



KINGSWOOD COLLEGE

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1 Burton Street, Makhandla (Grahamstown), 6139

Junior & Senior School

Sports Policy

This policy is to be read in conjunction with the school's Rule Book, Discipline Policy and Tours and Excursions Policy.

	NAME	POSITION	SIGNOFF	DATE
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1. Preface

Regular physical activity whether achieved through formal, organized sport, or in participation in physical education classes or active play (with sufficient intensity), has been shown to help prevent and manage non-communicable diseases (disease of lifestyle) such as heart disease, stroke, diabetes, and several cancers (World Health Organization, 2021). The World Health Organization further maintains that it helps prevent hypertension, maintain a healthy body mass, and can improve mental health as well as quality of life. Physical activity encompasses sports, walking, cycling, active recreation, and play (to name a few) and can be done at any level of skill and for enjoyment for all. According to the World Health Organization children and adolescents between the ages of 5 to 17 years should:

- do at least 60 minutes per day of moderate-to-vigorous intensity, mostly aerobic, physical activity, across the week.
- should incorporate vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone, at least 3 days a week.
- should limit the amount of time spent being sedentary, particularly the amount of recreational screen time.

With respect to sport, research has shown that early diversification (participating in multiple sports in Junior and early Senior School) is important and that later specialization is preferred. Our Junior and early Senior School (Grades 8 and 9) therefore focus on diversification and participation in multiple sports whereafter, in Grades 10-12, specialization is accommodated.

Every pupil involved in sport and physical education at Kingswood College has the right to participate in an environment that is fun, safe, and healthy, and to be treated with respect, dignity, and fairness.

Bullying, harassment, and intimidation denies pupils these rights and can result in feelings of disgrace, embarrassment, shame, or intimidation. It can also affect an individual's athletic performance, level of enjoyment, family or school life, academic achievement, and physical and mental health.

These can occur both on and off the sports field and can involve pupils, parents, coaches, spectators, or umpires/referees. Some forms of bullying constitute assault, harassment, or discrimination under South African law.

2. Policy Declaration

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Participation in sport is an integral part of the Kingswood College educational experience. This document outlines the policy that pertains to all aspects of sport (including sport/athletic development and physical education) at the school. The policy recognises the development of physical literacy of the pupil from Junior to Senior School by incorporating the principles of physical education, physical activity, active play, and the development of physical fitness as part of its holistic, integrated programme.

3. Aim

The aim of this policy is to articulate the philosophy of sport as well as the rules governing sport at Kingswood College, the expectations of all involved in sport and the values that we consider to be important. Sport plays an integral role in increasing levels of physical activity and decreasing sedentary behaviour (notably screen time), important for physical and mental health.

4. Applicability of the Policy

The document will apply to:

- The pupils of Kingswood College
- The Director of Sport
- The Heads of Sporting Codes
- The coaches
- Head of Strength and Conditioning and Strength and Conditioning Coaches
- School physiotherapists, biokineticists and medical staff working with athletes.
- Managers of Sports Teams
- Administrators of Sport
- Members of staff involved with sports teams
- All teachers
- All parents and/or guardians

5. Definitions

Kingswood College recognizes and acknowledges the differences and similarities between physical activity, exercise, sport, and physical fitness. It recognizes that we need to ensure that children are meeting the World Health Organizations physical activity and sedentary behaviour guidelines. The definitions pertaining to the broad spectrum of activities that fall on the physical activity spectrum can be seen in Appendix ONE. Further definitions pertaining to the main influencers of sport and sports/physical activity participation within the College are in Appendix TWO.

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6. Vision

At Kingswood College our vision is to develop a lifelong love of physical activity while developing personal growth, valuable skills, and an understanding of core values through sport, exercise, and physical activity. Through participation in team and individual sports, we will provide the opportunity for our athletes to excel, encourage a spirit of collegiality, develop cohesion in the wider Kingswood College community and raise the profile of the school. Through this we aim to develop adults who will continue with physical activity and sport past their schooling career thus focusing on their long-term health and well-being.

7. Mission

At Kingswood College we provide the opportunity for, and encourage all pupils to, participate in sporting activities regardless of ability. We focus on 'excellence for all' to inspire a lifelong interest and enjoyment in sport and physical activity.

8. Objectives

Sport is seen as a key extension of the School's Physical Education/Literacy programme, rather than an end to itself. The School Sport Policy considers participation in physical activity and sport important. The learning of various game skills and the social/emotional development involved in team cooperation are considered worthwhile educational experiences. Our objectives are therefore to:

- Provide the best possible sporting experience for all Kingswood pupils to encourage lifelong participation in sport and physical activity.
- Provide supportive environments for enjoyable participation in a wide variety of physical activities, through the development of skills and good sporting behaviour.
- Provide the safest possible environment for the conduct of sport.
- Provide for the allocation of appropriate resources and facilities.
- Provide opportunities for all pupils to participate in sport.
- Make provisions for all pupils with special needs to participate in sport.

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- Encourage and actively cater for talented sporting pupils.
- Promote positive parental involvement in all areas of sporting activities.
- Promote the playing of sport for enjoyment with participation and excellence at every level.
- Provide competitive fixturing to allow for the above-mentioned objectives. (Refer to 'Fair and Relevant Competition' below)

9. Approach

We will implement our objectives by ensuring:

Participation and inclusiveness – At Kingswood College, we believe that sport and exercise are key components of an all-round education: one that develops a person for life beyond school. We believe that every pupil should be given the opportunity and be encouraged to participate in activities that develop important values and life skills and promote physical and mental wellbeing. By including all pupils in a broad range of sports and recognising effort and achievement at all levels, we promote the conviction that the school's teams are more than the sum of its parts.

Excellence and competitiveness - We pride ourselves on excellence in all spheres of sport, including attitude, performance, appearance, and conduct. We are committed to providing the best sporting environment, high performance facilities and top-quality coaching so that every pupil in the school can participate, and those with the talent and the ambition to do so, can excel and compete at the highest levels, in a wide range of sports.

Values-based coaching and development – By design we are a small, co-educational school uniquely positioned to use sport as a tool to nurture the potential of each of our pupils. We can offer them individual care and attention whether they compete at the highest levels or participate for enjoyment and participation with their peers. We will always play to win. We will always be humble in success and gracious in defeat but, teamwork, determination, leadership, and exemplary sportsmanship will be promoted as being more important than the result. Fostering these values in our teams enables us to 'punch well above our weight' in our major sporting codes and most importantly, to develop young people who will go on to contribute and excel in all spheres of their lives.

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10. Framework for the Sports Programme

Kingswood College offers and supports a wide selection of sports. While the focus is on team sports, individual sports are well supported. Not all sports can be offered at an equal level as availability of resources and opportunities can be limited.

11. Physical Education

Physical Education forms an important part of the holistic education of pupils. Pupils should have access to physical education as a standalone subject or embedded within the Life Orientation area. The Director of Sport is responsible for the programme from Grade 000 to Grade 7 working with Head of School, Sports Administrator, coaches, and teachers in the Junior School. Student assistants can also be recruited to contribute to this programme. Quality physical education is organized around content standards that offer direction and continuity to instruction and evaluation. They are also focused on developmental milestones. It has at its core, the development of physical activity, physical fitness, and motor skills development. It teaches management skills and self-discipline and is inclusive of all abilities and skills. The focus is on the process of learning skills rather than the outcome of performing the skill. Importantly this programme aims to teach lifetime skills that pupils can use to improve health and overall wellness. It assists in developing social and personal responsibility and can assist in addressing social and emotional learning, gender, and diversity issues.

In physical education lessons, every child is exposed to the learning of all basic skills needed in sport, if it is taught efficiently. These acquired skills can therefore be applied effectively in the sports programme which will again result in more children participating extramurally. In physical education, children are taught different skills with the main objective being mass participation and enjoyment and not necessarily winning. Through this mass participation, talent can be identified – this talent can then be channelled through to afternoon sports codes. Excellence is achieved through learning the fundamentals correctly and perfecting them through correct practice with absolute dedication to the task. Physical Education makes a meaningful contribution to educate the learner to develop an attitude of accountability for their own body, to accept a healthy lifestyle, to maintain a quality life and to strive for optimal physical well-being. The practical and theoretical knowledge received through physical education must equip the child to carry on with an active sport or recreational lifestyle in the adult world.

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12. Fair and relevant competition

Teams will be assessed on their results at the end of a season. The aim will be for teams to be competitive throughout the season and should be winning, as a minimum, one third of their matches. Teams that win in excess of two thirds of games will also be assessed. Outliers will be assessed in regards of coaching, fixturing and clientele. Our aim is to provide fair and relevant matches that reinforce the Vision and Mission of sport at Kingswood.

13. Sports offered in the Junior School

Due to our early diversification philosophy in Junior School, *all sports* are prioritized, and children participate in every sport.

Junior School				
Summer (Male)	Summer (Female)	Spring (All)	Winter (Male)	Winter (Female)
Cricket	Tennis	Athletics	Rugby	Hockey
Swimming	Swimming	Cross Country	Hockey	Netball
Squash (voluntary)	Squash (voluntary)		Squash (voluntary)	Squash (voluntary)
Water Polo (U11-U13)	Water Polo (U11-U13)		Tennis	Tennis
Tennis				

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14. Sports offered in the Senior School

14.1. Official Major Sports

The major sports are those that are given priority in terms of focus and resources.

Senior School			
Summer (Male)	Summer (Female)	Winter (Male)	Winter (Female)
Cricket	Basketball	Rugby	Hockey
Water Polo	Tennis	Hockey	Netball
Basketball	Water Polo		

14.2. Official Minor Sports

The school will offer a programme of additional sports and provide coaching and facilities, but where there are clashes in resources or personnel, the major sports will take precedence.

Senior School			
Summer (Male)	Summer (Female)	Winter (Male)	Winter (Female)
Squash	Squash	Squash	Squash
Athletics *	Athletics *	Tennis	Tennis
Tennis	Tennis		
Basketball	Road running (Girls)		
Swimming	Swimming		

*Athletics – athletics is offered as a minor sport in the summer term, all pupils will take part in the athletics programme offered at the start of the 3rd term.

14.3. Recognised Sports

Sports who would like to be recognized by the College must enter into an annual Service Level Agreement with the College. These service level agreements are standardized and reviewed annually by the Director of Sport and the Administrators of Sport and approved by the Sports Sub-Committee.

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15. Enrichment:

Some sports are offered as part of the enrichment programme, such as mountain biking, rock climbing and golf. These sports are done above and beyond the sport offering in this policy and cannot replace those sports covered above.

16. Participation in Sport

All pupils are expected to participate in the formal sport programme during their time at Kingswood College, as follows:

Junior School (Grades 1 – 7)

- Each class (excluding Grade 7) is allocated a specific physical education lesson per cycle. It is imperative that all children attend these lessons, in their correct kit, as this forms part of our school curriculum.
- All pupils are expected to participate in the afternoon sporting programme.
- A termly sporting programme, detailing sports offered, practice times, coaches and staff member will be published before the start of each new term.
- It is expected that all children participate in the sports offered, except for squash and water polo, which are voluntary.
- It is the norm for each sporting code to have a minimum of two afternoon practices per week.
- Sport matches are compulsory for the chosen team members.
- Sport matches do take place primarily on Saturday mornings, but some are arranged in the afternoons during the week.
- A weekly schedule detailing fixtures for the upcoming week will be published a week in advance and team lists will be shared timeously.
- There are a few compulsory sports fixtures which all pupils need to attend each year. We will confirm the dates of these in our termly calendars. Inter-house Cross Country; Inter-house Athletics (Tabloid and Championship); Inter-house Swimming Gala (Tabloid and Championship).
- A school sports and cultural activity is any activity where a child represents the school, including but not limited to practices, fixtures, and any Trial for Area / Provincial representation where the school has forwarded the child's name. School sport and cultural activities shall have preference over club, provincial or other honours involving non-school sports, except in extraordinary circumstances and at the discretion of the Principle. In the event of two or more school activities clashing, the heads of each sport / activity should meet to discuss in which activity the child should represent the school.

Senior School

- Pupils in Grades 8 and 9 are expected to participate in two sports during both the summer and winter seasons.

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- In summer, Grade 8 and 9 pupils must take part in one major sport and one other sport (major or minor).
- In winter, Grade 8 and 9 pupils will take part in both the major team sports (rugby and hockey for the boys and hockey and netball for the girls).
- In Grade 10 pupils are expected to participate in one major sport during summer and one major sport during winter. They can participate in more.
- In Grade 11 – 12 pupils are expected to participate in one sport during summer and one major sport during winter. They can participate in more. (In the future Grade 11s and 12s will have to participate in one major sport in summer, as with Grade 10s, Grade 11s from 2025, Grade 12s from 2026)
- To avoid conflict in their sports fixtures, pupils will indicate their choices for their main priority sport and their secondary sport at the beginning of the season.
- Pupils will have the option to make changes within reason and with the permission of the Director of Sport.

17. Players in several A teams and/or 1st teams

The focus of sport at Kingswood is on the child and their development, not the enhancement of the College teams. Therefore, the pupil's wellbeing will be the main determinant in deciding how many A teams/1st teams a pupil may represent.

Kingswood pupils can represent several A teams and/or 1st teams. The decision to preclude a deserving pupil from a 1st team will be made in consultation with the player, the Director of Sport, the Head of Strength and Conditioning, the relevant coaches, and the player's parents.

18. Practices

Sport is generally played every afternoon. In some cases, sports practices may be held later due to the demand on the facilities. These practices will be cleared by the Director of Sport and will endeavour to avoid clashes with other school commitments.

All practice times will be posted on the sports notice board and will begin promptly at the stipulated times. It is the responsibility of pupils to check the board and be at practices and, in the junior school, they will be more guided.

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All sport practices and matches are compulsory, and pupils may not miss sporting commitments.

No pupil may miss a sports practice without prior permission from the coach, manager (of that respective team) or the Director of Sport. It is a breach of school rules to miss practices and pupils who do so will be reported to the Director of Sport who is responsible for imposing any required sanction. Only the Heads of Sport may cancel or reschedule practices.

19. Matches

The Heads of Sport and Sports Administrators are responsible for arranging fixtures in consultation with the Director of Sport.

The dates of the main sports fixtures, when most of the teams participate, are given in the term calendar. The Heads of Sport will ensure that the relevant team is announced at least 48 hours before every match. Pupils selected for a team are expected to be available to play in all matches that are arranged and scheduled.

20. Tours

Tours contribute to the creation of a positive and exciting sport programme and are therefore encouraged.

The Director of Sport will adhere to the school's policy on tours and excursions. They will obtain the permission of the Senior or Junior Head for a proposed tour before such a tour is discussed with parents or pupils. An estimate of the costs involved in such a tour will be presented to the Director of Sport and the Junior or Senior Head with the motivation for why the tour should be approved. Careful consideration is given to participation in tournaments that occur during the term.

Parents must give permission for their child to participate in a tour and should be informed about the cost of the tour prior to being asked to give permission. The costs related to the tour will be charged to parents' accounts.

There will always be an adult coach or staff member present on any school sport tour. The number of adults will vary and will depend on the length of the tour and the number of pupils participating.

Kingswood College will not take sports teams on overseas tours without consultation with Leadcom.

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21. Absenteeism

Sport is a school commitment that all pupils are expected to meet. Permission to miss sporting commitments can only be granted by the Director of Sport in consultation with the Senior or Junior Head.

21.1. Absence from sport

If a pupil is to be absent from a practice or a match, they must excuse themselves at least three days in advance unless there are exceptional, unexpected circumstances. Failure to arrive at a sports practice without a valid excuse is a breach of our school rules and will incur possible sanction.

21.2. Absence from school activities

The Director of Sport and/or the Sports Administrators will get permission from Leadcom if a team is to be away from school during academic time. Pupils may not miss tests, assessments, or exams because of sporting fixtures unless cleared to do so by the Head.

The Director of Sport or Sport Administrator will inform the staff if a team is to miss all or part of a school day and present the names of all those who will be absent. It will be the responsibility of the pupil to catch up on any work missed.

22. School Sport during Examinations

AS physical and academic achievement are known to be inte-related, Kingswood College regards sport as an essential part of our programme. In view of this, the sport programme duing the mid-year examination period will continue as normal. For the end-of-year examination period, the programme will be amended. Sport will not be obligatory but opportunities for physical activities or sport will be offered.

23. Matrics and Sport

Matric pupils will be expected to follow the sport programme as per the policy until the Term 3 half term.

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24. Staffing

24.1. Director of Sport

The Director of Sport is responsible for managing sport at Kingswood College and reports to the Senior and Junior School Heads and with the administrative help of an administrator of sport in both the Junior and Senior School. The Director's responsibilities include the overall running of the sport programme in both the Junior and the Senior School guided by the Sport Policy. Their explicit role will be outlined in the job description.

24.2. Sports Administrator

There will be a Sports Administrator for the Junior School and Senior School. The Sports Administrators will drive philosophy and vision along with the Director of Sport. These administrators will work closely with the Director of Sport and provide administrative assistance to that individual. They will also assist with the various heads of sports in an administrative capacity where needed. Their explicit roles will be outlined in their job description.

24.3. Heads of Sports

There will be a Head of Sport for each code offered at the school – one in the Junior and one in the Senior school. Heads of Sport will report to the Director of Sport.

Each Head of Sport will be responsible for:

- the oversight of all teams in all age groups
- arranging fixtures and tours
- sourcing of coaches
- further responsibilities, as specified in the job description.

24.4. Coaches

Official sports teams will be coached by members of staff, specialist coaches, student assistants or an outsourced coach. All coaches will report to their respective Head of Sport. The Head of Sport will be responsible for deciding who will coach a particular team.

The Director of Sport, in consultation with the Head of Sport, will be responsible for the allocation/selection of coaches. All coaches will undergo an orientation at the start of their tenure.

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All coaches will receive continuing education facilitated by the Director of Sport and the various Heads of Sport. Coaches who are not members of the Kingswood College staff will be required to sign a contract with the school which will outline the requirements and expectations of the position, including remuneration. This is defined by the Director of Sport.

Coaches are required to conduct themselves in a professional manner and to know the rules of the school and apply them consistently. They are expected to:

- be professional.
- dress appropriately (sports shorts or tracksuit with a golf shirt).
- be fair to all the pupils and show no favouritism.
- encourage good sportsmanship and team spirit throughout the season.
- be responsible for the wellbeing of the team, particularly at away fixtures.
- keep up to date with rule amendments, safety standards and new coaching methods.
- be committed to developing knowledge and skills that pertain to their sport.
- Work as part of an interdisciplinary (with the strength and conditioning and medical staff) team to ensure that pupils are adequately trained to (i) reduce the risk of injury and (ii) to ensure optimal training.

Where deemed appropriate, the Director of Sport will be invited to sit on selection committees where teachers are recruited and required to coach sport. The Head of the Junior or the Senior School will liaise with the Director of Sport regarding coaching requirements. The Director of Sport must be included on the selection committee for Student Assistants if they are required to coach.

24.5. Manager

Recognising that all coaches may not have the skills to manage a team, a staff member (which may be the coach) will be assigned to touring teams to assist with management of the team and provide both guidance and emotional support for the players and assist with the administrative running of that team and assist the coach. Roles and responsibilities will include:

- Providing guidance and emotional support to pupils
- Liaising with parents/guardians

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- Register taking
- Assistance to the coach at practices and matches.
- Record keeping (number of caps etc)
- Support such as sourcing energy drinks etc

24.6. Head of Strength and Conditioning

The Head of Strength and Conditioning (S & C) will provide oversight of the full strength and conditioning programme at the school. The S & C coach will work closely with the Director of Sport and coaches. Developing children's athleticism – that is the physical qualities of power, speed, mobility, agility, balance, coordination, and endurance – has long-term benefits and will be the focus of the strength and conditioning programme. The S & C specialist will need to develop and adapt this programme in 12-monthly cycles and focus on long term athlete development, so that we develop our own players from junior through to senior school as well as identify talent in the sporting pathway. This is premised on the fact that many players are 'lost to the system' and that talent is evolving during growth and maturation which means that a child at 10 years old may not be physically able to compete at a high level in a sport but, who has the potential later in the maturation process. Identifying these players is key.

Being able to perform a range of movements with precision and competence in a variety of situations and settings decreases the risk of sports-related injuries, increases enjoyment of sport and physical activity, and helps to achieve optimal and sustained long-term athletic performance.

The S & C coach will put in place a workload monitoring programme for all teams from U13 to first team level. Emphasis will be focused on those particularly talented athletes who play multiple sports to ensure that we manage their workloads appropriately. The S & C specialist needs to bring to the attention of coaches those athletes who are under training, over training or have acute spikes in workload. The workload monitoring system also considers the input of other lifestyle stressors such as academics and social aspects of school and general life. The system is an online system that will be completed by identified pupils.

The medical team will work closely with the S & C coach to assist with return to play (following injury or illness) and in preparation for matches and tours.

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24.7. Strength and Conditioning coaches

The S & C coaches will work under the Head of Strength and Conditioning. They should have a qualification in Human Movement Sciences or equivalent. They will work with the guidance of the Head of S & C and will need to have their development programme approved by the Head of S & C.

24.8. Medical Team

The medical team consists of the school doctor, the school's registered nurse/s, physiotherapist/s and biokineticist/s. The team must meet regularly to discuss individuals and team's injury prevention programmes, rehabilitation and return to play. The Head of S & C should be a part of these meetings. A first aid kit will be at every sporting venue and, if requested, there will be first aiders on duty. As this is a critical life skill all coaches, strength and conditioning coaches and teachers should have a first aid qualification. The first aid course is offered annually, and the Director of Sport will keep a record of qualified staff.

For rugby, the games are handled as per the Boksmart regulations ([Safety in the Playing Environment | SA Rugby \(springboks.rugby\)](#)). All relevant rugby coaches and medical staff should be trained in the Boksmart Regulations.

25. Morning training

Morning training will be arranged by the S&C team in consultation with the Director of Sport. No pupil may do more than two morning training sessions per week except for those in the swimming team who will have no more than three morning sessions per week.

Morning training will start no earlier than 05h30.

26. Reports

All pupils will receive a written report from the coach and/or manager for the sport that they have participated in.

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27. Teams and Team Selection

27.1. Selection

We accept that there is a cross-section of talent amongst pupils participating in sport and we will endeavour to do our best to accommodate pupils at the appropriate levels. Trials may be held at the beginning of each season and every pupil will be given an opportunity to participate in the trials. Teams will be selected by the coaches responsible for the sport, in collaboration with the Head of Sport for each code. Teams will be chosen on merit and should represent the strongest possible team in the relevant age group.

Parental influence in team selection is unacceptable and any queries or concerns are to be addressed to the Director of Sport.

Teams may change during the season following outstanding/disappointing individual performances. We will help pupils to understand that this is a normal part of playing sport.

It is generally the case that pupils play in their appropriate age groups. However, when a player from a higher team must play in a younger age group to field a team, the coach must obtain agreement from the opposing side's coach before the fixture. Prior to this, the Director of Sport needs to give permission.

As a matter of course, players should not play in an older age group if there is an age-appropriate team; for example, if there are U14 and U16 teams, ideally the U14 player must play for the U14 team. The exception is when a pupil has been identified as having exceptional talent and a decision has been made to fast-track them. The Director of Sport will make the decision to fast-track a pupil in collaboration with the Senior Head and the pupil's parents (see below).

27.2. Age groups and Fast Tracking

This allows for a pupil with exceptional talent to play outside their age-appropriate group to allow exposure at a higher level. The decision to fast-track a pupil is not only dependant on sporting talent but also on social and emotional maturity and will be made by the Director of Sport in collaboration with heads of that sport, the Junior or Senior School Head and the pupil's parents.

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Coaches and the Head of Strength and Conditioning are responsible for ensuring that the necessary support is in place for a player participating in an older age group to help them face the challenges that such participation will present.

27.2.1. Specific sport code rules pertaining to fast tracking are outlined below:

Junior School

As Kingswood Junior falls under the umbrella of Kingswood College, those children turning 14 or older in their Grade 7 year will participate in the U14 age group teams in the Senior School. All Grade 6 & 7 age group teams will be recognised as U13 age groups.

U14 children will be able to participate in inter-house sports, recognised with an “Open” age group category (Swimming and Athletics etc.)

Children in Grade 1 and 2 who display excellent ability and who are mature enough to do so, may be invited to practice and participate with the U9 age group, to further enhance their skills.

Senior School

Athletics: a pupil can only participate in their relevant age group unless there is only an ‘open’ category.

Cricket: Boys will only be considered for the 1st team at the earliest in their U16 year.

Basketball: Boys and girl will only be considered for the 1st team at the earliest in grade 10. If they are not in the starting line-up, they will play for their age group and may sit on the bench for the 1st team.

Netball: Girls will only be considered for the 1st team at the earliest in grade 10. If they are not in the starting line-up, they will play for their age group and may sit on the bench for the 1st team.

Hockey: Girls will only be considered for the 1st team at the earliest in grade 10. If they are not in the starting line-up, they will play for their age group and may sit on the bench for the 1st team.

Rugby: SARU stipulates that boys may not play out of their age group.

Water Polo: Boys and girls will only be considered for the 1st team in grade 10 or in the third term of their grade 9 year once the ‘stayers’ part of the season begins.

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Squash: Boys and girls will be considered for the 1st team on merit in any grade, but consultation, as outlined above, with relevant role players must take place.

Tennis: Boys and girls will be considered for the 1st team on merit in any grade, but consultation, as outlined above, with relevant role players must take place.

Swimming: Boys and girls of all grades will be able to join the squad swimming team. This will be considered on merit.

27.3. Movement of players between teams

Players may be moved up or down between teams at the discretion of the coach(es). Once a player has been moved, they should remain in a team for a minimum of two matches before they are moved again. This excludes if a player is injured or ill in which case, they can return to the team once cleared to do so by the medical personnel.

27.4. Interprovincial representation

Pupils who have been identified as having talent will be encouraged to be available for provincial team selection. The school will arrange transport to and from trials and, should a pupil be selected, to and from required practices.

All costs associated with selection to a provincial team will be borne by the parents of the pupil.

27.5. Appointment of Captains

Each coach must ensure that a captain is selected and that the input of the members of the team are considered. The final decision for the appointment of the captain lies with the coach.

27.6. Bridging Years

Bridging Year (BY) students are integral to the sporting programme at Kingswood College. It is important, however, to note that their inclusion in teams has an impact on selection of the senior school pupils and that their inclusion, specifically in 1st teams, can compromise the relationship with other schools. Kingswood College will aim to have no more than 30% of a 1st team made up of BY

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pupils. BY pupils will not be elected as team captains unless such motivation is cleared by the Director of Sport and the Senior Head.

28. Drugs and Drug Testing

Kingswood firmly believes in drug free sport as driven by the South African Institute for Drug Free Sport. Random testing will form a part of the routine school programme and dealt within the school disciplinary code. Education around drug (doping) as well as supplementation use will be carried out to support our pupils in making wise decisions.

29. Interhouse Sporting Competitions

Interhouse sports events will be organised during the year. An annual programme will be compiled by the Director of Sport.

The event rules and scoring will be found in the interhouse policy document managed by the Senior and Juniors School Heads and shared with the relevant housepersons.

30. Sport Participation on hot days

Sport, except aquatic activities and those in air-conditioned facilities, will be cancelled when the Sport Index reaches 110 or more. This will be calculated using the following equation from SA Weather Services:

$$\text{Discomfort Index} = (2 \times T) + (\text{Rh}/100 \times T) + 24$$

Where:

T is the dry-bulb or air temperature in degrees Celsius

RH is the percentage relative humidity

The values for T and Rh will be taken from the Grahamstown weather station found at:

<https://grahamstownweather.co.za/>

Junior school:

A decision will be made at 12h00 and communicated to parents. This allows a rearrangement of afternoon activities

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Senior school:

A decision will be made at 15h15 on Monday, Tuesdays and Thursday and at 12h45 on Wednesdays and Fridays.

When the heat index is between 95 and 110 the following strategies should be implemented by coaches:

1. Alter the content of the practice to be less 'physical' in nature
2. Provide ample water breaks – at least a 10 minute break for every 30 minutes played
3. Watch and monitor pupils carefully
4. Alter or remove additional equipment such as helmets, pads and so on.
5. Postpone practice where possible

31. Conduct

Kingswood College prides itself on excellence in all spheres of sport: attitude, performance, appearance, and conduct. It encourages its pupils to endorse the following values:

- Through our conduct, we will always be excellent ambassadors for our school;
- We will strive to reach our full potential in our training and in our matches. Regardless of the outcome of the match, we will have the satisfaction of knowing we have given of our best.
- We are privileged to represent Kingswood College on the sports field and will wear our school's uniform with pride.
- We will win with humility, lose with grace, and strive to display exemplary sportsmanship to members of our own team, to our opponents and to spectators.

School rules (please refer to official rule book) will apply at both practices and matches. In all codes and across all age groups, the values of the school must be upheld and demonstrated, especially the display of sportsmanship and pride in representing Kingswood College. We recognise that the way the game is played is as important as the final score.

Swearing and the use of inappropriate language will not be tolerated from coaches or players.

We do not tolerate bullying, intimidation, or harassment in any form.

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Discipline issues must be reported to the Director of Sport. Pupils and staff who do not uphold the conduct requirements outlined in this policy may be required to go through a disciplinary process (refer to Sports Hearing Policy).

32. Initiation and rites of passage

Any initiation or induction that takes place will be with the full knowledge of the coach, Director of Sport and Senior Head. These practices may not, in anyway, infringe on the rights of players in the team.

33. Bullying

We recognise that sport has been a place where bullying and grooming have been highlighted. We will endeavour to always eradicate such behaviours and will follow the necessary disciplinary procedures when necessary.

34. Dress Code and Uniform

The dress code for each sporting code will be outlined in the School Rule Book. No clothing items may be changed or added to the sports uniform without approval from the Clothing Committee, MANCO and Leadcom.

35. High-Performance Centre (including the Fitness Facility)

- All pupils have access to the high-performance centre. However, pupils can only use the centre if it is part of a formal sports practice or match/game or if given permission by the Director of Sport through the Sports Administrator/s.
- Membership and a fitness facility card are required for the Fitness Facility ('gym') which must always be presented when entering the facility.
- Supervision by one of the strength and conditioning coaches in allocated hours is mandatory at the Fitness Facility.
- Each member (pupil, teacher, etc) will have to go through an orientation session with one of the strength and conditioning coaches with respect to how to use the equipment and proper technique.
- Proper athletic attire must be worn such as takkies, socks, athletic pants/shorts and t-shirts. Shirts need to cover the full chest, back and torso area. Bare feet, socks only or sandals/slops are not permitted.

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- Other than water bottles, food and beverages are not allowed.
- Guest passes for the fitness facility may be used so non-members can use the facility. This needs to be arranged with the Senior School Sports Administrator.
- If you have flu, a cold, or any other contagious illness you are not permitted to use the facility.
- Bottles of disinfectant and paper towels are available for cleaning perspiration from equipment. All users must clean down the equipment after use.
- Members who feel ill and/or dizzy should immediately notify the coach on duty. A first aid kit is kept with the Senior School administrator if required, for minor injuries. With more serious injuries or illnesses, the Sanatorium staff will be called.

Pupils requesting exemption from the policy criteria will make written submissions to both the Director of Sport and Senior or Junior Head (where applicable). Requests will be considered on their merit. Any exemptions will be communicated to the Sport Subcommittee and will form an agenda item at the termly meeting.

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APPENDIX ONE

Physical Activity	Any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of the school day. Both moderate- and vigorous-intensity physical activity improve health.
Sedentary Behaviour	Any waking behaviour characterized by an energy expenditure ≤ 1.5 metabolic equivalents (METs), while in a sitting, reclining, or lying posture. In general, this means that any time a person is sitting or lying down, they are engaging in sedentary behaviour. This includes screen time
Exercise	Exercise is physical activity that is planned, structured, and repetitive for the purposes of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation.
Sport	Sport pertains to any form of (usually) competitive physical activity or game that aims to use, maintain, or improve physical ability and skills while providing enjoyment to participants and, in some cases, entertainment to spectators.
Active play	Active play is physical activity with regular bursts of a moderate to vigorous pace, such as crawling, jumping, climbing, or running. Active play should raise children's heart rate. It can take place anywhere.
Physical Fitness	Physical fitness is "a state of well-being with a low risk of premature health problems and energy to participate in a variety

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	<p>of physical activities.” The two types of physical fitness most often identified are health-related (body composition, cardiovascular/muscle endurance, strength, and flexibility) physical fitness and skill-related (speed, power, coordination, balance, agility) physical fitness.</p>
Physical Education	<p>Physical education focuses on developing physical fitness and the ability to perform and enjoy day-to-day physical activities with ease. It aids in developing skills necessary to participate in a wide range of activities, such as netball, cricket or swimming. Regular physical education classes prepare kids to be physically and mentally active, fit, and healthy into adulthood. An effective physical education program should include engaging lessons, trained teachers, adequate instructional periods, and student evaluation.</p>

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APPENDIX TWO

Athletes	In this document, 'athlete' is used as a generic term to refer to any pupil participating in any sport code.
Coach	Any person who has been given the responsibility of coaching a team and who has signed a contract with the school to this effect. Coaches may be members of staff, specialist coaches or students and outside coaches who have the required skills.
Director of Sport	The person who is responsible for overseeing all aspects of sport at Kingswood College
Fast-tracking	Selection of a player who shows exceptional talent for a team above their age group or level.
Manager	The member of staff who supervises the sports team and who reports to the Director of Sport in this capacity.
Sporting Codes	Those rules and regulations established for specific sports by sporting bodies and that are understood and implemented provincially, nationally and internationally.
Sporting Excellence	This refers both to pupils who use their talents and abilities to realise their full potential and to the expectation that Kingswood will strive to achieve the best results possible by selecting the strongest players.
Sportsmanship	Demonstrating the following attributes: self-control; courage; persistence; fairness; the ability to win with humility and accept

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	loss with grace; a sense of fellowship by treating others (players, coaches, referees/umpires and staff) with respect.
Strength and Conditioning Coach	A strength and conditioning coach is a physical performance professional who uses exercise prescription to improve the performance of players and teams. This is achieved through the combination of strength training, aerobic conditioning, and other methods.
Head of Strength and Conditioning	Head of Strength and Conditioning is the person responsible for overseeing all aspects of strength and conditioning and physical education at Kingswood College.
Biokineticist	A Biokineticist is an exercise specialist who increases a person's physical condition and the quality of life by means of physical assessment and the prescription of health exercise habits.
Physiotherapist	A physiotherapist is a health care professional who helps patients achieve maximum range of movement and physical ability, either by developing it in the first place or restoring it after loss of physical ability due to illness, injury, or aging,
Medical Team	This includes the school's medical doctor, sisters, physiotherapist, biokineticist and strength and conditioning coach
Tours	Any sporting activity that requires the team to be away from Grahamstown for at least one night.

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