

POLICY: SPORTS POLICY

POLICY REF. NO. S4/08/2008 (Rev No. 0)

DATE: 6 AUGUST 2008

A. WHY DO WE PLAY SPORT?

We play sport for healthy recreation and enjoyment. Sport also has great educational value in that it not only promotes physical fitness, but also encourages teamwork and the development of self-control, co-operation, loyalty, unselfishness, determination and leadership. Often pupils who begin their school careers as rather selfish and self-centered individuals gradually develop into far more balanced personalities as a result of participation in team games.

On the principle that a pupil should give back in return for what he gets from the school, every able-bodied pupil should play sport at school. It is also very much in the pupil's interests to play for his School rather than for an outside club.

The pupils of our School thoroughly enjoy taking part in inter-school matches. Competition is an important part of sport, and there is nothing wrong with this - as long as such competition produces enjoyment and not ill-feeling. Inter-school matches would not be worthwhile if they caused hostility and strained feelings between players or between schools.

B. MISSION STATEMENT

Sport at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of sport skills and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour on and off the field and fairness, must be demonstrated at all times.

C. LOWERING OF STANDARDS:

Standards of sporting behaviour have been declining generally. Poor sportsmanship invariably spoils the game and creates bad feeling among players as well as spectators. We must try to ensure that the general lowering of standards of sportsmanship does not filter into the various sports offered at our School.

When we play our games, we play to win. However, sport is being spoilt today by the tendency of some sportsmen to play to win "at all costs". Thus dishonesty, over-robustness, displays of temper, intimidating and ridiculing the umpire, disputing the referee's decisions, fighting, gamesmanship and uncalled-for behaviour on the part of team supporters have all become an unfortunate part of the sporting scene. Some of our international and provincial sportsmen set a very poor example for young sportsmen by indulging in these practices.

The kind of bad sportsmanship mentioned above must not be allowed to creep into our games. Fortunately the majority of our senior sportsmen continue to set a fine example of school pupils to follow.

A sport disciplinary committee run by the School Council Executive deals with misconduct incidents reported to them via the Head of Sport. There is a formal hearing and punishment suitable to the offence given.

D. PRINCIPLES AND PRACTICES TO BE ADHERED TO WHEN PLAYING MATCHES:

1. Keep a sense of proportion. It is only a game - not a major confrontation. It is not the end of the world if the match ends in defeat for us. We should try to play a hard game and to enjoy it, but we should certainly not adopt the attitude that we must "win at all costs".
2. Give of your very best. Practise hard and play hard. Do not give in if the tide turns against you in a match - rather accept it as a challenge to "come back".
3. Make yourself familiar with the rules, and stick to them. Do not try to gain unfair advantage by breaking rules deliberately in the hope that you will get away with it - this is downright dishonesty.
4. Accept the referee's decision without question or hesitation. Do not show disagreements, irritation or disgust. Even the best referees make mistakes or are sometimes unsighted. The referee is really doing you and the School a favour by controlling the match.
5. Exercise self-control. A sportsman, in the true sense of the word, does not lose his temper or indulge in fighting and over-robust play. He plays the ball and not the man. Some players and spectators are obsessed with a 'physical' approach, rather than with skilful, imaginative play. Do not retaliate when you think your opponent is guilty of foul play. Leave it to the referee to take action - do not take the law into your own hands.
6. There is only one captain in a team. Do not put him in a difficult or embarrassing situation by issuing orders yourself. Undermining a captain's authority will lessen the team's chances of success. Do not 'moan' at players who make mistakes. Encouragement produces better results than blame, and helps to build up team spirit and produce an enjoyable game.
7. Avoid gamesmanship. Do not try to gain unfair advantage by using tactics that are not in keeping with the true spirit of the game, e.g. repeated, concentrated appeals in cricket, time-wasting in order to avoid being defeated, kicking or hitting the ball away when a penalty is awarded.
8. Do not indulge in displays of "temperament". There should be no throwing down of the bat or racquet, or shaking of the head in disbelief at the umpire's decision.
9. A true sportsman does not look for excuses for his team's defeats, e.g. blaming the pitch or the refereeing.
10. Show courtesy and friendliness towards visiting players. See that they know where the changing rooms are and on which field they are playing.
11. After the match show them that you are good losers or modest winners. Thank referees, coaches, those serving refreshments or providing transport.
12. Ensure that you are properly dressed for your sport. Treat equipment with care - you are paying for it! Leave the changing rooms as you would like to find them.

E. BE A SPORTING SPECTATOR:

1. We appeal strongly to parents to support us in maintaining this code.
2. Encourage your players, but also show appreciation for good play by our opponents. Never jeer at the opponents or make disparaging comments. To "boo" is taboo!

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3. Do not run up and down the touchline or move onto the field of play. This is physically dangerous to you and the player. In addition, the actions of an over-enthusiastic, partisan spectator can inflame the feelings of the players to the point where they lose self-control.
4. Do not become involved in arguments with supporters of the opposing school.
5. A steady stream of advice to the players from the sidelines can be unsettling and confusing. "Coaching" is not allowed.
6. Criticism of the referee or umpire is not only unsporting; it also spoils the whole atmosphere of the game and unsettles the players.
7. Exercise self-control and maintain a sense of proportion. If your team is losing, it is not a major tragedy!

F. IMPORTANT REMINDERS FOR SPORTSMEN:

1. Pupils sign up at the start of the season and are committed for the full duration of the season. The 1st and 4th terms make up the "summer season". When you sign up in the 1st term you also commit yourself for the 4th term of that year.
2. Pupils may not miss a practice unless excused by the teacher responsible. Normally this should take the form of a note from the parent and it should be handed to other teachers before the practice and as early as possible on the day concerned - not later than first break.
3. Missing a match or coming late for a match is a serious offence. Every player should have the means of communicating with his coach or team captain in case an emergency arises.
4. In the case of rain every pupil must turn out for a match unless it is certain that the match has been cancelled. For practices, togs must be brought to school even when it is raining in the morning.
5. Strict attention must be paid to clean, correct, dress.

SPORTS INJURIES

1. When there are rugby fixtures at RBPS, there is always a qualified paramedic team and a medical doctor on duty. The Head of Sport and Deputy Head organise this. Their services are, however, available to any other sports teams who may need them on these occasions.
2. First Aid boxes are located in the F P staffroom and the receptionist's office.
3. Mini-first aid kits are available to staff members who can have them replenished quarterly, or more frequently if required. Consult the staff member in charge of First Aid.
4. Where a pupil is seriously injured and would appear to require expert medical attention or even hospitalisation, the following procedures should be followed:
 - 4.1 Phone the parents.
 - 4.2 If unable to reach a parent, phone the family GP.
 - 4.3 Failing this, a staff member may consider phoning his or her own GP for advice in an emergency or the school's medical back-up team.
 - 4.4 Failing 4.1 or 4.3 above:
 - 4.4.1 If the family is on medical aid, the child should be taken to Claremont Medical Centre for serious injuries.
 - 4.4.2 If the family is NOT on medical aid, or if the child is not conscious, take the child to the trauma unit at Red Cross Hospital. This will not place the School under financial liability. The patient can always be transferred to private medical care subsequently.

5. Each coach must obtain and keep a register of players containing the following:
 - 5.1 Parent's phone numbers at home, at work and cell.
 - 5.2 GP's name and phone number.
 - 5.3 Medical Aid numbers.
 - 5.4 Details of any allergies or medical conditions.
6. Medical registers blanks are available from the Head of Sport or at Reception.
7. Remember to use the surgical gloves (which are supplied with all the first aid kits) whenever you are dealing with blood, as protection.

A) HOCKEY

MISSION STATEMENT

Hockey at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of hockey skills and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour on and off the field and fairness, must be demonstrated at all times.

GENERAL POLICY

- * The game must be administered, coached and played in such a manner as to align it with and compliment the educational goals for the classroom. The game must form part of the holistic education of players.
- * The game must be enjoyable for all participants.
- * Players must be coached to develop their hockey skills and physical fitness, play good hockey and persevere.
- * Sportsmanship and self-control must be exercised at all times, regardless of the provocation. There must be no hacking, intentional obstruction, swearing, or loss of temper. No disrespectful behaviour towards the umpires, fellow players, opponents or any other person will be tolerated. Foul play or retaliation of any description is prohibited.
- * Players must place the interests of the team above their own interests. This is primarily a team game and selfishness will not be tolerated.
- * Favouritism of any kind is prohibited. Coaches should be aware of the effect on a player or team if any kind of favouritism is shown.

PRACTICES AND MATCHES

- * Players, coaches and umpires must be punctual at all time.
- * Discipline must be exercised on and off the field.
- * Players, coaches and umpires must wear the stipulated hockey clothing and be neat and presentable at the beginning of play and throughout the match.
- * A letter from a player's parent or guardian must be given to the coach if a player has to miss a practice or match.
- * Coaches must discuss the relegation of a player with the player. This must be done in an empathetic and motivational manner.
- * Coaches, umpires, fellow players and opponents must be thanked at the conclusion of practices and matches.

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- * Consideration must be made in advance re: departure times for away matches and staff colleagues informed timeously.

DRESS CODE

Staff: RPBS t-shirt or any hockey / golf shirt, navy shorts, RBPS tracksuit or rainjacket and sports shoes.

Players: RBPS hockey top and white shorts, RBPS hockey socks, shin pads, gum guard and a hockey stick. RBPS tracksuits must be worn to and from practices and matches. A special privilege will be given to the U14 hockey players. These boys may wear "Tour" tracksuits tops, "Tour" t-shirts or any choice of golf shirt for practice only.

TOUR GUIDE FORMS:

All sport coaches must complete at Tour Guide Form indicating price etc. This form can be found in the reception office and is to be completed in advance, long before the tour for approval by the Head of Sport and Headmaster.

All tours are to take place (preferably) during school holidays.

SQUASH

MISSION STATEMENT

Squash at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of squash skills and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour on and off the courts and fairness, must be demonstrated at all times.

GENERAL POLICY

- * The game must be administered, coached and played in such a manner as to align it with and compliment the educational goals for the classroom. The game must form part of the holistic education of players.
- * The game must be enjoyable for all participants.
- * Players must be coached to develop their squash skills and physical fitness, play good squash and persevere.
- * Sportsmanship and self-control must be exercised at all times, regardless of any provocation. No disrespectful behaviour towards the officials, fellow players, opponents or spectators will be tolerated. Foul play or retaliation is prohibited.
- * Players must place the interests of the team above their own interests.
- * Players must project a positive image throughout their practices and matches.

PRACTICES AND MATCHES

- * Players, coaches and umpires must be punctual at all times.
- * Coaches, officials, opponents and drivers to away matches must be thanked at the appropriate time.
- * Players will be selected for matches on merit, based on their positions on the squash ladder.
- * Coaches must explain the dropping of a player with the player. This must be done in an empathetic and motivational manner.
- * Players must not show bad temper on the court, bang their racquets on the floor or walls or argue with the umpire.

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- * Players must support the other players of their team if they are not playing themselves and must not leave until all the players in their team have completed their matches.
- * Consideration must be made in advance re: departure times for away matches.

DRESS CODE:

Staff: Any squash kit when taking practices.
Any squash kit or normal school wear for matches.

Boys: Collared white golf shirts with the Rondebosch logo
White shorts
Short white socks
Squash shoes or not-marking track shoes.
RBPS tracksuits or blazers to be worn to matches.

Provincial items of clothing may be worn at practices but not at school matches.

B) CRICKET

MISSION STATEMENT

Cricket at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of cricket skills and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour on and off the fields and fairness, must be demonstrated at all times.

GENERAL POLICY

- * The game must be administered, coached and played in such a manner as to align it with and compliment the educational goals for the classroom. The game must form part of the holistic education of players.
- * The game must be enjoyable for all participants.
- * Players must be coached to develop their cricket skills and physical fitness, play good cricket and persevere.
- * Sportsmanship and self-control must be exercised at all times, regardless of any provocation. No disrespectful behaviour towards the officials, fellow players, opponents or spectators will be tolerated. Foul play or retaliation is prohibited.
- * Players must place the interests of the team above their own interests.
- * Players must project a positive image throughout their practices and matches.

PRACTICES AND MATCHES

- * Players, coaches and umpires must be punctual at all times.
- * Coaches, officials, opponents and drivers to away matches must be thanked at the appropriate time.
- * Players will be selected for matches on merit and ability.
- * Coaches must explain the dropping of a player with the player. This must be done in an empathetic and motivational manner.
- * Players must not show bad temper on the field or argue with the umpire.
- * Players must support the other players of their team if they are not playing themselves and must not leave until the end of the match.
- * Thank opposition and opposing coach for match.

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- * A batsman must walk if he knows he is out.
 - * No unnecessary appealing.
 - * No noise and unnecessary running around.
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- * If an opposition player does particularly well, he should be congratulated.
 - * Consideration must be made in advance re: departure times for away matches.

DRESS CODE:

- Staff:** White staff shirt
Track shoes or closed shoes.
Students may wear shorts (respectable), golf shirt, track shoes and short white socks.
Blue, wide brimmed hat.
- Umpiring:** Navy or beige long pants
White umpiring golf shirt (supplied by the school)
Blue, wide brimmed hat.
Comfortable track shoes or any closed shoes (no slip slops or sandals)
- Boys:** Mostly white shoes. Spikes optional but not on artificial surfaces.
School socks.
White shorts.
White golf shirt with RBPS logo.
White jersey
RBPS cap or white hat.

TOUR GUIDE FORMS:

All sport coaches must complete at Tour Guide Form indicating price etc. This form can be found in the reception office and is to be completed in advance, long before the tour for approval by the Head of Sport and Headmaster. All tours are to take place (preferably) during school holidays.

C) WATERPOLO

MISSION STATEMENT

Waterpolo at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of waterpolo skills and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour in and out of the pool and fairness, must be demonstrated at all times. To constantly be one of the top Prep waterpolo schools in the country.

GENERAL POLICY

Well organised. Practices are skills focussed. Bigger emphasis on professionalism for top side; a 'fun' environment for lower side.

PRACTICE AND MATCHES:

Twice a week for all boys. (Monday and Thursday)
Matches on Fridays.

Three tournaments a year.

Term 1: Grey PE tournament
Slabber Cup interschools
Term 3: SACS tournament.

ADMINISTRATION:

Head of Waterpolo responsible.

DRESS CODE:

Staff: Staff shirts – blue or white
Polo shorts
Wide brimmed school hats

Boys: School towel recommended.
Tracksuits,
School t-shirts.
Prep polo shorts
School costume
Slip-slops acceptable
School wide brimmed hat.

TOUR GUIDE FORMS:

All sport coaches must complete the Tour Guide Form indicating price etc. This form can be found in the reception office and is to be completed in advance, long before the tour for approval by the Head of Sport and Headmaster. All tours are to take place (preferably) during school holidays.

TOUR DRESS AND SPONSORSHIP:

From parents where possible.
Tour kit in the past: T-shirts, towels, bags, tops.

TRAVEL ARRANGEMENTS (Options)

School bus to PE.

D) CROSS COUNTRY

MISSION STATEMENT

Cross Country at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the running, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of running must never be compromised. The development of cross country and the physical fitness of runners, are primary goals. Sportsmanship, teamwork, acceptable behaviour and fairness, must be demonstrated at all times.

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PRACTICE AND MATCHES:

Monday	-	15h00 – 16h00	} Practice Races
Tuesday	-	15h00 – 16h00	
Friday	-	15h00 – 18h00	

ADMINISTRATION:

Letters - Ms Berry and parents
Prizes - Mrs Parrott

DRESS CODE

Staff: School tracksuit
White or Navy T-shirt
Navy shorts.
Running shoes

Boys: White shorts
House vest
Athletics vest
Running shoes

E) TENNIS

MISSION STATEMENT

Tennis at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of tennis skills and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour on and off the courts and fairness, must be demonstrated at all times.

PRACTICE AND MATCHES:

Junior practice: Tuesday 15:00 – 16:00
Thursday 15:00 – 16:00 (I S A)

Senior practice: Wednesday 16:00 – 17:00
Thursday 16:00 – 17:00

Matches: Friday

Social Tennis: Tuesday 16:00 – 17:00 with Mrs Keyter

ADMINISTRATION:

Weekly match notices.
Match books.
Liaising with Wynberg Zone.

DRESS CODE:

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Staff: Blue shorts / track pants
Golf shirt

Boys: White tennis shorts
White golf shirt

TOUR GUIDE FORMS:

All sport coaches must complete the Tour Guide Form indicating price etc. This form can be found in the reception office and is to be completed in advance, long before the tour, for approval by the Head of Sport and Headmaster.

All tours are to take place (preferably) during school holidays.

TOUR DRESS AND SPONSORSHIP:

Waterpolo shorts and RBPS golf shirt – logo of sponsor on sleeve.

TRAVEL ARRANGEMENTS (Options)

Luxury bus
School bus
Flying

F) BASKETBALL

MISSION STATEMENT

Basketball at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of basketball skills and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour on and off the courts and fairness, must be demonstrated at all times.

PRACTICE AND MATCHES:

Practices: Monday 16:00 – 17:30

Matches: Saturday 13:00 →

ADMINISTRATION:

Liaising with WCBA – attending meetings and coaching, officialing courses.

Weekly match notices.

Organising matches with local schools.

DRESS CODE:

Staff: RBPS staff sports kit – Navy shorts / track pants.
Navy or white staff shirt

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Boys: Gold/Yellow RBPS/RBHS basketball shorts
Vests with navy trim
Navy numbers
White socks
Takkies.

VENUES:

Matches played at UCT or Cape Technikon.
Coach or parents take players.

G) TABLE TENNIS

MISSION STATEMENT

Table Tennis at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of basketball skills and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour and fairness, must be demonstrated at all times.

PRACTICE AND MATCHES:

Practice: Monday 14:45 – 15:45
Tuesday 14:45 – 15:45

Matches: Wednesday 14:45 – 16:30

ADMINISTRATION:

Done by teacher in charge.
Ladders, etc.
Teacher in charge organises and confirms matches and teams and faxes results.

DRESS CODE:

Staff: Professional dress or tracksuit

Boys: Practice: White shorts
White golf shirt
Grey socks
Takkies

Matches: Blue hockey shirts
White golf shirt
Navy socks
Takkies
Blazer or tracksuit

TRAVEL ARRANGEMENTS:

Boys are lifted to away matches by the Table Tennis teachers / coaches in the school bus.

H) SOCCER

MISSION STATEMENT

Soccer at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of soccer skills and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour on and off the field and fairness, must be demonstrated at all times.

POLICY IN GENERAL:

Sportsmanship and self-control exercised at all times. No disrespectful behaviour towards officials, fellow players, opponents or spectators. Players must place the interests of the team above own interests.

PRACTICE AND MATCHES:

Practice: Gr. 1 & Gr. 2 : Monday and Friday 13:00 – 13:45
Gr. 3 – 7 : Monday 14:45 – 15:45
Friday 14:00 – 15:00

Matches: Played on Monday and Wednesday. All away games.

ADMINISTRATION:

Arrangement of teams, lifts, maps, lists and arranging games.

DRESS CODE:

Staff: Any soccer kit when taking practices.
Normal school wear (tie included) for matches.

Boys: Practice: White golf shirt
Blue shorts
School socks
Boots
Matches: White golf shirt
White shorts
School rugby socks
Boots
Tracksuits

I) ATHLETICS

MISSION STATEMENT

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Athletics at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of athletics and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour on and off the track and fairness, must be demonstrated at all times.

PRACTICE:

Monday: 15:00 – 16:30
Wednesday and Thursday: 16:30 – 17:45

DRESS CODE:

Staff: Tracksuit
Blue shorts
Golf shirt

Boys: White / blue shorts (running shorts allowed)
House vest / white running vest / t-shirt / school vest

J) PARK RUGBY

MISSION STATEMENT

Park Rugby at RBPS must primarily be an educational activity. Sound educational principles and aims should form part of the playing, coaching and administration of any sport. While healthy competition will be encouraged, the enjoyment of the game must never be compromised. The development of rugby skills and the physical fitness of players, are primary goals. Sportsmanship, teamwork, acceptable behaviour on and off the field and fairness, must be demonstrated at all times.

PRACTICES AND MATCHES:

Practice: Friday 16:30 – 17:30

Matches: Saturday 8:30 – 11:00

ADMINISTRATION:

Notices
Training Dads (coaches)
Roster for Dad and Moms (nurses)
Arranging and organizing matches and round-robins with other schools
– SACS, Wynberg and Reddam.

End of season braai - thank dads
- certificate for boys
- medals for grade 2

Sorting out teams.

Organizing rugby jerseys - sponsored
- washing

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- handing out
collecting.

DRESS CODE:

Staff: School tracksuit
Rain suits.

Boys:

Practice:	Any rugby jersey Black or white shorts No boots or takkies
Matches:	White shorts Sponsored jerseys Barefeet.

SIGNED:

Chairman RBPS Governing Body