

OUT OF SCHOOL HOURS SPORTS

At Flagstaff Hill Schools our aim is to excite and inspire our students to be healthy active children. Out of School Hours Sport is run outside of regular school hours and is another opportunity that students have to be active.

Have A Go Programs

These programs are run especially for Junior Primary Students. These are fun, skill based programs that enable students to learn how to play different sports without being competitive. Throughout the year the following sports may be offered by Sport Development Officers: - basketball, soccer, netball, football (Auskick), Footsteps dance, Milo Have A Go cricket, and T-ball.

Sports Teams

Primary School students can get involved in a range of summer and winter sports. Thanks to on-going support from parent volunteers we are able to offer: cricket, basketball, football, soccer and netball. Parent help plays a vital role in coaching, managing and organising these sports teams. These sports are offered subject to student interest and the number of parent helpers.

We welcome parents who are able to coach, umpire or manage a sporting team. For general enquiries please contact Janet Mitchell, the Out of School Hours Sports Convenor or Kym Day, Head of School 4-7.

SPORTING CODES OF CONDUCT

This School expects the highest standards of conduct by our sport teams and their supporters.

Players Code

Play for the fun of it, not just to please your parents or coach.

- *Play by the rules.*
- *Never argue with the umpire's decisions. Let your captain or coach ask any necessary questions.*
- *Control your temper – no "mouthing off", breaking sticks, throwing bats or other equipment.*
- *Work equally hard for yourself and your team – your team's performance will benefit and so will your own.*
- *Be a good sport. Cheer all good play, whether your team's or your opponent's.*
- *Treat all players, as you yourself would like to be treated. Don't interfere with, bully, or take unfair advantage of any player.*
- *Remember that the goals of the game are to have fun, improve your skills and feel good. Don't be a show-off or always try to get the most points or penalties.*
- *Co-operate with your coach, team mates and opponents, for without them, you don't have a game.*

Parents' Code

- *Do not force an unwilling child to participate in sports.*
- *Remember, children are involved in organised sports for their enjoyment, not yours.*
- *Encourage you child always to play by the rules.*
- *Teach your child that honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.*

- *Turn defeat into victory by helping your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a competition.*
- *Remember that children learn best by example. Applaud good plays by your team and by members of the opposing team.*
- *Do not publicly question the umpire's judgement and never their honesty.*
- *Support all efforts to remove verbal and physical abuse for children's sporting activities.*
- *Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child.*
- *Support participation by attending matches whenever possible.*

Spectators' Code

- *Remember that children play organised sports for their own fun. They are not there to entertain you and they are not miniature professional athletes.*
- *Be on your best behaviour. Don't use profane language or harass players, coaches or umpires.*
- *Applaud good play by your own team and opposing team.*
- *Show respect for your team's opponents.*
- *Never ridicule or scold a child for making a mistake during a competition.*
- *Condemn the use of violence in all forms.*
- *Respect the umpire's decisions.*
- *Encourage players always to play according to the rules.*

HOT WEATHER POLICY OUT OF SCHOOL HOURS SPORTS

The results of sporting competitions should never jeopardise the health and safety of our students. For this reason it has been decided to formalise our schools' policy in regard to hot weather;

Saturday Morning Sport

Saturday sport will be cancelled if the forecast temperature for Saturday (as forecast on the Channel 2 News on Thursday evening at 7pm) is 37 degrees or more.

If the forecast is for 33 – 35, games will be played provided that convenors and coaches consider reduced game time and players are provided with extra drink breaks.

After School Sports' Training

The school has an existing school policy that details training arrangements should the temperature exceed 35 degrees at 2.30p.m. Coaches will cancel training and students will be catered for as per the information provided on their registration forms i.e.; they will be sent home, attend OSHC or wait with the coach if parent contact can not be made.

Students will be reminded about game cancellation on Friday before they leave school but the onus is on parents to refer to the Channel 2 news.

Sports Medicine Australia recommends athletes drink 500ml of water prior to their activity, 200mls every 20 minutes during activity and more upon completion of the activity (at least 500ml).

For further information regarding Hot Weather Policy and participant safety please refer to the Sports Medicine Australia website <http://www.sma.org.au/>

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Government of South Australia

Department of Education and
Children's Services

