



# RUSTENBURG GIRLS' HIGH SCHOOL

## Sport Policy

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REVISED: April 2025

### 1. INTRODUCTION

- 1.1 Sport is an essential part of RGHS and we encourage all learners to participate in some form of physical activity. We believe sport teaches valuable life skills which complement the academic and cultural programmes offered by the school. Teamwork and co-operation teach the learners that being a leader of a team or playing a supportive role are equally important. Learning to win and lose with grace and dignity, time management, goal setting and the sense of achievement from mastering a new skill are some of the many benefits that come from playing sport. We offer a wide range of sports at various levels of proficiency. 'Participation' and 'striving for excellence' in our key sports are interwoven. To achieve these goals, we provide excellent coaching from entry level through to our top teams.

### 2. PURPOSE

- 2.1 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.

### 3. PARTICIPATION

- 3.1 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.

***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).***

#### **4. GRADES 8 AND 9**

- 4.1 ***Sport at RGHS 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).***
- 4.2 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. The form must be accompanied by a parent or guardian's support for such exemption. Permission will, under normal circumstances, be granted to a learner who has attained a high standard (provincial or national level of participation) in a sport not offered at RGHS or to learners with a serious medical condition.

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

- 5.1 Learners in these grades are encouraged, but not compelled to play sports.

#### **6. ATTENDANCE**

- 6.1 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, they should notify the teacher in charge well in advance. This notification should include the reason for their inability to attend. 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, as a spectator, if they are at school, even if they are unwell and cannot participate in the practice. The learner who is unwell will be excused, if necessary, from practice by their coach upon assessment and engagement with the learner. If a learner chooses not to participate in a practice or match due to religious or cultural commitments, such as fasting, they should inform the Sports Department in advance.
- 6.2 No learner may practise any sport or play a match without coach or teacher supervision. 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 09:00 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.
- 6.3 If learners are attending a school-organised camp, they are expected to play, where practically possible, their sport matches before leaving for camp.
- 6.4 Teachers in charge of each sports team will take register at every practice. It is the responsibility of the learner to ensure that their name has been ticked off on the attendance register.
- 6.5 Punctuality is expected for all commitments, including practice sessions.
- 6.6 School sport takes precedence over any club fixtures.

#### **7. INJURIES AND MEDICAL RESPONSIBILITY**

- 7.1 RGHS is committed to providing a safe and supervised environment for all sporting activities. However, in line with standard practice and WCED guidelines, it is important to note that participation in sport is undertaken at the learner's own risk.
- 7.2 Parents/guardians are responsible for ensuring that their child is covered by appropriate medical aid or insurance. The school does not accept liability for medical costs arising from injuries sustained during school-sanctioned sport practices, fixtures, tournaments, or events. This includes, but is not limited to, costs related to consultations, diagnostic procedures (e.g. X-rays or MRIs), physiotherapy, medication, or hospitalisation.

7.3 In the event of an injury:

7.3.1 First aid will be administered promptly, and parents/guardians will be contacted as soon as possible.

7.3.2 Upon request, the school will provide written confirmation of the incident, including the date, time, and nature of the activity, for the purpose of submitting claims to a medical aid or insurer.

7.4 It is the responsibility of parents/guardians to inform the Sports Department of any pre-existing medical conditions or injuries that may affect their child's participation in sport.

## **8. SCHOOL SPORT DURING EXAMINATIONS**

8.1 Physical activity and academic achievement are known to be interrelated and the school regards sport as an essential part of the learner's well-being. In view of this, the sports programme during the mid-year and end-of-year examination period continues with amended times.

## **9. COMMUNICATION**

9.1 Learners are expected to check their school emails regularly. Team lists with practice times, match times, dates and transport arrangements etc. will be communicated via email.

9.2 The school's web page is an important source of information. The sports programme can be found on the website.

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

## **10. EXPECTED BEHAVIOUR**

10.1 ***RGHS learners are expected to adhere to the following code:***

10.1.1 Be attentive at all practices.

10.1.2 Always wear the correct sports uniform to practices and matches.

10.1.3 Show respect to the captain, coach, match officials and administrators.

10.1.4 Know the rules of the game and play according to them.

10.1.5 Accept all the decisions made by the officials without questioning them.

10.1.6 Control their emotions.

10.1.7 Verbal or physical abuse of opponents, team-mates, coaches or officials is not acceptable.

10.1.8 Be committed / loyal to their team.

10.1.9 Be hospitable to visiting teams.

10.1.10 Be good sportspersons, whether they win or lose.

## **11. AGE GROUPS**

11.1 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.

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

12.1 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.

- 12.2 No school sport may be either played or practiced 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.
- 12.3 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.

### **13. TRANSPORT FOR SPORT FIXTURES**

- 13.1 The school is not in a position to provide transport to each and every sporting fixture in which pupils may be involved. When necessary, the school will offer formal transport to sports matches taking place off campus. The cost of this will be passed onto the parent/guardian. The school will not provide transport for sports practices held off campus, this is the responsibility of the parent/guardian.

### **14. SPORTS UNIFORMS**

<b>House T-shirts</b>	Corvus (Blue), Cygnus (Pink), Lacerta (Green), Lepus (Red) and Pavo (Purple) t-shirts available to purchase from Bugs Boutique uniform shop.
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### **15. UNIFORM FOR PRACTICES**

- 15.1 Learners may only wear the official RGHS sports uniforms to practices. This includes wearing the official RGHS hockey socks to hockey and indoor hockey practices and an official RGHS costume to swimming and water polo practices. Only the navy blue RGHS tog bag is acceptable.
- 15.2 No learner may leave the school premises after sport unless properly dressed in either full school uniform, regulation school sports kit or a school tracksuit.
- 15.3 Learners may not change into sports outfits until after school, unless special permission has been given by the Director of Sport.
- 15.4 N.B: All the Sports uniforms may be bought from the school shop (Bugs' Boutique).

### **16. UNIFORM FOR MATCHES:**

<b>Cross country</b>	Blue shorts & royal blue sleeveless sports vest. Short white socks. 1st Team: relevant 1st Team kit
<b>Football</b>	Blue shorts & royal blue sleeveless sports vest. Long socks: navy with royal blue. 1st Team: relevant 1st Team kit.
<b>Hockey</b>	Navy skort & royal blue sleeveless sports vest. Long socks: navy with royal blue. 1st Team: relevant 1st Team kit.
<b>Indoor Hockey</b>	Navy skort & royal blue sleeveless sports vest. Long socks: navy with royal blue. 1st Team: relevant 1st Team kit.

<b>Netball</b>	Navy skort & royal blue sleeveless sports vest. Short white socks. 1st Team: relevant 1st Team kit.
<b>Squash</b>	Navy skort & white sleeveless top. Short white socks. 1st Team: relevant 1st Team kit
<b>Swimming</b>	Navy blue costume with royal blue inset. Royal blue RGHS cap. 1st Team: relevant 1st Team kit
<b>Tennis</b>	Navy skort & white sleeveless top. Short white socks. 1st Team: relevant 1st Team kit
<b>Touch Rugby</b>	Navy shorts & royal blue sleeveless sports shirt. Short white socks. 1st Team: relevant 1st Team kit.
<b>Water Polo</b>	Royal and navy zip up costume. White and blue water polo caps. 1st Team: relevant 1st Team costume.

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

## **17. SPONSORED AND ADDITIONAL KIT**

**17.1 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), the Head of Communication & Fundraising and the Principal.**

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

17.3 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.

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

17.5 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).

## **18. PARENTS/ GUARDIANS AND SUPPORTERS**

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

18.1.1 Play an active role in encouraging and supporting all learners and RGHS sports teams.

18.1.2 Support the team and the sporting code by being involved when possible with fundraising initiatives, tuckshop, etc.

18.1.3 Arrange transportation, where possible, to off-campus games for their children.

18.1.4 Encourage fair play and exhibit good sportsmanship at all times.

18.1.5 Maintain a positive attitude regardless of the outcome of the game.

18.1.6 Recognise the value of our coaches; respect their strategy and the decisions they make.

18.1.7 Parents and supporters should refrain from questioning or criticising the judgment and honesty of the officials or coach.

18.1.8 Parents should communicate through the correct channels:

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

18.2 Parents and supporters, who in the opinion of the School's Leadership Team, 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>DOCUMENT CONTROL (FOR OFFICE USE ONLY):</b>	
<b>DATE</b>	<b>DESCRIPTION</b>
November 2020	Document revised
November 2021	Document revised
October 2022	Document revised
October 2023	Document revised – procedure for fasting and examinations added
April 2025	Document revised – inclusion of section regarding injuries