



# Rustenburg Girls' High School

## Sport Policy

REVISED: November 2020

### **PURPOSE**

The purpose of this policy is to clarify, for the learners, parents and staff of Rustenburg Girls' High School, the acceptable and expected procedure that will be followed at this school with regards to involvement in school sport.

### **PARTICIPATION**

At Rustenburg we believe in the holistic development of each learner. Apart from the obvious health benefits of playing sport, we believe that the learners acquire important life skills through their participation and commitment: good sportsmanship, camaraderie, leadership, friendship and a wholesome healthy outlook.

### **GRADES 8 AND 9**

***Sport at Rustenburg is compulsory for learners in these grades. It is expected that they play at least one sport in summer and one in winter (team or social).***

Exemption from sport is assessed on a case-by-case basis by the Director of Sport in consultation with the Deputy Principal (Holistic Growth). The learner must apply for an exemption by completing the relevant form, which can be collected from the Sports Office. Permission will, under normal circumstances, only be granted to learners who have attained a high standard in a sport not offered at Rustenburg or to learners with a serious medical condition.

### **GRADES 10, 11 AND 12**

Learners in these grades are encouraged, but not compelled to play sport.

***Having committed to a school sport, no learner is permitted to stop participating in the sport during the course of the season, unless permission to do so has been granted by the Director of Sport in consultation with the Deputy Principal (Holistic Growth).***

### **ATTENDANCE**

Learners are expected to honour their sporting commitments: They are expected to attend all practices and all matches for which they are selected. Medical appointments or extra lessons should not, as far as possible, be arranged during these times. If, for good reason, a learner is unable to attend a practice or match, she should notify the teacher in charge well in advance. This should be accompanied by a letter signed by the parent/guardian. Giving a letter or a verbal message to the teacher in charge/coach via a team-mate is not acceptable. Learners are expected to attend practices if they are at school, even if they are unwell and cannot participate in the practice.

If a learner is ill on the day of a match played during the school week, the parent/guardian must contact the Sports Office before 9am on the morning of the match. If a learner is ill on the day of a match played on a Saturday, the parent/guardian must contact the coach or team captain (as a last resort) as soon as possible.

If learners are attending a school-organised camp, they are expected to play their sport matches before leaving for camp.

Teachers in charge of each sports team will take register at every practice. It is the responsibility of the learner to ensure that her name has been ticked off on the attendance register.

Punctuality is expected for all commitments, including practice sessions.

School sport takes precedence over any club fixtures.

## **COMMUNICATION**

Learners are expected to check their school emails as well as the sports notice board regularly. Team lists with practice times, match times, dates and transport arrangements etc. will be displayed on the sports notice board and communicated via email.

The school's web page is an important source of information. The sports programme (practice days) and fixture lists for most sports for the current season can be found on the website.

Learners are encouraged to visit the Sports Office if they have any queries with regards to sport at Rustenburg.

## **EXPECTED BEHAVIOUR**

***Rustenburg learners are expected to adhere to the following code:***

- Be attentive at all practices.
- Always wear the correct sports uniform to practices and matches.
- Show respect to the captain, coach, match officials and administrators.
- Know the rules of the game and play according to them.
- Accept all the decisions made by the umpire without questioning them.
- Control their emotions.
- Verbal or physical abuse of opponents, team-mates or umpires is not acceptable.
- Be committed / loyal to their team.
- Be hospitable to visiting teams.
- Be good sportswomen, whether they win or lose.

## **AGE GROUPS**

All learners are expected to play for teams in accordance with their age group. Exceptions to this regulation are possible, but only with the approval of the Director of Sport, and Deputy Principal (Holistic Growth), after consultation with the learner, parents and relevant coaches.

## **ALLOCATED PRACTICES AND SUMMER / WINTER SEASONS**

Each team has been allocated specific days and times for practices. Sports practices may not take place at any other time other than their allocated practice times on the allocated practice days. Coaches/Teams may not arrange additional practices without the permission of the Director of Sport.

No school sport may be either played or practised out of season. This means that winter sports may not commence until all summer sports matches have been completed. Similarly, no summer sports may commence until all winter sports matches have been completed.

Exceptions to this regulation are possible, but only with the approval of the Director of Sport in consultation with the Deputy Principal (Holistic Growth). The most likely exception would be for a team preparing for a pre-season festival, tournament or tour.

## **TRANSPORT FOR SPORT FIXTURES**

The school is not in a position to provide transport to each and every sporting fixture in which pupils may be involved. Whenever it is necessary to do so, the school will arrange formal transport for mid-week sports matches held off campus.

The school will not provide transport for sports practices held off campus, this is the responsibility of the parent/guardian.

## **SPORTS UNIFORMS**

### ***Uniforms for matches:***

<b>Cross country</b>	Blue shorts & royal blue sleeveless sports vest. Short white socks.
<b>Hockey</b>	Navy skirt & royal blue sleeveless sports vest. Long socks: navy with royal blue. 1 <sup>st</sup> Team: white and navy sleeveless sports shirt. Long socks: plain white with RGHS embroidered in navy on the front top and plain navy with RGHS embroidered in white on the front top
<b>Indoor Hockey</b>	Navy skirt & royal blue sleeveless sports vest. Long socks: navy with royal blue. 1 <sup>st</sup> team: white and navy sleeveless sports shirt. Long socks: plain white with RGHS embroidered in navy on the front top and plain navy with RGHS embroidered in white on the front top.
<b>Netball</b>	Navy skirt & royal blue sleeveless sports vest. Short white socks. 1 <sup>st</sup> team: white and navy dress.
<b>Squash</b>	Navy skirt & white sleeveless top. Short white socks.
<b>Swimming</b>	Navy blue costume with royal blue inset. Royal blue RGHS cap.
<b>Tennis</b>	Navy skirt & white sleeveless top. Short white socks.
<b>Touch Rugby</b>	Navy shorts & royal blue sleeveless sports shirt. Short white socks. 1st team: white and navy sleeveless sports shirt. Short white socks.
<b>Water Polo</b>	Royal and navy zip up costume. White and blue water polo caps.
<b>Soccer</b>	Blue shorts & royal blue sleeveless sports vest. Long socks: navy with royal blue.

The school tracksuit, the long sleeve warm-up top and the official blue or grey hoodie may be worn to matches.

### **UNIFORM FOR PRACTICES:**

Learners may only wear the official Rustenburg sports uniforms to practices. This includes wearing the official Rustenburg hockey socks to hockey and indoor hockey practices and an official Rustenburg costume to swimming and water polo practices. Only the navy blue Rustenburg tog bag is acceptable.

No girl may leave the school premises after sport unless properly dressed in either full school uniform, regulation school sports kit or a school tracksuit.

Girls may not change into sports outfits until after school, unless special permission has been given by the Director of Sport.

**N.B:** All the Sports uniforms may be bought from the school shop (Bugs' Boutique).

### **SPONSORED AND ADDITIONAL KIT**

**No kit may be organised for any team unless it has been approved by the Director of Sport, the Deputy Principals (Holistic Growth and Academic Innovation) and Principal.**

Sponsored kit will only be considered for touring teams and/ or 1st teams.

If a company wishes to sponsor a team, the contact person must liaise with the Sports Office directly. If the sponsorship is approved, the sponsor's name or logo will be embroidered or printed onto the official RGHS sports kit. The Director of Sport, in consultation with the Deputy Principal (Holistic Growth), will approve all artwork and positioning thereof.

Additional kit (i.e. kit not stocked in Bugs' Boutique) will only be considered for touring teams.

If additional kit has been approved for a touring team it may be worn to practices and matches for the remainder of that year or season only, unless permission has otherwise been granted by the Director of Sport in consultation with the Deputy Principal (Holistic Growth).

### **PARENTS AND SUPPORTERS**

***Rustenburg parents and supporters are expected to adhere to the following code:***

- Play an active role in encouraging and supporting all girls and Rustenburg sports teams.
- Support the team and the sporting code by being involved when possible with fundraising initiatives, tuckshop, etc.
- Encourage fair play and exhibit good sportsmanship at all times.
- Maintain a positive attitude regardless of the outcome of the game.
- Recognise the value of our coaches; respect their strategy and the decisions they make.

Parents and supporters should refrain from questioning or criticising the judgment and honesty of the umpire/referee or coach.

Parents should communicate through the correct channels:

- Any problems or concerns regarding your daughter, or her team, should be brought to the attention of the teacher in charge or the Director of Sport, not the coach.
- Any queries or concerns with regards to team selections must be addressed to the Director of Sport.

Parents and supporters, who in the opinion of the School's Management, behave in ways that are inappropriate and in violation of this code, will be warned about their behaviour and, thereafter, may be asked to leave the competition immediately.

<b><u>DOCUMENT CONTROL (FOR OFFICE USE ONLY):</u></b>	
<b>DATE</b>	<b>DESCRIPTION</b>
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