



# Sacred Heart College

MARIST OBSERVATORY

EDUCATION WITH HEART



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## HIGH SCHOOL SPORT POLICY

### Mission Statement

At Sacred Heart College we are focused on the holistic development of all of our students. One vital aspect of our holistic approach is the physical development of our students. We firmly believe that through sport our students can learn about their bodies and physical development as well as the value of being healthy and active.

We place an emphasis on participation in, and enjoyment of, sport. We encourage all students to take part in at least one sport per term. We accommodate students who take part in more than one activity by careful consideration of sport practice structures.

SHC believes that skill acquisition is a cumulative process, therefore we ask all educators in charge of sports to ensure coaches are aware of the coaching programme requirements. Educators or coaches monitor and guide student-athletes. When students are in the care and guidance of an educator/coach, the students become the responsibility of the educator/coach in *Loco Parentis*. The educator/coach must ensure the students' safety and well-being at all times.

We uphold good practices for all sports, insisting on adherence to appropriate behaviour and dress code as well as high standards of sportsmanship at all times.

We expect our players to always give their best, but we reject a "win-at-all-costs" attitude to sport. Our athletes play the game within the rules and with the spirit of the school ethos. We do not question the referees' decisions, umpires, or coaches at any stage. We exhibit the highest standards of courtesy and hospitality towards all guests at the school and to our hosts when we are away from the school.

We ask our players and spectators to respect these important aspects of the SHC Sport Policy.

### Aims and Objectives

The aim of the School Sport Policy is to ensure all participants are fully informed of our expectations and the consequences for not adhering to the guidelines.

The objective of the school's Physical Education and Sport Policy is to provide guidelines for the development of the following:

- Sportsmanship, Teamwork and Leadership
- Integrity, Dignity and Honesty
- Understanding of the value of a healthy lifestyle

Through these guidelines, SHC hopes to cultivate positive attitudes that will reflect in our players' lives both on and off the sport field.

- With the development of Sportsmanship, Teamwork and Leadership, SHC players interact better with others and exhibit less aggressive behaviour.
- With the development of Integrity, Dignity and Honesty, SHC players understand and respect individual differences among people in physical settings.
- With the development of Understanding, SHC players exhibit better health habits, develop personal physical fitness and enhance bone growth, achieve a health-enhancing life of physical activity, display positive attitudes towards an active lifestyle, school and self.

SHC recognizes the importance of the school's role in developing these key aspects in our players. Therefore, SHC promises to provide the opportunity for our players' development by ensuring SHC's responsibility to the following:

- To promote physical excellence
- To provide for a safe physical environment
- To provide players with a variety of activities to enhance learning and participation

## **Scheduling**

For sport to be meaningful and valuable, it must be offered regularly. For this reason, we schedule at least two practices and one or two matches a week, depending on the league entered. It is very important that players attend all the practices and matches.

SHC places an emphasis on commitment. We insist that students honour the commitment they make when they sign up for an activity in any term. When the student is selected for an activity, that student must honour his or her commitment by attending all practices and matches in proper kit. If a student is not dressed in proper kit, the coach may turn the player away from training. In this event, the player will be marked absent for the day.

If a player knows in advance that he or she will be missing a practice, he or she must communicate with the coach well before the practice day. If a player suddenly falls ill before practice, he or she must inform the coach on the day and bring a doctor's note to the subsequent practice.

To this end, all coaches keep a register of attendance and a record of all results.

We do take into consideration athletes who participate in a number of extra-curricular activities. We understand that players participating in more than one sport or cultural

activity per term, may need additional accommodation. We try to help them find a balance, but to do so, we need communication between the school and the student on this matter.

## **Attendance**

Each player must participate as fully in his or her sport to be eligible for badges and awards.

At SHC, our players must attend 80% of the practices and matches in a season. Players who fail to reach the 80% attendance will also fail to obtain a badge for the year. If a student qualifies for Junior Honours, Half Colours or Full Colours, but does not satisfy the 80% participation level, he or she will be ineligible for the award.

Students who take part in more than 1 Extra-Curricular activity in a term must communicate with their MIC, indicating when they will be at practices and when they will be missing practices. The student will then be marked present for missed practices.

Unexplained absences from practices or matches will result in the student being marked absent and could compromise their eligibility for awards at the end of the term.

## **Dress Code**

All players must be dressed in the school sports wear for practices and matches. Each sporting code has their own match day attire, but a full school tracksuit should always be a part of the players' kit.

## **Budgets**

The Extra-curricular Coordinator and Sports Coordinator, in conjunction with the Master in Charge (MIC) of each sporting code, will be required to develop a budget for each sport for the next financial year. Each budget will be submitted for approval by the Financial Manager. The Extra-curricular Coordinator and Sports Coordinator shall then administer the finances of each sport in association with the MIC of each sport.

## **Transport**

All sports will make use of SHC buses and drivers in so far as possible. On days that buses are not available, SHC will use a private transport company to transport SHC students. This company is chosen based on:

- Top quality vehicles
- Qualified, careful drivers

At least one staff member/external coach is to be on any bus with SHC students. The staff member/coach accompanying the students is expected to check that the bus and the driver meet SHC satisfaction.

Queries or concerns should be raised with the Extra-curricular Coordinator and Sports Coordinator before the bus departs.

**In the case of an accident:** The Extra-curricular Coordinator, Sports Coordinator and the Principal must be contacted immediately after the situation has been assessed as per the guidelines below. The number one priority after an accident is that all students are accounted for and properly cared for in relation to the severity of their well-being.

**Guidelines in the event of a vehicular accident:**

- Remain calm and provide reassurance to all concerned as you attend to any injuries. Do not allow unqualified interference of students. Remember that panic helps no one and untrained medical intervention can be dangerous if incorrectly applied.
- Call the police, medical emergency services and other authoritative bodies as needed.
- Record all license details of all involved vehicles and drivers using the vehicle discs, ID books, driver's licenses and other relevant information.
- Call the Principal and then call the Extra-curricular Coordinator/Sports Coordinator. In both calls, provide the names and details of students that were involved and injured, including the steps of medical intervention (if First Aid is applied, or if an ambulance is called).

*The Principal/the Extra-curricular Coordinator or Sports Coordinator will call the parents of any injured students and provide the details of the accident. Please ensure that you gather as much detail as possible, including the name of the hospital of transport or the type of injury sustained if applicable.*

- Remain with injured students until parents or the Principal arrives at the scene or the hospital. The injured students are your primary concern. Keep your composure and provide comfort as you wait with them. • Complete the accident report.

**Code of Conduct for Sportsmanship**

Although participation in sport implies physical activity and involves competition, there is a fundamental element of sportsmanship involved.

*The true sportsman will uphold the "unwritten rules" of the game.*

It is expected that all SHC students will abide by the following code:

- A true sportsman maintains a sense of balance. He/she plays to win, but not to win at all costs. • A true sportsman knows the rules and plays by them. He/she won't cheat or bend the rules.
- A true sportsman controls his/her emotions and accepts the referees' decisions. He/she won't backchat, moan or lose his/her temper.
- A true sportsman supports his/her captain at all times. He/she understands teamwork involves following your leader.
- A true sportsman loses gracefully by not looking for excuses if the team loses. He/she accepts the defeat and congratulates the winning team, but learns from the downfall to become better.
- A true sportsman will be hospitable to visiting teams. He/she will mingle with opponents at after-match functions.
- A true sportsman will be disciplined by always wearing the correct sports attire. He/she is responsible for taking care of the uniform and wearing it with pride.

### **SHC Sport Codes of Behaviour Players' Code of Behaviour**

- Be a good sport and play by the rules
- Strive for personal excellence, but play for enjoyment
- Work hard for your team and yourself
- Treat all teammates and opponents with respect
- Cooperate with team and game officials and control your behaviour on and off the field
- Learn to value honest effort, skilled performance and improvement

### ***Examples of inappropriate, unacceptable behaviour include:***

- Having/consuming illegal drugs or substances, including alcohol and tobacco
- Participating in criminal activity, including vandalism, violence, theft, harassment or slander
- Participating in sexual activities, including sexual harassment or vilification of others
- Disregard for authority, peers or self through refusal to comply with rules or orders, swearing or derogatory/hate speech, cheating and conducting poor sportsmanship

### **Parents' and Spectators' Code of Behaviour**

- Encourage your child's participation, honest effort, skilled performance and team loyalty
- Be your child's model of good sportsmanship

- Be courteous and respectful when communicating with players, team and game officials, sport administrators and other spectators
- Welcome all new parents on every occasion
- Allow game officials and coaches to conduct events without interference
- Support SHC School Sport's policy of a smoke, alcohol and weapon free environment
- Demonstrate appropriate social behaviour. Remember, children play for enjoyment. Don't let *your* behaviour ruin *their* enjoyment
- Allow game officials and coaches to conduct events without your interference
- Support skilled performances and team play with generous applause, demonstrating respect for both teams and their supporters

### **Team Managements' Code of Behaviour**

- Set a good example for your players
- Teach your players to be friendly and respectful towards officials and opponents
- Give all interested players a chance to participate in training and in matches
- Remove any player whose behaviour is unacceptable according to the SHC Sport Policy
- Ensure the sport and skill development is age appropriate for the players involved
- Encourage and create opportunities for individual development by teaching a wide range of team and social development skills during each event
- Keep your own knowledge of coaching and the developments of the game up to date
- Support SHC School's Sport Policy of a smoke, alcohol and weapon free environment
- No team official should enter the team change rooms until all players have completed changing.
- No team official should place himself/herself in a situation where the official is alone with a team member, regardless of gender or age.

### **Administrators' and Officials' Code of Behaviour**

- Ensure rules, equipment, training schedules and games are safe and match the needs and skill level of the children involved
- Ensure that qualified and competent coaches and officials are capable of developing appropriate sports behaviour and skill technique, and that these officials are given the opportunity to improve their coaching and officiating, provide adequate supervision
- Ensure everyone involved, including parents, understand their responsibilities regarding fair play and appropriate behaviour
- Create equal opportunities for participation in sport for all children, including involving the children in planning, evaluation and decision making
- Be consistent, courteous and helpful toward all participants
- Use common sense to ensure you don't detract from the spirit of the game for the children by remembering that children play for enjoyment

- Focus on the needs of the participants rather than the enjoyment of the spectators by remembering children's sports programs are primarily for the children to learn valuable life skills rather than for the spectators to be entertained.
- Encourage a positive attitude towards children's sport:
  1. Emphasise fun and enjoyment
  2. Encourage both teams
  3. Set a good example

Encourage the pursuit of personal excellence