disputing a decision of an umpire/referee during a game will not alter that decision/outcome, and sets a negative example.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for the children and deserve your support.
- The use of offensive and/or derogatory language including that based on gender, race or creed is totally unacceptable

Officials, Umpires & Referees' Code

- Modify rules, laws and regulations to match the skill level of the children and their needs.
- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling infractions or non-observance of the rules, laws and regulations of the game.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the spirit of the game for children is not lost by using commonsense and not over emphasising errors.
- Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of the growth and development of the children
- The use of offensive and/or derogatory language based on gender, race or creed is totally unacceptable

Spectators' Code

- Remember that children play organised sports for fun. They are not playing for the entertainment or the egos of the spectators. Children are not mini professionals
- Quietly applaud good performances and efforts from each team. Congratulate all participants on their performances regardless of the outcome of the game/competition
- Control your responses to what you see – this requires personal discipline – verbal abuse of officials (umpires or referees) or players, deliberately distracting or provoking players competing is not acceptable or justified
- Never ridicule or scold a child for making what you consider to be a mistake during a competition. Positive comments are motivating.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- Show respect for your team's opponents. Without them there would be no game.
- Encourage players to always follow the rules and laws of the game and the decisions of officials
- Demonstrate appropriate social behaviour by not using foul or offensive language, or not harassing players, coaches and officials
- The use of offensive and/or derogatory language including that based on gender, race or creed is totally unacceptable

INCLUSIVE PRACTICES

All our extracurricular sports are accessible to both girls and boys. An integrated approach should be adopted for disabled students. Planning is required to provide the safest and best playing environment.

PROTECTIVE EQUIPMENT & SAFETY GUIDELINES FOR SPORTING ACTIVITIES

Protective clothing and equipment appropriate to each sport must be used by all participants. The school reserves the right to determine its level of provision of such equipment.

Participants in outdoor sports are to be protected from the hazards associated with excessive exposure to the sun. Hats or caps are to be worn when exposed to the sun in hot weather, while in cold weather, appropriate School Sports uniform should be worn.

UNIFORM

- All St. Joseph's approved sporting teams should, wherever possible and as appropriate, wear the St. Joseph's sports uniform for practice sessions and competitions, unless a specialised uniform is required for the particular sport.
- The provision of a specialised uniform will be approved and provided for by the school. At the end of the season, uniforms are to be laundered and returned in good condition.
 - An invoice may be issued for uniform/equipment returned in a damaged or unusable state.

LEGAL RESPONSIBILITIES (DUTY OF CARE & OHSW)

It is the legal duty of school authorities and teachers to take reasonable steps to prevent physical injury to students in relation to all school activities whether conducted inside the school buildings or grounds or outside the school premises and whether conducted during normal school hours or outside normal school hours. Catholic Church Insurances Limited has advised that a school which allows its name to be used to identify sporting teams could be the subject of litigation on the assumption that such a sport activity was, indeed, a school activity.

At St. Joseph's School, the Sports Coordinator must coordinate each sport that is being offered and volunteers take day-to-day responsibility for the sport. If a volunteer can't be found to oversee a sport then St. Joseph's, Kingswood cannot offer the sport under its name.

Team officials must be provided with a copy of this policy and participate in an induction for managing their sport, which documents the following information

- Their role & responsibilities
- Organisation and safety procedures
- Details of emergency procedures

Names of officials must be recorded in school records.

Team officials appointed by the school are provided with the following cover

- Voluntary workers personal accident cover through Catholic Church Insurance
- Public liability insurance is under the Archdiocesan group policy.

Employees, contractors and volunteers shall take reasonable care to protect his or her safety and to avoid adversely affecting the health or safety of others through any act or omission while engaged in these activities. (*OHS&W Act 1986 SA*)

SAFETY OF STUDENTS

Schools are obliged to take reasonable care to prevent injury to students. Procedures for school sports should include ;

- Teaching safety skills and procedures for the sport
- Regulating the duration and intensity of training to suit the group and the weather.
- In accordance with SACSPA guidelines, if the **forecast** temperature is at or above **35 C** in the print media the day before, then the activity shall be cancelled.
- Ensuring adequate protective equipment is available in sufficient quantity and is used in both training and matches.
- Teaching skills appropriate to the age and maturity of the students involved.
- Checking that grounds and facilities remain in a safe condition.
- Inspecting playing surfaces and equipment, and cancelling matches or training where these are unsuitable or unsafe for play.
- Eliminating specialisation in a position or activity where injury may result from overuse of specific body areas.

TRAINING SESSIONS

Procedures for school sports should include the following for training sessions;

- Notify parents of the schedule of training and match times and venues
- Take into account prevailing weather conditions.
- Maintain supervision of children until the normal finishing time of training or matches unless otherwise arranged with individual parents.
- Notify parents of changes to normal procedures.
- Eliminate activities and exercises which can be harmful.
- Encourage the use of a variety of activities in training sessions, understanding that an over emphasis on a specific exercise or skill movement can lead to loss of interest and injury. Ensure that first aid, access to a phone and toilet facilities are available to teams using the school grounds after hours.
- In the event of a cancellation, parents will be contacted and asked to collect their child. In the event that this is unsuccessful the child will be placed in OSHC at parent cost.

DISCIPLINE AND BEHAVIOUR MANAGEMENT

For serious misconduct during a game, officials are empowered to remove the offending player from the game. All breaches of discipline should be reported to the school Principal.

AWARDS

- If awards are to be given, every child should have the opportunity to be acknowledged. The awards should be spread evenly through the team for such categories as participation, commitment, encouragement, improvement and achievement.
- End of season trophies highlighting particular players are not recommended.
- The St Joseph's school will not be responsible for private team functions not endorsed by the school.
- The school will supply trophies for coaches to hand out, for all students who participate in an entire season of school sport

FIRST AID

- Ensure that each team has access to an appropriate first aid kit for both training and matches at all venues.

TRANSPORT / USE OF PRIVATE VEHICLES

Procedures for school sports should include informing all persons transporting students in private motor vehicles that;

- Only currently registered, roadworthy vehicles are to be used.
- Only competent drivers with a current drivers licence are to be used.
- Each student must wear a seat belt.
- Driver Declaration forms must be completed to ensure that the above requirements are complied with.

PARENTAL APPROVALS & NOTIFICATIONS

Medical Conditions - Parents must provide details of any medical condition which might influence a student's participation, prior to involvement.

Parents of students with specific, serious medical problems must consult with schools and coaches concerning first aid and medication before commencing a sport.