



Sun Valley
Group of Schools

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SPORTS POLICY

1. Background

1.1 Sport at Sun Valley has a 3 Level Sports Programme:

1.1.1 Level One (This takes place during the school day and is FUN based with a focus on fitness and skill development.)

- a) Walk It Circuit (Gr.1-7) Compulsory
- b) Visual Motor Programme (Gr.1-3) Compulsory
- c) Classroom Movement and Mind Moves Compulsory

1.1.2 Level Two (This takes place during the school day and is FUN based with a focus on fitness and skill development.)

- a) Class Physical Education (Gr.1-7)
- b) Class Swimming

1.1.3 Level Three (After school)

- a) Afternoon Sport Skills, Team Sport Practice & Sport Tours
- b) All students must participate in at least one School Sport per season.
- c) The selectors (coaches) will choose the best team from Level 3 students to represent the school.
- d) Players will be selected on merit.
- e) Younger players may be invited to play in a team above his/her age group in order to expose them to a higher level of performance and enable the team to be more competitive.
- f) Many of the teams are coached by external professionals.
- g) SVGoS private sport fall under this band as well.

2. Explanation of Above Aspects of Levels

2.1 Walk It Circuit (Gr. 1-7)

2.1.1 Participating in the Walk It Circuit happens on a daily basis. The teachers are encouraged to take their children on the Walk It Circuit every day. The walking increases the blood flow in the body and oxygen to the brain. No food may be eaten during the walk-it circuit. Each pupil is encouraged to walk 300 km in a year. Class teachers may incentivise individual performers.

2.2 Visual Motor (Gr. 1-3)

2.2.1 Visual Motor will be set up in the visual motor area once a week for “whole class” VMP. Select VMP happens on a separate day outside the classroom for the pupils who need intensive visual motor assistance. Training of Room Parents will happen every year.

2.3 Class Physical Education (Gr. 1- 7)

2.3.1 Specialist Physical Education Teachers have been equipped with lesson planners for the PE period.

2.3.2 This will focus on cardiac as well as muscle tone exercises.

2.3.3 Each class has 90 min of PE every 2 weeks.

2.3.4 The Summer programme: 45 min swimming and 45 min Physical fitness and skills training.

2.3.5 Winter programme: 45 min of fitness and 45 min Sport skills training.

2.4 Formal Swimming Lessons (Gr. 1-3)

2.4.1 The formal swimming lesson will concentrate on the basics of swimming and individual progress. This is presented for half an hour every week by a qualified swimming coach during the summer months (First and Fourth term).

2.5 Swimming (Gr. 1-7)

2.5.1 Swimming period will be converted into a water aerobic period and the focus will be on toning and fitness. Less of the focus will fall on stroke correction and more on using the water to get fit. This swimming lesson happens during the hour PE lesson every week during the summer months (First and Fourth Term). Waterpolo is often played – this combines both fitness and ball skills.

2.6 Afternoon Sport , Team Sport Practice & Sport Tours (Gr. 1-7)

2.6.1 Afternoon Sport gives the pupils the freedom to choose the sport in which they would like to acquire a skill. Pupils are to choose a sport, take responsibility for this choice and “stick it out “ until the end of the season. They can choose another sport, in which to participate, at the beginning of the new season, i.e. winter or summer.

2.6.2 Players may not change their choice of sports half way during a season as this affects the team numbers and being able to field a team on match days. Players who don't excuse themselves timeously for a practice will be given an Executive Access reflection.

2.6.3 Coaches and teachers manage the Afternoon Sport Programme.

Afternoon Sport encompasses the following:

- a) fun and expression
- b) acquiring skills related to the specific sport code
- c) developing visual motor
- d) developing gross motor and fine motor co-ordination

- e) Competitive Sport match readiness
- f) Team selection on merit

2.6.4 Sport Coaching

- a) Sport coaching occurs after school.
- b) Sport coaching encompasses the above-mentioned skills, to a more select group of pupils, specifically those who intend representing the school in matches.
- c) Here the team has the undivided attention of their coach.
- d) The coach may select an A team and a B team if there is enough interest shown.
- e) All pupils who come to the practice after school will, at some stage, be selected for a "Team" to represent the school. The team will consist of a "core" group and the others will be selected and rotated on a regular basis. Players may not change their choice of sports half way during a season as this affects the team numbers and being able to field a team on match days. Players who don't excuse themselves timeously for a practice (early that day or via), will be given a warning and be dropped from the side. If it continues to be problematic, the Heads of Sport will intervene by calling in the parents and the player.
- f) The A team will consist of our best player. They may consist of players from the age group below, if the younger player is talented enough to play up.

3. The Sun Valley Way of Coaching

3.1 Welcome:

3.1.1 Arrive 15 minutes before the coaching begins. When the kids arrive, all your coaching equipment should be ready.

- a) Here the team is welcomed to the practice.
- b) Speak about what you will be focusing on in the practice and what event or match you are preparing for as a team.
- c) Name and set out goals/objectives for the session.
- d) Focus on repetition of vital skills.

3.2 Warm up

3.2.1 Warm your group of players up in a dynamic manner, i.e. moving and stretching in ways which relate to the game itself.

3.3 Fitness

3.3.1 It is the responsibility of the coach to keep the players fit.

3.3.2 Warm up and go straight into an intense fitness session with ease.

3.3.3 Don't scare players away with deathly fitness, but keep in mind they have to be fit in order to compete.

3.3.4 Once again, do fitness drills which relate closely to the sport in question.

3.4 Skills Practice

3.4.1 Use stations, set up cones and particular drills which you would like the team of players to complete in the session.

3.4.2 Before they begin, give an input of what is expected. Discuss technique, style etc.

3.4.3 Give a demonstration. Keep it SIMPLE with lower age groups.

3.5 Match Situation

3.5.1 Create a match situation for the players where they MUST use the skills they have just learnt in the above section of the practice.

3.5.2 This should be fun and competitive.

3.6 Debrief and cool down

3.6.1 Discuss the practice and upcoming events.

3.6.2 Hand out notices if necessary.

4. Sports Matches Information

4.1 A Sports Notice will notify pupils if they have been selected. These must be completed carefully, signed and returned timeously.

4.2 A cell phone number of the sports office will be included on the letter to assist parents in being informed with regards to times of approximate arrival **back from away matches**. Parents are not to telephone unnecessarily!

4.3 Pupils will either be transported to matches in the school bus by the coach or with parents in their cars.

4.4 If the pupils have been selected as a reserve, they must accompany the team and could participate in a match, if it is for the last ten minutes of a game or not at all.

4.5 Parents are to observe the Touchline Etiquette required during matches. Contravening the Touchline etiquette will lead to a Parental Disciplinary Hearing conducted by the elected Board of Governors.

4.6 A transport list will be completed once all the Sport replies are handed in. Lifting Parents must have a licence and their vehicle must be roadworthy. They must be sober and reliable. No child may leave the school grounds unless the transport form has been completed and they are accompanied to the lifting parent's vehicle by the responsible parents.

4.7 Only those players who have a signed reply slip, faxed note, e-mail or and SMS message can be transported in a school vehicle or by parents lifting.

5. Rugby Home Match Policy

5.1 All players are to arrive at rugby matches in white shorts and red sport skills tops. The new tops are now "rip-proof".

5.2 It is compulsory for all rugby players to stay for the entire morning. School permission may be sought to excuse a child from the full day by writing to Head of Sport.

5.3 All coaches are expected to be present.

6. Transport, Match Procedure – STAFF (Especially away games)

6.1 Educators/Sport Coaches must:

6.1.1 Make sure your full selected team is accounted for before you leave.

- 6.1.2 Have equipment on hand.
- 6.1.3 Sign the transport forms and get the players on the bus.
- 6.1.4 Wait with their team for at least 15 min at a practice and 30 min for a match. Once the time has been exceeded, you may hand the players over to the Sports office.
- 6.1.5 No player should be waiting for their parents outside the school gates. They must wait outside BNN on our fields.

7. Buses - STAFF

- 7.1 Pupils will be transported from BNN and collected there again, if it is an away match.
- 7.2 No pupil is to stick their hand out of the windows or throw items out of the bus.
- 7.3 The bus is to be cleaned once you have returned from a match.
- 7.4 You must sign and write in the bus log book. Date, mileage, and time of usage are important. If the GPS has been used, please remove it from the bus and hand it into the Sport Office at BNN.
- 7.5 If you are the driver, on returning to the school, park the bus on the field and give the keys to the Sports Operations manager who will park the bus. He /she will then place the keys in a locked box outside the afterhours Estate Manager's flat (on the Hall stage).
- 7.6 Please report any incidents or accidents that you may have been involved in.

8. Collection of Pupils after a Match

- 8.1 Parents are required to be at school to collect their child at least thirty minutes before the time of arrival back at school.
- 8.2 A cell phone number of the sports office will be included on the letter to assist parents in being informed with regards to times of approximate arrival **back from away matches**. Parents are not to telephone unnecessarily!
- 8.3 Parents are required to collect their child on time, after matches.
- 8.4 The Coach will leave the players who have not been collected at the Sport Office, where they can make a call to be collected. This phone call will be billed to the parents account.
- 8.5 Only once all the players have been collected, will the Sport Operations Manager close up and leave.
- 8.6 Children may not be sent to Home Base, as a means of babysitting to relieve the coach, unless they are regular members of Home Base.
- 8.7 If a pupil has a serious transport problem, the coaches are forced to remove the pupil from a team.
- 8.8 Players must wait **inside** the School Field Gate.

9. TOUCH LINE ETIQUETTE POLICY

- 9.1 While we appreciate that passions can become inflamed in the heat of the moment, it is vitally important that adults show restraint - at all times. We, as sports' coaches, are trying to instil a **culture of self-discipline** in our teams and a **respect for the Laws of the Game** as well as **sportsmanship** towards their opponents and the person refereeing the game.
- 9.2 Players cannot be expected to respect their coach, applaud the good play of their opponents

and positively contribute towards his/her team if their father is constantly criticising every match and every decision. Rather concentrate on what the team is doing right and encourage your child to build on these aspects of their game. Criticism destroys self-value.

9.3 The following policies need to be adhered to:

9.3.1 TOUCHLINE SUPPORT:

- a) Keep our touchline positive, enthusiastic and rational.

9.3.2 TOUCHLINE COMMENTS:

- b) Negative and belittling comments from the touchline to the referee or players are not acceptable at our school.

9.3.3 REFEREES:

- a) Personal verbal attacks on a referee are unacceptable.
- b) The referee is the sole judge during the game and his/her decision is final.
- c) Concerns or complaints may be made in writing to the Head: Sport who will investigate the matter.

9.3.4 PLAYERS:

- a) Unacceptable behaviour of any player on the field will be handled by the referee.
- b) More serious issues should be brought to the attention of the Sport Head in writing.
- c) We have a policy at Sun Valley Group of Schools whereby your child is expected to follow the instructions of his/her coach on the sports field. Should you wish to complain about anything, or have a query, please write a letter to your child's coach or make an appointment to see the Head of Sport and the coach concerned. In this way, we can address issues rationally and effectively without compromising our ultimate goal—to grow children into effective adults.
- d) We value the opportunity for our school to interact with other schools at a sporting level. The purpose of the exercise is social interaction and an opportunity to apply their sporting skills. It is not a **win at all costs** experience and sportsmanship and skill development will remain our focus.
- e) As adults, parents and educators, it is in the interest of our children that we support this interaction to the best of our ability.

10. Code of Conduct

10.1 Players who have an ABC Rating of 1 or 2 may not play any home or away matches, with immediate effect, until the allocated time has been met and been reviewed by the Head of School Family Affairs. ABC RATING 1 = 3 weeks suspension

10.2 Pupils misbehaving at a practice must be sent to the Sport Office to cool down until the end of the practice. The Sport Operations Manager/Head of Sport will ascertain as to what happened. This will be documented on an incident form.

10.3 Misconduct at matches by pupils, home and away, will mean immediate intervention is required by the Head of Sport and Head of Student Affairs. Discipline will be metered out by the Head of Student Affairs.

- 10.4 Incidences that do occur must be reported as soon as possible to the Head of Sport. A written incident form must be completed and handed in.
- 10.5 Coaches are to report the incident and pupil to the Head of Sport, who in turn will communicate with the parent concerned, telephonically to set up a meeting.
- 10.6 Pupils dressed inappropriately will not be allowed to play in the match. Use the reserve instead.
- 10.7 Misconduct of parents will not be tolerated. See Touch Line Etiquette.
- 10.8 Any misconduct by a coach to players will be dealt with by the Head of Sport and the Head of Student Affairs.

11. CODE HEADS:

- 11.1 Drive the coaching programme of their code
- 11.2 Upgrade training and train new members
- 11.3 Mentor new coaches in their code
- 11.4 Assist with festival running
- 11.5 Liaise and build team with staff and outside coaches in their code.
- 11.6 Have clear guidelines and expectations. All coaches are to assist and support till the last match.
- 11.7 Match day expectation. All coaches are to assist and support till the last match.
- 11.8 Reporting incidents related to their code and filling in an incident report form.
- 11.9 Show interest to all teams in the code.

12. Dress Code: Coach, Teachers and Pupils

12.1 Teachers

- 12.1.1 Teachers are expected to dress appropriately, in other words, in a tracksuit, polo shirt, sport shoes.
- 12.1.2 Coaches are required to wear the SVPS Staff black poloshirt, black pants/shorts and/or beige rain windcheater as well as black-and-white 2013 jacket with sport shoes.

12.2 Pupils

- 12.2.1 Pupils must be dressed in their Sun Valley Primary School Sport Skills Variform, red top, blue shorts, SVPS red cap and white takkies. Refer to sport notice regarding match clothing as clothing may vary or as stated on the Sports Notice . This has to be monitored closely and a warning must be written in their diary.
- 12.2.2 The following are the match clothing requirements :
 - a) Summer sports:
 - i. Cricket U10 – U12: SVPS white shirt and white shorts, SVPS red socks, white takkies.
 - ii. Cricket U13: SVPS white shirt, white long pants, white takkies.
 - iii. Mini Cricket: SVPS blue shorts, SVPS red top and white takkies and white socks.
 - iv. Swimming: SVPS Speedo, costume and white cap.
 - v. Tennis: SVPS blue shorts, SVPS white top and white takkies and white socks.

- vi. Athletics: SVPS blue shorts, SVPS red top and white takkies and white socks.
- b) All winter sports: Netball, Soccer, Hockey, X Country and Rugby etc.
- i. SVPS blue shorts, SVPS red top and white takkies or proper soccer boot and SVPS Red Socks.
 - ii. Rugby Gr 1- 3 (U7-U9): SVPS red top, white shorts.
 - iii. Rugby U10 – U12: blue shorts and Rugby tops supplied.
 - iv. Rugby U13: Blue shorts and rugby top supplied.
 - v. Please note that only the SVPS Tracksuit may be worn by players to and from matches.

13. Match Etiquette

13.1 Pre-match: Staff (Home matches)

- 13.1.1 The field needs to be setup prior to the opposing schools arrival, approx. 30 min before the scheduled match time.
- 13.1.2 Arrange for oranges and water bottles with the Sports Administrator. Use a reserve to collect the oranges from BNN. Juices will be served at the appropriate area and the guests will drink first. Sandwich vouchers for the visiting Coach.
- 13.1.3 BNN Staff to clean up toilets hourly.
- 13.1.4 The Sport Manager and coach must make sure the toilets at BNN are clean and open till the end of play.
- 13.1.5 The coaches and the team's captain need to be there to welcome the opposing school when they arrive. Ensure that the opposing team know where the toilets are.
- 13.1.6 It is the job of the coach to make sure that all the children at present and correctly dressed.
- 13.1.7 Any injuries that may occur must be sent to the Sports Office to be seen to.
- 13.1.8 Coach must take a camera to matches.
- 13.1.9 If there is more than one match being played in that code, the coaches must all pull together and support one another, especially when it comes to setting up and packing up.

13.2 During the Match:

- 13.2.1 Opposing team must have the first choice in the toss. Bat or field etc.
- 13.2.2 Our team must clap the opposing team onto the field.
- 13.2.3 No negative/hate speech will be tolerated at all during the match.
- 13.2.4 Winning and losing gracefully are indicative of good sportsmanship.
- 13.2.5 Encourage motivation and building team.
- 13.2.6 Make sure that a child from our team takes the oranges to the opposing side first.
- 13.2.7 The Sports Operations Manager must ensure that the opposing coach/es receive a cooldrink and a sandwich before or after the match.
- 13.2.8 It is important for our children to show good sportsmanship by shaking hands with the opposing team regardless of the results.
- 13.2.9 Match days/Festivals: All coaches are to assist and support till the last match.

13.3 Post – Match

- 13.3.1 The coach must fill out the match report form. These should be positive and with photo's where possible.
- 13.3.2 All match results are to be given to the Sports Administrator after every game.
- 13.3.3 'Man of the Match' certificates are filled out and given to the Head of Sport to sign and handed out at the next practice.

14. Sport Tour Policy –Staff

14.1 Tour Selection policy:

- 14.1.1 The team selected to go on tour will be selected on the premise that a) blood younger players to get them ready for the following season and to improve their performance playing with the more experienced players and, b) to create a competitive team with our best players from two age groups.
- 14.1.2 Team players must have good level of commitment.
- 14.1.3 Players must be able to pay their way.
- 14.1.4 The best possible players of that age group are to make up the team.
- 14.1.5 The election process via a trials format.
- 14.1.6 If selected and cannot pay, then the next one on the short list is invited on tour.
- 14.1.7 Only 2 players from a younger age group may be selected to play up if they are better than existing players of that specific age group.
- 14.1.8 Tour notices are to be handed out giving due notice and to allow the parent time to pay for the up and coming Tour.
- 14.1.9 Players from an age group below may also be invited to the trials (the coach can advise on his best to be sent to the trials).
- 14.1.10 If the younger players are "better" than any of the players in the older age group, they will be eligible to play for the tour team.
- 14.1.11 Tour notices will go out and those players who can't go on tour will be replaced by the extensive reserve list.

14.2 Sport Tour Behaviour:

- 14.2.1 In line with Sun Valley Group of Schools behaviour standards. i.e. no bullying, show respect for others and adults, greet and be friendly to all.
- 14.2.2 Coaches set the behaviour standard before the team leaves on tour. The Coach is to monitor behaviour of the players on and off the field. The expectations must be clear and attainable.

14.3 Coaches Responsibility:

- 14.3.1 Team selection. List to be given to the Bursar to monitor payments.
- 14.3.2 First Aid. If a players requires medical attention.
- 14.3.3 Keep Medical forms and contact details.
- 14.3.4 List of Players.
- 14.3.5 To liaise with the Director of Sport, Bradley Keller

14.3.6 Discipline of players.

14.3.7 The team's behaviour on and off the field is the coaches responsibility. Badly behaved players will forfeit playing matches.

14.3.8 Ensure that every one has been able to settle in and find a friend and a bunk to sleep on.

14.3.9 Manage dress code for the day

14.3.10 The Coach is the last one to go to bed. They are to make sure there is no unruly behaviour and those who overstep the mark, will be removed from the group to sleep in the staff quarters.

14.3.10 Coaches are not to drink any alcohol on the tour.

15. ADDENDUM

15.1 On the basis thereof that the school believes that rugby is generally the school activity in which the severest risk of pupil trauma exists, the following, based on recommendations from BOKSMART, a South African Rugby Union-sponsored initiative, are regarded by the school as an adequate benchmark for the facilities, measures and undertakings which it should have in place at school and in a school sports environment:

15.1.1 The play or playing environment (this includes the field of play and immediate surrounding area for sport, and the general play area used by the pupils for recreation and relaxation): Advertising hoardings, poles, pylons and barriers will, where practicable, be 5m from the touchline/boundary or edge of the field or court if 'robust' play is to take place (rugby, soccer, hockey, netball, volleyball, basketball, etc. are regarded as examples of sports where 'robust play' occurs: racquet and indoor sports and water sports can take their cue from this, but obviously have unique environments and own sets of rules.).

15.1.2 If one or more of the abovementioned obstacles are to be found within the play area as defined above, they will either be removed (where this is practicable) or will be suitably covered so as to provide maximum protection to the players.

15.1.3 If areas of the playing surface for contact and robust sports comprise or are immediately adjacent to an asphalt or tartan track, the latter should be suitably covered.

15.1.4 The playing surface should be grass, artificial grass, sand or clay.

15.1.5 It must be firm and free of hazards, including stones and glass.

15.1.6 If there is surface water sufficient to realistically raise the risk of drowning, formal sport should not commence.

15.1.7 Even if the area concerned is not used for sport, but for general play, pupils should be kept away from it until the surface is dry and firm enough no longer to constitute a hazard.

15.1.8 Where the environment is cold enough to warrant it, the surface must be checked before allowing sport or play to commence, to ensure that it is free from ground ice.

15.1.9 When it comes to a decision to start a game where ground water is present, common sense should prevail. The coaches and referees should be agreement before a match can

commence.

15.2 For serious contact sporting activity the following should be available in addition to the first-aid kit: (THIS WILL ONLY APPLY IF CMR SERVICES ARE NOT AVAILABLE)

15.2.1 Spinal board and harness

15.2.2 Cervical collar and head blocks

15.2.3 A concussion guide

15.2.4 SCAT tool