

# SPORTS POLICY

Sports has an important role to play in an educational institution. It has been scientifically proven that participation in sports can lead to improved cognitive functioning and significant physical, social and emotional development. This in turn supports curriculum delivery and contributes to a positive college culture.

This policy provides a framework to support physical education and sports in Carmel College. It aims to ensure the safe and effective participation of all students in physical education and sports activities. The sports programme in our institution has the following goals.

- Recreation
- Proficiency training to facilitate the development of skills
- Fostering a spirit of sportsmanship
- Encouraging teamwork
- Exposure to a variety of sporting and physical activity

## **The following guidelines must be adhered to:**

- Coaches / physical educators are responsible for the students in their care at all times
- Coaches / physical educators and their players are responsible for seeing that the playing area and surrounding environment is litter-free before and after matches
- Coaches / physical educators and captains should thank those who facilitated the event and provided refreshments at 'away' matches.
- All sporting accidents must be recorded on Accident Report Sheets.
- For 'away' games, it is the college policy that all players must use transport organized by the college.
- All discipline problems on the sports field will be dealt with by the coaches / physical educators. Serious misdemeanors must be reported to the Principal / Vice Principal.
- It is the responsibility of coaches that all college sports equipment should be cared for properly and returned to its appropriate location after use.

- Appropriate attire must be worn for participation in all sporting events. Lady students should avoid wearing jewelry when participating in competitive sports. They may carry cash and valuables like mobiles at their own risk.
- The college will make reasonable adjustments to provide students the opportunity to access and participate in physical education activities as and when required.
- Students participating in sport events outside the college campus must have consent from their parents / guardians.
- Students are expected to accept the decisions of the match officials, cooperate with coaches, teammates, mentors, officials, and opponents. All disagreements must be resolved with the captain, coach, or manager during, before or after the competition.
- Students are expected to obey the rules and take responsibility for their behaviour.
- Students should not use foul language or behave in an unsporting manner.
- The captain of the team must lead by example as a model of team spirit, sportsmanship and good behaviour.

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