

# Lowther Hall

ANGLICAN GRAMMAR SCHOOL

*All about the girl*

# Sport Policy

Date of last review:

March 2023

Review cycle:

Annual

Review and approval responsibility:

Executive & School Council

Category:

Senior School

VRQA required:

Yes

Locations:

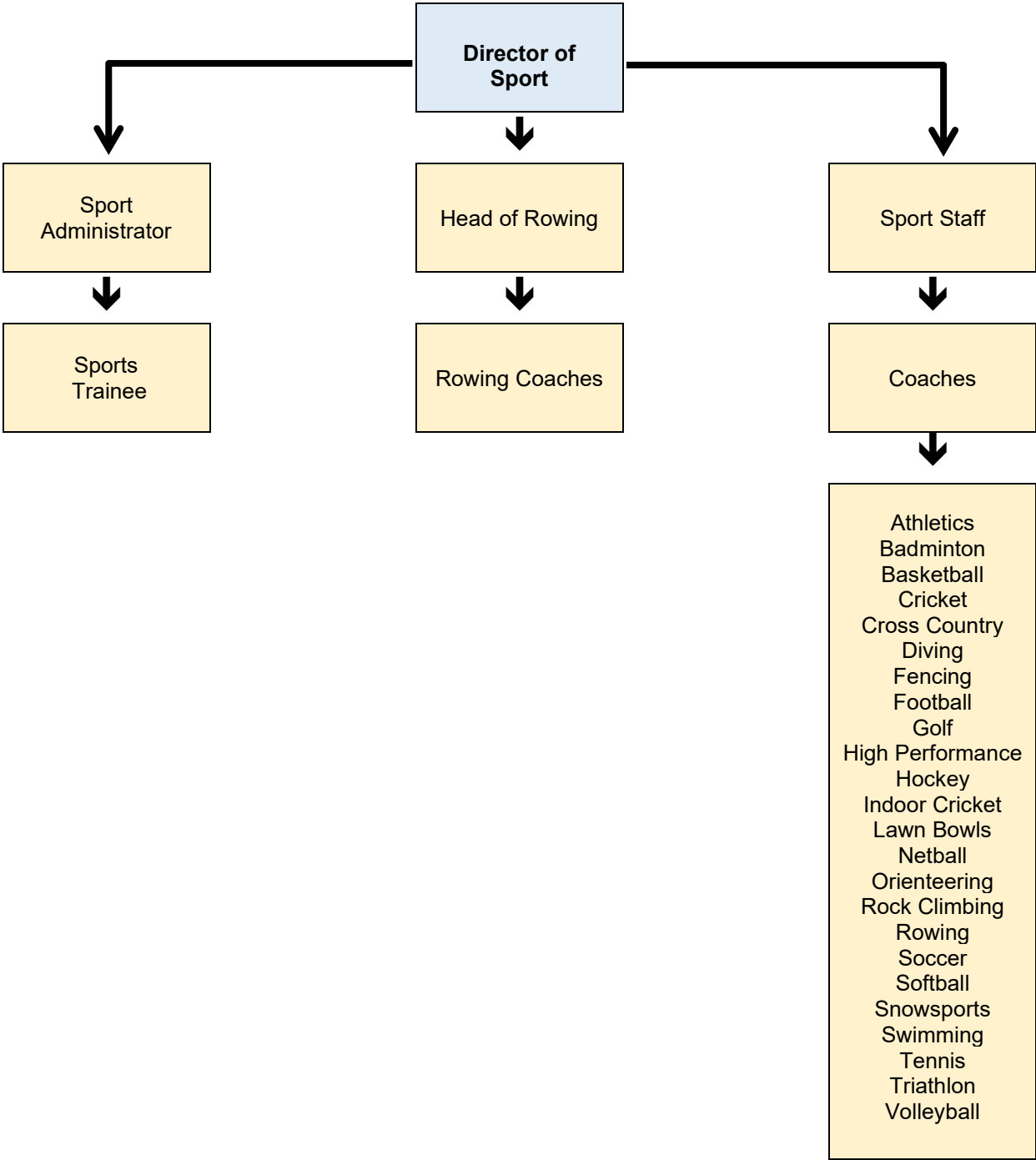
O:Drive, LowtherLink; Website  
and BoardPro



# TABLE OF CONTENTS

- 1. **STRUCTURE ..... 2**
  
- 2. **DEFINITIONS..... 3**
  
- 3. **RATIONALE OF PROGRAM ..... 4**
  - 3.1 THE SPORT PROGRAM..... 4
  - 3.2 SPORT SKILLS PROGRAM..... 4
  - 3.3 INTER SCHOOL/STATE/ COUNTRY SPORTING EVENTS..... 4
  
- 4. **POLICY STATEMENTS..... 5**
  - 4.1 PARTICIPATION IN SPORT ..... 5
  - 4.2 PARTICIPATION IN STATE OR NATIONAL COMPETITIONS  
AND SPECIAL EVENTS..... 5
  - 4.3 TEAM SELECTION..... 5
  - 4.4 SPORTS LEADERSHIP ..... 6
  - 4.5 CANCELLATION OF SPORTS ..... 6
    - 4.5.1 WET WEATHER ..... 6
    - 4.5.2 LIGHTNING AND SEVERE HAIL ..... 6
    - 4.5.3 DETERMINING DISTANCE FROM THE STORM CELL ..... 7
  - 4.6 TRANSPORT, DROP OFF, COLLECTION ..... 7
  - 4.7 RISK MANAGEMENT..... 7
  - 4.8 DISCIPLINE ..... 8
  - 4.9 UNIFORM ..... 8
  - 4.10 CODE OF CONDUCT..... 8
  - 4.11 SPECTATORS..... 8
  - 4.12 BEHAVIOUR..... 8
  - 4.13 STAFFING ..... 8
  - 4.14 SPORTS AWARDS ..... 9
  - 4.15 VENUES ..... 9
  - 4.16 INTRODUCING A SPORT/CARNIVAL/EVENT ..... 9
  
- 5. **RELEVANT SCHOOL POLICIES..... 10**

1. STRUCTURE



## **2. DEFINITIONS**

### **SPORT**

Sport is any physical activity offered through Lowther Hall Anglican Grammar School in which girls are representing the School during competition or training.

It includes GSV Sports and other Sports as determined by the School.

Sport is different to Physical Education because it does not follow a set curriculum, but instead seeks to involve Lowther Hall girls in a variety of physical activity opportunities to supplement and complement the Physical Education curriculum. Sport involves structural competition and School representation.

### **TRAINING**

Sport training is the time allocated to prepare for a competition in a given sport. It may occur during timetabled lessons or outside school time.

### **GSV**

Girls Sport Victoria (GSV) comprises 24 independent girls' schools that compete in weekly sports competitions, carnivals and weekend sport. The GSV Handbook outlines all processes, rules, regulations regarding GSV. Further information can be obtained from [www.gsv.vic.edu.au](http://www.gsv.vic.edu.au).

### **GSV WEEKLY COMPETITION**

Competition rounds for weekly sport are held after school from 4.00pm to 6.00pm (not including travel time) and are on the School calendar and LowtherLink. Weekly sport is played against other schools in the GSV competition. Times can vary depending on the number of teams and availability of facilities. Fixtures are developed by the GSV and schools play several rounds in zones with semi-finals and grand finals (allocated for most teams) played at the end of each term to determine overall winners from the 24 GSV schools.

### **GSV CARNIVALS**

GSV carnivals are held during the School day and are on the School calendar and LowtherLink. Personal Best meets are held outside school time prior to the Preliminary Carnival to give teams the opportunity to practice against other schools and obtain 'best' performance for final team selection. The GSV Preliminary Carnivals determine the Schools' ranking and allocation into the Championship Carnivals.

- Term 1: Diving and Swimming
- Term 2: Cross Country
- Term 3: Track and Field

### **OPTIONAL SPORTS**

The School and GSV offer a variety of sports for students to participate in to learn and develop new skills. Such programs include Fencing, Golf, Diving, Triathlon, Track Cycling, Hip Hop, Equestrian, Orienteering, Rowing and Snowsports. This list varies each year depending on demand. These programs are explained in school circulars and advertised in the School Bulletin and Sports Notice Boards.

Students pay all costs associated with all optional sports.

### **HOUSE SPORT EVENTS**

The School offers competition between the Houses in Athletics, Swimming and House Activities (Netball and Skittles). These are calendared events held annually in the School.

### **3. RATIONALE OF PROGRAM**

The Lowther Hall Sport program aims to foster the Qualities of the Lowther Hall Girl, specifically by:

- providing experiences which will challenge each girl's physical being and her curiosity about her abilities and others in physical activity.
- assisting girls to develop an understanding of the world and their capacity to shape it.
- engaging girls in a sporting and physical activity experience that encourages the pursuit of excellence.
- exposing girls to challenges which will foster resilience.
- providing opportunities for girls to work with others and take the lead.
- encouraging girls to take a considered risk by entering unfamiliar situations in a supported way.
- providing genuine opportunities for each girl to make independent decisions and develop confidence.
- fostering in a girl her role as a representative for her School, her State and her Nation.

#### **3.1 THE SPORT PROGRAM**

The purpose of the Lowther Hall Sport program is to provide an environment where students can learn and experience a variety of sports. Such experiences develop skills for students to build upon to develop throughout their school sports participation and continue outside and beyond school life. Sport provides the opportunity to build relationships with peers and across senior levels of the School.

A balanced cocurricular program is highly desirable and encourages the development of well-adjusted students. Regular physical activity and good eating habits are promoted as part of the Sport program to encourage quality health and well-being for positive progress.

#### **3.2 SPORT SKILLS PROGRAM**

The Sports Skills program is taught by either Physical Education staff or qualified coaches. The program supports the Physical Education program by encouraging skill development, teamwork, the social aspects of physical activity and is non-competitive.

The Sports Skills program supplements the Physical Education program in a non-competitive and skill development focussed program. Although there is no formal assessment at the Years 7 and 8 sports skills level, the program aims to provide further physically engaging activities to develop skills, fitness and confidence. At the Year 9 and Year 10 level, a report is provided on the students' participation and effort along with skill development. The Sports Skills program provides a range of progressive and challenging activities to encourage active participation and learning during the middle years. Students who do not participate in Sports Skills program will participate in the weekly sport program of their choice.

#### **3.3 INTER SCHOOL/STATE/ COUNTRY SPORTING EVENTS**

From time to time the opportunity arises for Lowther Hall sports teams to compete against students from other schools outside the GSV and School competition. This includes competitions with other local schools and school teams from interstate and overseas. Such opportunities allow the students to enhance their understanding of other cultures and for students to value and appreciate difference on the sporting field. The aim is for students to share experiences with team mates, coaches, staff and the competition and to take considered risks with their skills and understanding of the sport. Such opportunities will vary depending on the opposition and allow students to become more confident and curious about sporting opportunities, leading to a better understanding of the world and their capacity to shape it.

Individual or team representation at School, State or National events provides an opportunity for students to develop and challenge themselves to be the very best they can be in their chosen sport. Such opportunities not only develop the individual as an athlete but as a person by instilling confidence and exposing girls to challenges that will foster resilience.

Such an experience allows a student to learn about how other schools and sporting organisations operate, discovering similarities and differences both within and outside of school. Lowther Hall students act as ambassadors for the School, by helping others gain a sense of our school and community.

## **4. POLICY STATEMENTS**

### **4.1 PARTICIPATION IN SPORT**

All students in Years 7 to 12 have the opportunity to participate in a variety of sports including: Badminton, Basketball, Cross Country, Diving, Equestrian, Fencing, Football, Hockey, Indoor Cricket, Lawn Bowls, Netball, Orienteering (Years 9 to 12), Rock Climbing (Years 9 to 12), Rowing (Years 8 to 12), Soccer, Softball, Tennis, Track and Field, Triathlon, Volleyball, Snowsports and Swimming.

Students in Years 7 to 12 are encouraged to participate in the sport program. In Years 7 to 10, sport participation as part of the weekly timetable is compulsory. Involvement in representative, interschool, competitive or additional sports is optional for all year levels. A term's notice is required for sport changes.

If a student has a significant physical injury that would prevent any participation (including scoring etc) then permission might be given by the Director of Sport, in conjunction with either the Head of Senior School or the Year Level Coordinator, for the student to remain at school.

In instances of minor illness, if a student is well enough to be at school then the expectation is that they will attend their sport/training session.

In rare instances, students might be given permission to remain at School and not participate in Sport. The Year Level Coordinator, in consultation with the Director of Sport, will manage ongoing pastoral issues.

Each year students may nominate to represent the School in sport by returning an annual Sports Selection form. Students are then allocated to or try out for respective sports teams for each term.

### **4.2 PARTICIPATION IN STATE OR NATIONAL COMPETITIONS AND SPECIAL EVENTS**

The School will usually support students representing the School at State and National levels by releasing them to compete. The Director of Sport in consultation with the Principal shall determine final permission and whether allocation of other support such as staff, coaching or financial assistance are provided.

The School will usually support students representing the State or Country or who are operating at an elite sporting level to participate in special sporting events. A request for permission to be absent from school in order to participate should be made in writing to the Principal.

Participation in special sporting events or an exchange with an inter school, state or nation may be considered in consultation with the Principal, Deputy Principal - Head of Senior School and Director of Sport and relevant sports coordinators/coaches as appropriate. All expenses for such trips will be predominately covered by the participants.

### **4.3 TEAM SELECTION**

Team selection is made at training based primarily on ability. Enthusiasm and commitment are also considered. Training is held before, after and during school time with Sport/Physical Education staff and coaches.

Athletes training externally with coaches may apply for team selection to the Director of Sport with event preferences, times, distances etc authorised by coaches.

Team selection is undertaken by the coaching staff at training. Girls who are absent from training but are able to compete should notify the Director of Sport. Girls who have not been selected for particular teams or events should discuss this with the staff member or coach at the time. Coaches must advise the Director of Sport of the names of all students who are removed from teams to ensure appropriate follow up is provided to the students.

Any further appeals regarding team selection should be taken up with the Director of Sport. Depending on the interest in the sport, team entries, competition and coaches, some girls may miss out team selection. The School will attempt to provide an opportunity for the student to continue in a sport to develop their skills or be rotated into the team where possible.

Students listed as emergencies can attend the competition, but are not required.

#### **4.4 SPORTS LEADERSHIP**

The Sport program offers the opportunity for active sports participants to take on sports leadership positions within the School. Captains of sport positions are offered to senior students to oversee individual sports teams and the Sports Captain oversees the captains of sport and other relevant activities and events. Students apply for these positions by completing an application form, which is then followed up by a face to face interview with the Deputy Principal, Head of Senior School (or representative) and the Director of Sport. Positions are announced at an assembly before the end of Term 3 due to some of the captaincies commencing their roles in Term 4.

To support the overall Captains of Sports, Team Captains are appointed at the Intermediate and Junior level as necessary. These positions provide our young sports people with the opportunity to experience sports leadership and develop new skills that may be called upon during their time at school. The Intermediate and Junior Sports Captains do not replace the overall Captains of Sport, rather support the promotion and development of their respective sport. It is expected these captaincies are rotated weekly to give as many students as possible the chance to experience the opportunity to be sports leaders. Captaincies are announced at the end of training sessions and students are provided with certificates recognising this achievement and outlining the basic duties. These Captains work with the overall Sports Captains to provide LowtherLink reports and additional support to promote their respective sports.

#### **4.5 CANCELLATION OF SPORTS**

In the instance that sport is cancelled, students and parents will be notified as soon as possible either via email, text, LowtherLink and/or verbal communication by staff. GSV central venue sport cancellation is made by the GSV by 1.30pm on respective weekly sports days or as required for other carnivals and events. All other home and away rounds are at the discretion of the School's Head of Sport.

Depending on the activity, the School's sport program will be cancelled or modified if:

- the ambient temperature is 34°C or greater
- UV index – Skin exposure only if UV <3 (summer before 10.00am and after 3.00pm)
- there is heavy rain, hail, lightning or poor lighting
- 100km per hour winds or greater are present
- The environment is unsafe in terms of Occupational Health and Safety Regulations

Cancellations due to extreme heat should be made by 1.30pm for after school matches, otherwise cancellations should be made after arrival at the venue.

Sports Medicine Australia has written a policy on exercising in heat, with reference to The Heat Stress Index or WBGT (wet-bulb globe temperature). The WBGT takes into account temperature, humidity and air velocity and it is considered a reliable measure of the environmental heat stress. A safe temperature level will be set by GSV using the SMA policy as reference material. A guideline temperature is 35°C.

Sports training during school time will not be cancelled due to poor weather conditions, as alternative indoor or air-conditioned venues will be arranged.

All sport should proceed where possible, in all weather conditions, with the exception of hail, lightning and extreme heat or wind. Weather conditions need to be continually assessed during the playing time. In rainy conditions the playing surface conditions must be considered safe by the responsible staff. Safety of players is paramount.

##### **4.5.1 WET WEATHER**

Cancellations due to wet weather should be made by 1.30pm for after school matches, otherwise cancellations should be made after arrival at the venue. The exception to this rule is Junior Netball.

Junior Netball will be played at central venues and cancellations may be directed by the GSV Executive Officer or GSV Netball Convenor (appointed at each venue). Cancellations due to wet weather should be made by 1.30pm and the decision to cancel will be rung through to each school or alternatively, should the need arise (i.e. weather conditions change) at the venue.

##### **4.5.2 LIGHTNING AND SEVERE HAIL**

Where student safety is compromised with severe hail or electrical storms, coaches of opposing teams shall, in consultation with each other and the referee/umpire (if applicable), immediately stop play and follow the guidelines for protection against lightning strikes as listed:

- Seek shelter in hard-top vehicle or solid building
- Never shelter under a single tree or small groups of trees
- If far from shelter, crouch alone, feet together
- Remove metal objects from body

- Move away from “buzzing” fences and metal poles
- Do not handle umbrellas or golf clubs
- Do not ride horses, bicycles or opened vehicles
- If swimming, leave the water immediately

In the case of electrical storms, play should only recommence if students’ safety can be assured i.e. 30 minutes after the last sound of thunder. Should weather conditions fail to improve, the game shall be cancelled.

#### **4.5.3 DETERMINING DISTANCE FROM THE STORM CELL**

The observation of approaching storm clouds, the first flash of lightning or clap of thunder, should heighten lightning-awareness. The level of risk depends on one’s location (direction and distance) relative to the storm cell and the direction in which the storm is travelling.

A simple method for determining the distance to the storm cell is to measure the time elapsed from when the lightning flash is observed and when the associated clap of thunder is heard. The distance in kilometres to a lightning flash may be estimated by dividing the time delay (in seconds) between the flash and the thunder by 3. If you hear thunder, find shelter urgently, especially if the time delay is less than 30 seconds. Ensure students remain sheltered for at least 30 minutes after the last sound of thunder.

#### **4.6 TRANSPORT, DROP OFF, COLLECTION**

For students leaving for sport or other offsite activities, e.g. Physical Education, a role will be taken and absences will be reported to Senior School Reception before departure.

Students returning to school prior to 1.05pm following sports training are asked to remain with their supervising teacher or coach on the front lawns where they will be dismissed for lunch at 1.05pm.

Students who have not been provided with parental consent (via Consent2Go) or who miss the bus for any sport session should report to Senior School Reception. Arrangements for supervision or collection will be managed here. This also includes students who do not have their emergency medication such as asthma medication, Epipen or Diabetes kit.

In instances where arrival time is later, it is expected that arrangements have been made for student collection. Students will be left in the lit Forum area and not left on the street. Students may take a mobile phone to after school sport to advise parents/guardians of any return time adjustments. Staff will carry all phones.

It is imperative that arrangements are made for the collection of after school sport. Collection times are published on the LowtherLink calendar, on the sports teams lists emailed and displayed on notice boards and are communicated to students at sports training. Times may vary due to traffic and late buses, but the School endeavours to ensure arrival times to school after sport are met. Staff will remain with students until the collection time published. Staff will contact the parents of those students still remaining at the school past this time to confirm pick up arrangements before leaving.

On occasions it may be appropriate for a student to be collected from or walk home from a venue. A note signed by a parent/guardian, an email or a telephone call outlining the request must be given to the supervising sport staff member on the day before departing for sport. If the parent/guardian has not arrived by the time the team is about to depart, the student will be taken back to school, unless the parent/guardian has otherwise advised. Parent/guardian contact numbers should be provided on all correspondence.

#### **4.7 RISK MANAGEMENT**

GSV competition including; interschool competition and GSV weekly sport, carnivals and events that are hosted by Schools involved in the GSV sport program are responsible for the risk assessment.

Risk management procedures for trips should adhere to the guidelines set out in the relevant section of the Lowther Hall Staff Manual and Consent2Go. Please also refer to the Lowther Hall First Aid Policy and the Head Injury and Concussion Policy, available on LowtherLink.

Risk assessments for each major event/trip must be completed in liaison with the Director of Sport, the Head of Senior School or the Deputy Head of Senior School at least one week prior to the event/trip.

It is imperative that staff/coaches have the necessary qualifications needed to oversee the activities associated with a specific event/trip. This can vary from experiences on water, land and snow. Events or trips involving other specialist activities staffing should include individuals with relevant experience.



In the event that a student wishes to spend time with relatives or friends whilst attending an event/trip is up to the discretion of the staff member in charge of the trip as to whether this would be allowed. Wherever possible arrangements should be made well in advance of departure. In the event that such contact is judged by the teacher in charge to jeopardise the amenity or safety of the trip, the teacher is authorised to suspend, terminate or prevent the contact.

If a student becomes ill or injured and is unable to continue to participate in the program, one staff member would be expected to stay with the student. This staff member would make arrangements for returning the student to school or home as appropriate. If an ambulance is required and the staff member is on their own, then a student will travel in the ambulance once contact has been made with parents, the Health Centre and a member of the School Executive Committee..

#### **4.8 DISCIPLINE**

All students participating in the sport program must abide by the Lowther Hall rules and GSV and relevant sporting organisation's Code of Conduct at all times and are expected to conduct themselves in a way that represents the School in a positive light. Students should seek to demonstrate the Qualities of the Lowther Hall Girl.

Students registering interest in training with sports teams and who do not attend training will jeopardise their position in the Team. Students who do not turn up to Sport without acceptable notification will be followed up by the Director of Sport and a consequence arranged.

#### **4.9 UNIFORM**

Correct sports uniform (including sport specific items) must be worn on all occasions to both sports training and competition. Girls without a sports uniform for training will be awarded a "strike". If the uniform is not worn on a second occasion without a note from parent/guardian, the Director of Sport will follow this up with the student or parent.

Any uniform items missing for competition will result in the student not participating in the match or event and a consequence being issued by the Director of Sport.

The School expects proper standards of presentation of its students and sport is no exception.

#### **4.10 CODE OF CONDUCT**

Team members will observe the highest standards of sporting behaviour and play in an enjoyable and safe environment. Students must perform to the best of their abilities, accept without question the decision of umpires and officials, shake hands and give three cheers at the completion of all matches, be gracious in victory and defeat, participate by the competition rules and regulations and respect all fellow team members, opponents, umpires, spectators, coaches and other officials. Bad language, abuse and poor sportswomanship will not be tolerated and may result in the offending student being removed indefinitely from competition.

#### **4.11 SPECTATORS**

Parents, staff and friends are welcome to attend sporting competitions. It is important that appreciation for good performances is shown in a positive and encouraging manner, as well as, respecting the decisions of coaches and umpires and respecting the traditions, rules, fellow spectators, athletes and staff.

#### **4.12 BEHAVIOUR**

Should an incident occur during an accompanied sport event or trip, the staff member in charge of the event or sport will have discretion to take whatever action is deemed appropriate and necessary at the time. Following such an incident, the staff member in charge will contact the School. Should the teacher in charge be unable to contact the School, they may contact parents at their discretion. On return to School, further follow up action may be taken.

In the event that a student's behaviour is deemed by the teacher in charge of the event or sport (in consultation with the School) to be jeopardising the amenity or safety of the experience, parents may be asked to collect their daughter.

#### **4.13 STAFFING**

Staffing at all sports competitions, events and trips overseas trips will be determined by the School. External sporting events will also provide staff and parent volunteers to assist in the running of events. Competitions, events and trips should abide by ratios for excursions set out in the Lowther Hall Staff Manual. Student/staff ratios may be increased for more demanding trips and/or trips with specialist activities (for example; Snowsports, Rowing etc) or reduced in special circumstances.

#### **4.14 SPORTS AWARDS**

Sports awards include; Sports Awards events/assemblies, sports colours, Sports Captains awards, GSV certificate and badges, Cross Country 50km and 100km and John Landy award.

The House Swimming Carnival, House Activities Day and House Athletics Carnival will award points to all Houses based on participation and results in individual and overall team events.

House points are accumulated to award overall placings at each of these events. The final placing points will be added to the overall House Cup and awarded to the House who has accumulated the most House points in the year, commencing Term 4 through to Term 3 of the following year.

At House days where individual champions are determined for Junior, Intermediate and Senior divisions, points will be awarded to the placings according to the maximum number of events allowed to be entered. The School endeavours to provide an opportunity for maximum participation and this may impact on individual championship points. The House Captains are responsible for deciding how best to fill team events. This may mean that in instances where there are outstanding athletes in the same year level and House, the best overall athlete is not awarded the Champion recognition. The focus of these events is maximum participation and providing opportunities for all.

Nominations for sports awards will be done in consultation with:

- Director of Sport
- Sports Staff
- Physical Education Staff
- Coaching Staff
- Sports Captains as required

Sports Colours are awarded to students, as per the criteria set out in the student planner, who have displayed a high skill level and commitment to their sport. Attendance at training sessions, correct uniform, high or improved skill level, leadership, positive team spirit and attitude, assistance with equipment and coaching and supporting junior teams are all considered as part of the Colours Awards system.

Sports Awards events/assemblies recognise the achievements of our sports teams and provides an opportunity for coaches and staff to recognise individual student success.

#### **4.15 VENUES**

Lowther Hall sport requires the use of many external facilities to conduct its program. Staff and coaches are expected to promote positive relationships with facility staff and adhere to all emergency and lock down procedures advised by facility staff.

External venues are assessed for risk before utilising and all venues must provide a current certificate of currency each year. Facilities that are used regularly must have a risk assessment review every three years unless major rebuilding or changes have occurred at the facility.

The staff member booking the facility is responsible for ensuring the School has a copy of the Certificate of Currency (insurance certificate).

If evacuation or lockdown is called at a venue, the School should be called and notified of the situation.

#### **4.16 INTRODUCING A SPORT/CARNIVAL/EVENT**

In order to introduce a new sport to the sport program a discussion should take place with the Director of Sport.

Firstly, there must be student interest and/or support by either the Director of Sport or Physical Education staff or coaches. A further discussion and/or written application for approval should be had with the Deputy Principal - Head of Senior School and/or the Principal.

The proposal should have the support of:

- School staff
- Coaches; and/or
- Students

In addition, the proposal must include the following details: costing, proposed dates, year level/s and staffing considerations. There should be a costing which is based on a minimum number of students. Cost will be a consideration in deciding whether a sport will be approved.

Consideration must be given to how the sport may impact on the Sport program and on the School as a whole, including the impact on existing sport programs. The introduction of a sport which impacts disadvantageously on Physical Education curriculum (Years 9 and 10) or other current School programs may not be approved.

## **5. RELEVANT SCHOOL POLICIES**

- Air Quality Policy
- Anaphylaxis Policy
- Asthma Policy
- Camps, Excursions and Offsite Activities Policy
- Child Safe Standards and Mandatory Reporting of Child Abuse Policy
- Discipline Policy
- First Aid & Medicine Distribution Policy
- Head Injury and Concussion Policy
- Medical Action Plan Procedure
- Photography and Video Policy
- Privacy Policy
- Social Media Policy and Guidelines
- Student Academic Wardrobe and Sport Uniform Policy
- Student Attendance Policy
- Sunsmart Policy
- Supervision Policy
- Symptom Management Procedure