

THE BISHOPS SPORTS POLICY

MISSION STATEMENT

Sport is an integral part of developing the whole boy and is an essential component of the all-round education we offer at Bishops. Bishops are therefore committed to providing the best sporting environment and facilities possible so that every pupil in the school can participate in a wide range of sports, guided by quality coaching and instruction. This commitment endeavours to provide a well-structured experience for Bishops' sportsmen of all abilities - the ambitious and talented sportsman who needs to be prepared for high-performance sport, as well as those who wish to enjoy their sport at a more recreational and participatory level. Furthermore, the sports coaches and managers are committed to creating an environment in which each pupil is encouraged to play games in the correct manner and spirit of true sportsmanship.

A sports policy defines a **procedure, practice, and a course of action**. It serves as a mode of management and a code of conduct. In essence, it is a set of rules to govern behaviour and organization.

COMPULSORY SPORT

All boys are expected to participate in sport three times per week. This would often include a match. Those boys who do not represent a team which participates in one of the leagues are expected to play twice per week. No boy is permitted to give up participation in school sport unless permission to do so has been granted by the Deputy Headmaster in charge of sport, in consultation with his House Director.

Permission will, under normal circumstances, only be granted to boys who have attained provincial standard in senior grades. In addition, they must submit evidence of a regular weekly practice programme submitted by their coach or trainer. Permission in writing must also be given by parents and House Director. In some sports e.g. Basketball, Rowing, Waterpolo and Cricket, matrices may request to be released in their final term, whilst writing exams.

TEAM SPORT

Strong emphasis is placed on team sports at Bishops for the following reasons:

- It encourages boys to work together and builds character**
- It teaches boys to be independent while developing leadership skills**
- It develops resilience and teaches boys to respect the rules**
- Helps to inculcate a selfless attitude and assists with social interaction**
- Creates opportunities for synergy and builds friendships**
- It improves decision making and teaches teamwork**



It teaches boys about values and to learn from failure

It improves overall fitness and conditioning

It helps boys to experience success and teaches them about winning and losing

Every boy is expected to play a sport **in both the summer and winter terms**. In most cases, permission will not be granted to play a sport which is out of season. Exceptions would be for a boy, who has been chosen for a representative side, which is touring overseas, such as an U/17 SA cricket team, or any senior boy who has reached provincial or national status and wishes to specialise. Permission must be obtained from the Deputy Headmaster (Sport and Discipline).

Every **grade 8, 9 and 10** boy is expected to play at least one **team sport during the year** and may choose from cricket, waterpolo, rowing, and basketball that is offered in summer (term 1 and 4) and choose between rugby, hockey and soccer in winter (term 2 and 3).

A boy may choose to play a team sport in both summer and winter.

A boy may choose more than one sport in both summer and winter and if time permits in his chosen team sport season, he may do an additional specialist sport. i.e play rugby in winter and also play squash.

The following sports are coached at Bishops:

In summer, terms one and four; core sports are **Cricket, Waterpolo and Rowing** (highly specialised sport). We also offer Basketball, Athletics, Swimming, Sailing, Shooting, Rock Climbing, Cycling and Tennis

In winter, terms two and three, core sports are **Rugby and Hockey**, we also offer Soccer, Squash, Cycling – MTB, Golf and Surfing,

Fencing (a *highly specialised sport*) and Road and Trail is offered as an all year sport.

OFF SPORT PROCEDURE

All sports regulations and procedures are included in the Blue Book. If a boy is booked off sport for any reason, he must report to the practice and personally inform his coach or manager.

It is also a policy that, if a boy is concussed, he must remain off-sport until given official clearance by his doctor to return.

All sports regulations and procedures are included in the Blue Book.



All injuries that occur whilst playing sport at Bishops, or whilst playing for a Bishops team, must be reported by the coach/manger to the person in charge of that sport.

In the event of an injury, the return to play rule is that the boys have got the go-ahead from the health professional treating him,

Return-to-play criteria following a sports injury

Determining the criteria for an injured boy's return to competition is primarily the responsibility of health professional treating him.

It must be understood that the primary responsibility is to cause no further harm to the athlete while enabling him to participate at the highest level possible. The boy, parents, guardians, and coaches must accept this in his best interest.

CHANGE OF SPORT PROCEDURE

The protocol at Bishops is that when you sign up for a sport you do so for the year. If you want to change a sport during the term or mid-year, collect a change of sport form from the Deputy Headmaster in charge of sport. You must then seek the permission of the Head of Sport, for the sport you want to leave, to release you. Please see them in person rather than via email so that they can sign the form. If you have been given permission to change, then you will also need to get the permission of the Head of Sport of the sport you wish to join.

Only once both of those have taken place, and in that order, will you be allowed to change sport.

COACHES AND STAFF INVOLVEMENT

Each sport has a Head/Teacher-in-Charge (TiC) of sport responsible for running the code.

The Head/TiC of sport:

- 1. Carries with it responsibilities that the individual is able to answer to.**
- 2. Is supported, trusted and backed by the Deputy Head of Sport and the Principal.**
- 3. Will attend to all concerns related to the sport.**
- 4. Will insist that the right protocol has been followed when there is a concern.**



Every team that represents Bishops will have its own coach, who will either be a member of the academic staff, or a student is specifically chosen for his ability to coach sport. The students, who take teams, will be monitored by the person in charge of that sport, and by the Deputy Headmaster.

Under no circumstances will a team representing Bishops leave the school, or indeed, play a match, unaccompanied by its coach or a suitable manager.

All members of the permanent academic staff are expected to coach a sport or assist in management.

TRANSPORT

The school buses may only be driven by persons in possession of the correct driver's license and PDP.

TOURS

All proposed incoming and outgoing tours must be ratified by the Deputy Headmaster and executive one calendar year in advance.

Incoming tours are subject to the approval of the Head of Sport and Deputy Headmaster. It is recommended that we will host **two visiting teams per term per sport**. In the case of visiting teams from the Northern Hemisphere, it may be possible to accommodate more than two teams in the third term of the year, but the total of two touring teams per year per sport should be used as a guideline.

Internal tours and festivals are restricted to **two tours per the calendar** year and are subject to the approval of the Deputy Headmaster. Where there are exceptional circumstances, a request to tour must be made to the Executive.

A general guide of **a four-year cycle** has been introduced for all **overseas** tours by Bishops teams. Where there are some exceptional circumstances, a request to tour must be made to the executive.

All proposed tours must be ratified by the Executive and all details, such as dates and costs, must be approved by the Principal before any plans are released to either parents or potential tourists.

The Deputy Headmaster will keep a schedule for all overseas sports tours.

These tours would be for first-team senior squads only and would not include any under 15 boys unless permission is granted by the Deputy Headmaster. Younger groups have the opportunity to travel on internal tours and to various festivals.



FUNDRAISING

This may take place with the permission of the Principal and Deputy Headmaster and should not conflict with another school fundraising. Fundraising would only normally be granted to cover the costs of overseas tours. Money raised will be used to:-

- Cover costs of boys who are unable to afford the costs involved.
- Parents, who are unable to offset a tour, may apply for assistance to the Principal with relevant supporting documents.
- The balance of the funds raised should be used to offset the overall tour costs of all boys touring as an official Bishops team.
- Funds raised should be submitted to a Tour Fund Account administered by the College and distribution be arranged by the Deputy Headmaster.
- A manager and assistant (staff) should accompany the tour and their costs are to be included in the cost of each pupil.
- Should permission for fundraising be granted, a Tour Fund Raising Committee would need to meet with the Deputy Headmaster and the Head/ TiC involved to agree to the process of fundraising.

THE GAMES COMMITTEE

The Games Committee consists of all the persons in charge of sports and is chaired by the Deputy Headmaster. The functions of this committee are to discuss all matters relating to games and facilities and to make recommendations thereon to the Principal/ Executive.

No recommendation of this committee shall be of any effect until it has been confirmed by the Principal/Executive.

COLOUR AWARDS

Heads of Sport must publish the criteria for colours. The names of the boys nominated for colours must be submitted to the COLOURS COMMITTEE and the Deputy Headmaster for his final approval.

Under no circumstances are awards to be published before final approval has been obtained.

THE AWARD OF COLOURS

The award of colours has always been left to the discretion of the teacher-in-charge of each respective sport who is expected to consult with the Coach and House Director.

As a guideline, any senior boy who represents the school at first team level may be awarded colours.

There are two awards, namely FULL and HALF colours.



HALF colours could be awarded to any boy who represents his team for the season, regardless of ability.

FULL colours will be awarded to any boy who represents his Province or who plays with sufficient skill and commitment to justify the award. Understandably this tends to be fairly subjective on the part of the person in charge of the sport. A colours award criteria must be available for each sport.

THE AWARD OF DISTINCTION TIES

Distinction ties are awarded for exceptional distinction attained by Bishops boys in any field of endeavour. Ordinarily, this would be represented by recognition as being amongst the top performers of school going age in South Africa at **the highest level of attainment** for school boys.

E.g. selection for an SA **School sports team at U18 or U 19 level** would make the boy a candidate for a Distinction Tie. Contribution to Bishops in the sport, a healthy attitude, and good sportsmanship, would, as a rule, be additional criteria for the boy to be awarded a tie.

Boys who achieve more national recognition at a junior level, become candidates for Distinction Ties only when they gain more senior recognition. That is, ties are not awarded for national selection at U14, U15, and U16 or any age group below the highest schoolboy level.

If the schoolboy participates in an international sports fixture, he will gain further recognition with his name being placed on the *Honours board*.

BUDGETS

All masters in charge of sports will be required to develop budgets for their sports for the next financial year, for approval by the Deputy Headmaster in charge of Sport, and then the Business Manager. The Business Manager shall then administer the finances of each sport in association with the teacher -in- charge of each sport.

DRESS

Regulation dress for all sports is required at Bishops. The official dress code is included in the Blue Book.

Recent concern over the dangerous UV levels has highlighted the danger of skin cancer. The policy is that where it is appropriate boys must wear hats and use block out creams.

All teams traveling by air will be required to wear number ones. Where there are exceptional circumstances, a request to deviate from this must be made to the Deputy Headmaster in charge of sport or executive.



AGE GROUPS

All boys are expected to play for the teams that are in accordance with their age group. In effect, this means that a boy may not play for an under 16 team when he is still under 15. Exceptions to this regulation are possible, but **only with the approval of the Deputy Headmaster, after consultation with all interested parties. This would include the parents, House Director, and coaches.**

In the case of teams which do not have an age structure such as golf, boys of all ages may compete for places in all teams. In sports such as tennis, squash, swimming, fencing, cycling, golf, rock climbing, and road and trail, junior boys may represent the school at senior level as long as they have earned their place in the side by working their way through the lower sides.

For the teams that do have an established age structure i.e. under 14, 15 and 16, such as rugby, hockey, cricket, and water polo, boys are expected to play within their age groups.

THE CALENDAR YEAR

It is a firm policy that **no sport may be either played or practiced out of season.**

Pre-season sessions are permitted for senior 1st team squads only and must be approved by the Deputy Headmaster.

Exceptions to this regulation are possible, but only with the approval of the Deputy Headmaster. The most likely exception would be for a team preparing itself for a pre-season tour or festival. During each term, **specific times** have been arranged for each sport to hold practices. It is a fundamental policy that these times are respected by every other sport, as well as academic and cultural departments so that clashes do not occur and boys are not put under unnecessary pressure and demands.

Sports may not take place at any other times other than their allocated practice days.

ATTENDANCE

Punctuality is expected for all commitments.

No boy may ever miss a practice or match without permission from his coach or manager, **in advance.**

A demerit or Saturday DT may be issued depending on the reason and validity thereof.



CODE OF CONDUCT FOR SPORTSMANSHIP

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

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

It is expected that all Bishops boys will abide by the following code:

- Maintain a sense of balance. Play the game to win, but not to win at all costs.
- Know the rules of the game and stick to them. Rules will not be bent to suit the team. It is dishonest to cheat.
- Accept all the decisions made by the umpire or referee without backchat or moaning. Emotions to be controlled at all times.
- A true sportsman never loses his temper.
- A sports team has only one captain. Support him at all times.
- A true sportsman will not look for excuses if he loses. Accept the fact that your defeat was because the opposition was superior on the day.
- Be hospitable to visiting teams. Mingle with your opponents at after match functions.
- Always wear the correct sports dress and attire.

Any boy violating the code of conduct could be asked to appear before the school's Disciplinary Committee.

PROTOCOL FOR STUDENTS AND PARENTS RE: SPORTING CONCERNS

STEP 1: The student makes an appointment to see his coach and/or team manager to discuss the issue in person.

STEP 2: If the matter cannot be resolved, the student makes an appointment to see the Head/TiC of Sport, ideally with his coach and/or team manager as well.

STEP 3: If the student is still unsatisfied with the process, he and his parent(s) should make an appointment to see the Head/TiC of Sport, ideally with the coach and/or team manager as well (Step 2).

The Deputy Head of Sport could be asked to sit in, should the situation warrant it.

If the matter remains unresolved it could be discussed with the Principal.

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