



## **RHENISH GIRLS' HIGH SCHOOL SPORT POLICY**

### **1. Purpose**

The purpose of this policy is to:

- 1.1 Govern the sporting codes offered by Rhenish Girls High School (RGHS) and the manner in which the various sporting codes will be managed;
- 1.2 Ensure at all times that learners are given equal opportunity to participate in their sport of choice, are treated fairly and attain their full potential;
- 1.3 Promote fair play at all times.

### **2. Guiding Principles**

In all age groups and sporting codes the following guiding principles will be adhered to:

- 2.1 Sporting excellence will be sought **ALONGSIDE** good sportsmanship;
- 2.2 Fair play, respect, good manners and appropriate dress code in all the sporting codes;
- 2.3 Zero tolerance of foul language and inappropriate behavior by learners, coaches or staff at practices or in match situations;
- 2.4 The encouragement of wider learner participation in sport through the provision of appropriate sporting opportunities for less talented learners.

### **3. Structure & Appointment Of Coaches**

All sporting codes will be overseen by a Sports Administrator who will not be involved in coaching. The Sports Administrator will report to the school principal. The Sports Administrator is responsible for ensuring that the sport policy is effectively implemented and adhered to. The following will apply:

- 3.1 Each team sport will be assigned a liaison educator;
- 3.2 A coach will be appointed to coach each team;
- 3.3 The coach so appointed must have the relevant expertise, knowledge, experience and commitment required to carry out the coaching responsibilities effectively;
- 3.4 Where educators do not have the required attributes to perform the role of a coach or where a special set of skills is required, coaches may be hired from members of the general public;
- 3.5 All coaching positions must be advertised and potential coaches must apply for the coaching position;

3.6 The sports administrator will do the required background and profile check and compile a tentative shortlist. The possible candidates will be presented to the Principal and the SGB (sport) member. Interviews with the prospective coaches may be requested prior to appointment.

#### 4. Sporting Codes

The following sporting codes are offered:

Summer	Winter	All Year
Athletics	Hockey	
Tennis	Netball	
Swimming	Squash	
Water-Polo	Cross Country	
	Soccer	
		Equestrian

#### 5. Age Grouping

Participation in sport or a cultural activity is seen as a form of development. For Grade 8 and Grade 9 learners it is therefore compulsory to participate in at least one summer sport or cultural activity and one in the winter. The following principles will apply to age grouping:

- 5.1 Learners will play in their correct age group for all team sports;
- 5.2 With regards to Hockey, Netball and Water-Polo, learners may only be considered for 1<sup>st</sup> team selection from Grade 10 (end of Grade 9 for water-polo);
- 5.3 In the event of a learner being too young for the grade, she will be allowed to play in her grade appropriate age group if she so wishes;
- 5.4 A Grade 10 learner has the right to play U16 (if that is her age group) if she so wishes. Coaches and staff must respect this right at all times and not pressurize the learner to play in a higher age group;
- 5.5 Should a player who is selected for the first team from a lower age group later be dropped, the player must return to play for her original age group and not the second team;
- 5.6 Tennis and squash must be played in a ladder format. Any learner wishing to play these sports must challenge each individual player on the ladder in order to move up the rankings. A player higher up the ladder may not refuse a challenge match and a day and time must be agreed upon within a two week period. If she does not make herself available in this time she will forfeit her ranking;
- 5.7 Athletics, cross-country and swimming participants are to participate in their correct age group. In certain circumstances a learner may participate in an older age group but may not participate in 2 age groups at the same meeting (eg. swim for the U15's and the U17's at the same gala).

## **6. Team Selection**

- 6.1 All team sports must go through 3 sets of trials where each player is allocated enough play time;
- 6.2 A player who participates in a summer and winter sport will not be prejudiced should she not be able to attend trials held during season cross over periods. An example is a swimmer who plays hockey but who cannot attend hockey trials held during the summer season as the swimmer is participating in national or interprovincial swimming championships at the time that the trials are held. In these circumstances the player will be given ample opportunity to prove herself;
- 6.3 A panel of 3 selectors (including the coach) will do the team selection;
- 6.4 All teams will be selected strictly on merit;
- 6.5 The Sports Administrator and liaison educator will not be involved in team selection but will be present in a supportive role for the players;
- 6.6 The selection of substitutes for team sports may vary depending on the availability of players and will be left to the discretion of the coach.
- 6.7 Individual sport selection will be based on times and individual performances;
- 6.8 Individual athletes or swimmers that train at club level will be considered for school selection even if they are excused from school practices. They must make themselves available for school representation;
- 6.9 Team matches will take preference over individual sports, unless there is an exception as in the case of provincial representation. A week's notice to the coach must be made in such circumstances;
- 6.10 Once a learner has been selected for a team, she must commit herself for the full duration of that season.
- 6.11 Learners are only allowed to participate in one team sport per season.
- 6.12 If a learner is unable to attend trials due to injury or illness, they will be included in an appropriate team based on previous performance. This team should rather be a lower team after which the learner can be promoted based on their performance.

## **7 Practice Attendance**

Attendances at practice are compulsory and the following will apply:

- 7.1 Learners must notify their coach in writing, text or e-mail if they want to be excused from practice. A relevant reason must be included;
- 7.2 Learners must be present for practice 10 minutes before the start;
- 7.3 A learner that has missed practice during the week without being correctly excused may NOT be considered for matches for that week;
- 7.4 A learner that is absent from school, because of illness, may not attend practices on that day;
- 7.5 A learner that is absent from school, because of illness, on a Friday may not play matches that afternoon or on the Saturday morning.

## **8 Code of Conduct**

All coaches and players will adhere to the code of conduct attributable to them, namely:

### Coaches

- 8.1 Coaches must be present 10 minutes before practice times and 40 minutes before the start of a match;
- 8.2 No sports practice may be cancelled. In the case of inclement weather, a theory/ match strategy session will take place;
- 8.3 If a coach is unable to attend practice or a match, 24 hours' notice must be given to the Sports Administrator so that an alternative arrangement can be made;
- 8.4 No smoking or the use of cell phones during practice or matches will be allowed;
- 8.5 The coach is obliged to play the substitutes of the team for half of the match time in order to promote the development of all players;
- 8.6 Coaches will be expected to dress appropriately for practices and matches;
- 8.7 Good sportsmanship and respect for the players, opponents and the referee are essential;
- 8.8 No public or private criticism of the referee will be allowed. Such behaviour could result in the coach being removed from the position as coach.

### Players

- 8.9 All players are to be committed and reliable;
- 8.10 Good sportsmanship and respect for fellow players, the coach, opponents and the referee are essential;
- 8.11 Any disagreement with the referee can only be addressed through the team captain on the field of play or after the match;
- 8.12 Players must dress according to the school's dress regulations for practices and matches. If players are not dressed in the correct attire, they will not be allowed to participate in the match;
- 8.13 NO foul language or slandering of fellow players, coaches, opponents or the referee will be allowed;
- 8.14 Players will report as stipulated by the coach for practices and matches;
- 8.15 Players who do not adhere to the code of conduct could be removed from the team and not be allowed to participate in any school sports.

## **9 Parents**

Parent support and attendance at sporting events forms an important part of the RGHS sporting ethos. Parents are therefore expected to:

- 9.1 Support school sport in a positive manner;
- 9.2 Not to use foul language, smoke in the vicinity of players, criticize the players, coaches, opponents or the referee;
- 9.3 Actively demonstrate good sportsmanship at all times.

## **10 Channels Of Communication**

The Channels of communication are:

- 10.1 Team Captain ~ Team Coach ~ Liaison Teacher ~ Sports Administrator ~ SGB  
Sports Representative ~ School Principal~ SGB
- 10.2 Concerns or enquiries must be addressed through the correct channels depending on the severity of the concern;
- 10.3 RGHS strives to maintain open channels of communication where fairness towards all players is held in the highest regard.

## **11 Tours**

A touring team is first and foremost representing RGHS. At all times the strongest team in the various age groups must be selected. The following will apply to tours:

- 11.1 Any request for teams to take part in festivals or go on tour must be made through the Sports Administrator who must then obtain approval for the tour from the School Management Committee, Finance Committee and SGB;
- 11.2 For local tours the approval must be obtained at least 3 months prior to the proposed departure date; for international tours the approval must be obtained at least 12 months prior to the departure date;
- 11.3 The financial implication of international tours is significant – for parents and for other school fundraising events - and must be seen as the exception rather than as the rule;
- 11.4 The approval process for each tour must include (but may not be limited to) an itinerary, a budget showing the full cost of the tour, a detailed plan of how the funds are to be raised and which educators and coaches (team management) will be leading the tour party;
- 11.5 In respect of international tours, the team management leading the tour must depart and return with the touring party. If they wish to break their itinerary and depart and / or return on different dates to those of the touring party, they will not be considered as part of the touring party and will not benefit from any fundraising;
- 11.6 In selecting the team management to lead the touring party, preference will be given to educators and coaches involved in the sporting code. No nepotism will be condoned;
- 11.7 No smoking or consumption of alcohol will be allowed by any member of the team management in the presence of the players and under no circumstances are any players allowed to smoke or consume any alcohol. This includes whilst being transported to the tour destination;
- 11.8 The entire touring party is to be accommodated together and at all times the team management is required to know the whereabouts of each and every player;

- 11.9 It is recognized that touring teams may be hosted by host families. In such circumstances the team management must ensure that they know where each learner will be staying and they have a contact number of the host family;
- 11.10 Local tours can be arranged for any age group as festivals and tournaments are arranged by age group category. Generally, players within the touring age group are eligible for selection;
- 11.11 International tours should only be for the first teams of any sporting code. As a general rule U16, U15 and U14 players are not eligible to be selected for international tours. Where a player in Grade 10 (U16) has been selected to represent the first team on merit during the season then such a player shall be eligible to tour. The touring party should be the first team squad and 2<sup>nd</sup> team players on the fringe of first team selection;
- 11.12 Players who enjoy a full or partial School Fees exemption and / or who are in arrears with paying their school fees will not be eligible to be selected for international tours;
- 11.13 Where local tours require road transport in excess of 8 hours, air travel should be considered for safety reasons.

## **12 Sport Colours Awards**

The colours awards should be carefully considered and approved by a Sports Awards Committee. The Sports Awards Committee shall comprise the Principal, Deputy Principals, Liaison Educators and Sports Administrator. Sports awards should be awarded in accordance with the criteria contained in Annexure A. These should be assessed and updated annually.

## **13 Conclusion**

The sport policy must be assessed and updated annually and the SGB must consider suggestions or positive criticism that is brought to its attention by staff, coaches, pupils or parents. The sport policy must be available to all parents, staff,

Deviation from the sports policy and the sports awards criteria will only be considered in exceptional cases. All parties concerned must be consulted with and the proposal must be to the benefit of the learner as well as the school. The final decision will be made by a panel elected by the principal of the school.