

# Sport Policy 2015

## Scope of the Sports Policy

The scope of this policy relates to development of sports as an outlet for students to represent their school and to develop the whole person by getting them involved in team sports. This policy should lay down a tight structure to offer to students and parents as well as the whole school. Sports are seen as an important part of school life as they try to achieve the following objectives:

- To encourage the active participation of all students in a sport in the College
- To support the further development of sports in the College
- To involve parents and outside coaches and clubs in supporting sports
- To compete in competitions at all age levels and to have a list of friendly fixtures that will allow for the development of teams in all sports
- To foster a link between students and teachers as well as team coaches outside the classroom.

## Provisions of the policy

The traditional sport of the college is rugby, all first years will be exposed to rugby in the first sixteen weeks up to Christmas, this is to include timetabled physical education classes and they will be encouraged to participate in extra-curricular rugby training two days per week after school and matches on Wednesday afternoon.

Other sports will also be supported at all age levels. Other sports to include –

1. GAA Sports
2. Soccer
3. Basketball
4. Athletics
5. Table Tennis

It is expected that all students will be involved in school sports as it provides an important opportunity for :

- Improved cardio vascular performance
- Strengthening of muscular skeletal systems
- Reduced stress and anxiety
- Enhanced self esteem
- Reduced risk of chronic disease

*“Koplan et al 2005 pg 114”*

In addition to benefits to health, sport makes an important contribution to physical, personal, social and emotional development.

Extra-curricular sport is a central focus in the life and identity of the college. The ethos and informal structures and processes play a huge role in defining the character of St. Paul's College.

## **Organisation and Structure**

It is the responsibility of the board of management of the college to ensure that there are appropriate coaches and managers in place for running the sports programme within the college. It is essential that a sports committee be assigned to facilitate good communication across the various sports and sporting calendar. The sports committee should consist of a member of staff representing each sport, this is to encourage communication between the different sport departments. The sports committee must communicate with the principal on a monthly basis and report the following:

- Schedule for training times and matches – home or away
- Provide a list of students involved in away fixtures especially if this conflicts with class time-tables.

## **Function of the Sports Committee**

It is vital to have a sports committee to oversee the various sports and provide feedback to the board of management, middle management and staff. The duties of the sports committee are to be as follows:

1. Planning  
Monthly calendars for staff room to facilitate class planning  
Term and yearly planning to facilitate an overall sporting calendar for the year
2. Finance
  - All sporting programmes need to be self funding
  - To ensure that all sporting grants have been applied for and received
  - To ensure that all registration fees for all sports been received
  - Communicate with bursar re out of pocket expenses for staff
  - Planning travel to various fixtures
  - Insurance
3. Parental consent forms – for students attending external games
4. Organising adequate supervision on away fixtures to ensure that at least two supervisors are present
5. Vetting and Garda clearance of external coaches
6. Policy suggestions on an ongoing basis
7. To communicate with various parents associations, heads of sports departments and management
8. Community PR

9. Keep a record of attendance

## **Sports catered for at the college**

The decision to cater for any sport should be based on the following:

- Staff involvement
- Facilities available
- Cost of development of the sport
- Does it cater for the majority of students or is it a specialised or minority sport?
- Length of season and conflict with other sports
- Success of the programme

## **Staff**

The board of management and the principal should ensure the following:

- Recruitment of staff with a view to managing a long term plan for the chosen sports
- Timetabled PE teacher s
- Head of sports departments to be decided on commencement of first term
- Regular meetings with sports committee and outcome or minutes reported to the principal in order to keep a clear line of communication

## **Funding**

The management should oversee the following:

- Out of pocket expenses are paid to staff attending games
- Registration fee of each sport
- Sponsorship of each sport
- Parental committee fundraising for each sport
- Governmental grants re staff, coaching and equipment etc.
- Volunteer coaches and mentors

## **Planning**

Planning should oversee the following objectives:

- Compulsory Wednesday afternoon sports with exception in unavoidable circumstances
- Monthly, Term and yearly calendar
- Parental consent for external events
- Use of school text system for communication
- Transport to games – earlier planning of this could facilitate a negotiation re cost

# Health & Safety

Health and safety considerations should include:

- A staff member plus at least one extra responsible adult must be in attendance at all matches
- Procedures re injuries to be drafted by individual heads of sport e.g. treatment on site, transport to hospital with escort, informing the parents
- Consideration of first aid certificates for staff members involved in sports
- Yearly updates on registration forms to include parental contacts, treatment waiver, medical information
- Garda Vetting for external coaches
- Insurance

# Uniform

In order to foster and unify the school identity the sports uniform is to be as follows:

## **Scheduled physical education classes within the school day**

1. Generic black tracksuit bottoms or shorts
2. Plain white sports top with no branding
3. Crested school sports hooded top

Sports outside school hours

1. Standardised school socks – black with purple and yellow highlights
2. Black shorts
3. Generic black tracksuit bottoms
4. School hooded top
5. Individual sporting jersey for each sport which must include school colours i.e purple and yellow

The most widely cited recommendation at present is that children should accumulate at least sixty minutes of moderate to vigorous physical activity each day(*Koplan et al 2005 pg 113*)

To this end St. Pauls College currently offers 120 minutes of scheduled physical activity per week as per department of education guidelines. In order to fully facilitate our students to foster healthy lifestyles and to develop and grow as individuals it is essential to endeavour to provide a wide variety of sports and encourage participation in them both as a college and through the extended community and local clubs.

*References taken from: Koplan ,J.P,C.T Liverman and V.I Krank(eds.), 2005. Preventing Childhood Obesity. Health in the balance. Committee on Prevention of Obesity in Children and Youth, Institute of Medicine of the National Academies. Washington: National Academies Press.*