Preamble: School sport is part of the holistic vision of education. One of the Deputy Heads (Andrew Jones) oversees College sport. Where necessary this policy must be read in conjunction with the Acceptance of Place and the Code of Conduct and other relevant documentation.

1) Sport Choices

- In order to be competitive and to use our resources as effectively as possible, the school must focus on a few selected sports. The compulsory component of our programme will therefore ensure that children participate in these sports.
- All pupils in Grade 8 and 9 must participate in at least one of the core sports listed below, per term.
- All pupils in Grade 10 to Grade 12 are encouraged to participate in at least one of the core sports listed below, per term. If they choose not to, then they are still expected to participate in one of the other sports on offer.
- Pupils may participate in two core sports per term, but when making the choice, they must indicate what their 1st choice and what their 2nd choice is, at the beginning of the term, so as to avoid possible fixture clashes.
- All pupils are expected to play the chosen sport for a Bridge House team – playing for a club does not count towards school participation.
- For team sports, a choice is seen as being valid for the duration of the term.
- Grade 12 pupils are not required to do sport in Term 4.
- Any exceptions to the above requirements must be agreed to by the Heads of Sport and the Deputy Head of the College (Wider Curriculum).

College Team Sport Choices (# Core sport)

### BOYS

<table>
<thead>
<tr>
<th>TERM 1</th>
<th>TERM 2</th>
<th>TERM 3</th>
<th>TERM 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket #</td>
<td>Hockey #</td>
<td>Hockey #</td>
<td>Cricket #</td>
</tr>
<tr>
<td>Indoor Hockey #</td>
<td>Soccer #</td>
<td>Soccer #</td>
<td>Indoor Hockey #</td>
</tr>
<tr>
<td>Tennis #</td>
<td></td>
<td></td>
<td>Tennis #</td>
</tr>
<tr>
<td>Water Polo #</td>
<td></td>
<td></td>
<td>Water Polo #</td>
</tr>
</tbody>
</table>

### GIRLS

<table>
<thead>
<tr>
<th>TERM 1</th>
<th>TERM 2</th>
<th>TERM 3</th>
<th>TERM 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Hockey #</td>
<td>Hockey #</td>
<td>Hockey #</td>
<td>Indoor Hockey #</td>
</tr>
<tr>
<td>Water Polo #</td>
<td>Netball #</td>
<td>Netball #</td>
<td>Water Polo #</td>
</tr>
<tr>
<td>Tennis #</td>
<td></td>
<td></td>
<td>Tennis #</td>
</tr>
</tbody>
</table>
• Pupils who cannot participate in one of the above core sports twice a week must apply to the Heads of Sport for permission for a special dispensation.

2) Other Sport Options

• The school also hosts other sports which are not school team sports even though they may play or compete as a Bridge House team. These add a unique profile to the school as well as offering children who do not feature in the main sports the opportunity to excel. This is especially true of children who do not have strong ball skills.
• These may be used as an addition to participation in the Sports listed under point 1, but the rules stated in point 1 apply.

<table>
<thead>
<tr>
<th>TERM 1</th>
<th>TERM 2</th>
<th>TERM 3</th>
<th>TERM 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics*</td>
<td></td>
<td></td>
<td>Athletics*</td>
</tr>
<tr>
<td>Canoeing*</td>
<td>Canoeing*</td>
<td>Canoeing*</td>
<td>Canoeing*</td>
</tr>
<tr>
<td>Cross Country</td>
<td>Cross Country</td>
<td>Cross Country</td>
<td>Cross Country</td>
</tr>
<tr>
<td>Equestrian*</td>
<td>Equestrian*</td>
<td>Equestrian*</td>
<td>Equestrian*</td>
</tr>
<tr>
<td>Golf</td>
<td></td>
<td></td>
<td>Golf</td>
</tr>
<tr>
<td>Mountain Biking</td>
<td>Mountain Biking</td>
<td>Mountain Biking</td>
<td>Mountain Biking</td>
</tr>
<tr>
<td>Sevens Rugby</td>
<td>Sevens Rugby</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td></td>
<td></td>
<td>Swimming</td>
</tr>
</tbody>
</table>

• *Not coached at the School or by school staff.
• The above sports allow for pupils to represent their school.
• The rules of the school apply at all times while pupils are participating in any of the above sports.

3) Over subscription in Sport Codes

• If a sport is oversubscribed, the Heads of Sport can select players who will have to choose another sport.

4) Commitment to Sport Choices

• Once a pupil is signed up for a sport they must complete the term in that sport. If a change is desired there needs to be a compelling reason for the change. A request to change sport selection must be done through the Heads of Sport.

5) Organisation

• The Heads of College sport will report to the Deputy Head of the College (Wider Curriculum), for all other sport matters.

6) Dress

• Only the official sports uniform may be worn for matches and practices. This is vital in terms of generating the right attitude in our pupils and projecting the right image of our school.
• Pupils should travel in the official school tracksuits, where appropriate. Non- regulation sports items may not be worn – Boland colours, beanies, non-BH caps etc.
• Teams may choose to travel in full school uniform, provided that there is uniformity within teams.
• Permission for any extra sport items for tours or special occasions must be obtained from the Uniform Committee and ratified by the College MANCO and/or EXCO.
• Due consideration must be given to sun protection. The wearing of caps and hats and sun block must be encouraged.

7) Sport Practices
• Team sport practices begin at 15h00 and end at 17h00. (*Some variations do apply where there is pressure on facilities.*)
• Extended practices may take place with the agreement of the Heads of Sport. Parents must be notified of these arrangements timeously. In such cases transport becomes the responsibility of the parents.

8) Matches
• Behaviour of all players will be beyond reproach.
• Sportsmanship comes first. Winning second.

9) Examinations and Sport
• Where possible, league fixtures will not take place during examinations.
• Pupils will not be required to participate in practices during examinations and will receive a timetable of voluntary practices/activities. This will be arranged between the relevant Head of Phase and the Heads of Sport.

10) Cancellation of practices
• In case of inclement weather, where possible, pupils will be supervised and an alternative practice will be organised.
• If conditions are very hot, the practice may be stopped and an alternative arranged.

11) Selection and Age Group Issues
• Selection of players is based on merit, or in accordance with the principles described in terms of participation and within the laws of the sporting body.
• The decision of the coach or manager is final.
• Players must play in their appropriate age groups, however:
  o If in order to field a team, over-age players have to play in a younger age group, approval by the opponents must be obtained before the fixture.
  o Players from younger age groups can be drawn to fill places in older teams. This could possibly occur most often in league fixtures where the strongest team, regardless of age, will be picked.
  o Coaches must act responsibly to ensure that younger players are able to face the challenges that participation in an older age group will present and within the laws of the sporting body.
  o It is not possible for children in the Prep School to play in College teams unless they exceed the prep age group divisions, or other good reason is agreed on. Such a decision is dependent on consultation with the Heads of Prep and College.

12) Fast Tracking
• This allows for children with exceptional talent to be moved up the system to allow exposure at a higher level where appropriate.
• It is not advisable that this happens between Prep and College sections.
• It is not only dependant on sporting talent, but also on social and emotional maturity and as such can only happen with prior consent of the Heads of Sport and should be done in consultation with the appropriate Head of Phase.
13) **Clashes in Sport Commitments**
- Main team sports will always take preference unless otherwise negotiated.
- If the clash is between two main team sports (e.g. Hockey and Netball), the coaches need to be informed about the pupils 1\textsuperscript{st} and 2\textsuperscript{nd} choice team sport. The same applies if there is a clash with another sport where the pupil is involved in an important trial or competition.
- Due to provincial trials clashing with our programme, a pupil may by necessity be put in a position where they have to decide to focus on one sport. Preference will always be given to the **core** sports, rather than other sports, regardless of whether these are offered by the school or not. Consultation with the Heads of Sport in this regard is important.

14) **Absence**
- In case of illness the coach or manager should be notified as soon as possible in order that reserve players can be arranged. A note from the parent is required.
- If unavailable to play, because of exceptional circumstances other than ill health, the pupil needs to bring a letter from their parent (or send an e-mail). This must be handed in to the coach or manager at least 48 hours before the fixture.
- For all absences a note or an e-mail from the parent is required. This must be e-mailed to:  
  - **Girls** Mrs de Villiers E-mail: coldev@bridgehouse.org.za  
  - **Boys** Mr le Roux E-mail: jacler@bridgehouse.org.za

15) **Safety**
- All players are to use appropriate safety equipment. (Gum guards, protectors etc). They are also to follow the warm up and warm down routines.
- It is the player’s responsibility to inform their manager or coach if they are ill or injured.
- It is the player’s responsibility to ensure that they are wearing the correct protective gear.
- First Aid will be available in the sports office and if necessary professional medical care will be sought.
- The sun policy requirements must be adhered to.

15) **Transport**
- School bus transport will be arranged by the school, where numbers warrant it. There may be occasions where parents will be asked to assist with transporting their children to matches.
- A staff member will travel on the bus to and from the away venue.
- All teachers who transport pupils must be in possession of a valid PDP licence.

16) **Behaviour**
- Normal school rules apply at all times when members of the Bridge House community are involved in sport whether it takes place on the school premises or not. This applies whether the pupil is participating in one of the main sports or any other activity or sport linked to the school by association.
- Exemplary sportsmanship is expected. A player may be withdrawn from participation at any time by the coach or manager if guilty of misconduct.
- School disciplinary action may follow if deemed necessary.

17) **Tours**
- Tours are central to the creation of a positive and exciting sport programme and are therefore encouraged.
- The MANCO must be informed about a proposed tour before such a tour is discussed with parents or pupils.
The costs of tours will be charged to parents’ accounts. Parents must receive due notice before any charges are levied.

There will always be a teacher present on any school sport tour.

Managers and coaches are to be mindful of the cost and security implications of proposed tours.

All fund raising issues connected to tours must be approved by the EXCO.

Financial planning for tours must take place timeously. The EXCO must be kept informed through the bursar.

18) **Awards**
   - Recognition of achievement is vital in terms of creating a positive attitude to sport in the school.
   - The criteria for all awards must be pitched at the level of excellence.
   - All awards are accompanied by specific citations and all include exemplary sportsmanship as a requirement that has to be met.

19) **Coaching**
   - Coaches may be hired to coach sports where teachers are unavailable or where specialist skills are required.
   - Coaches must apply the rules of the school at all times.