



SPORT AND PHYSICAL ACTIVITY POLICY

Wyndham College

Sport and Physical Activity

General

Wyndham College aims to provide opportunities for students to participate in sporting and physical activities, to promote physical and mental health, enjoyment and development of skills, to interact socially and achieve personal goals.

Sport and physical activity means school organised or sponsored exercise, fitness activity, active recreation and sport with supervision provided by teachers and instruction provided by teachers or other appropriately qualified adults. It does not include student initiated activity as part of recreational periods. Most sport and physical activity will be incorporated into the crossroads program for many students at the college.

Responsibility to provide for the safety of students involved in all sporting and physical activity provided by the school resides with the school.

Wyndham College will ensure that sport and physical activity is safe and enjoyable for all students. To facilitate the safe participation of students of Wyndham College in organized sport and physical activities the Department of Education *Guidelines for the Safe Conduct of Sport and Physical Activity* will be adhered to.

These safety conditions for specific activities apply whether the activity is taken as part of school sport, physical education, within school excursions, or on any other occasion where planned physical activity is to occur.

The safety conditions for specific sports and activities outlined in *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*, must only be varied where experts in the particular sport advise accordingly. Physical education teachers in physical education lessons may vary the conditions considering the nature of the activity, the teaching-learning processes employed and the experience and physical development of the participants.

Supervision of Students

For each sport and physical activity program the *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools must be followed*, indicating arrangements and responsibilities and staff-to-student ratios.

For specific focus programs (eg archery) and physical activities outside the school, Wyndham College will inform parents / caregivers of location, cost, mode of travel and supervision arrangements, activities to be undertaken and dismissal time, before permission is obtained.

Any activity involving swimming, water and overnight stays is to be accompanied by a member of staff who possesses current cardio-pulmonary resuscitation and emergency

care. All other activities must be accompanied by a member of staff who has undertaken emergency care training.

On overnight outdoor recreation activities, teaching staff have an obligation to supervise students for the whole period of the activity.

Where small groups of students have to travel away from the College parents / caregivers must be notified and give approval for such arrangements.

Where the College is involved with members, employees or volunteers from the community, organisations or businesses in college organised or college endorsed activity, the college retains responsibility for supervision and duty of care on or off college premises.

Regulations regarding Working with Children Check, child protection and mandatory reporting apply at all times.

Supervision at WREC day, Enduro, Gala Days, and Carnivals etc. will consider numbers involved, gender, age and maturity, special needs of students, location and nature of the event, the physical layout and spectators.

Teachers responsible for spectator supervision should not be officials.

Supervision of activities out of college hours, approved by the principal, must involve informed parent acknowledgement of college arrangements for the activity. Teachers involved as coaches or managers should inform parents and keep to exact times stated, they should (when possible) keep students in sight at all times, and avoid being in a room with individual students. Where travel is involved obtain parents' written permission to drive students anywhere, inform parents in writing about mode of travel and those involved, and avoid driving an individual student home.

For activities at camps organised and conducted by external providers, the Department of Education policy on *Excursions and Other Visits (97/137)* should be adhered to.

Supervision plans on such visits should cover visiting teachers and centre staff in relation to the safety and welfare of participants and be provided by the camp director, such plan to include explicit roles and responsibilities.

Parents / caregivers will be advised of all relevant details of camp sport and recreation activities and written approval obtained.

Where students are involved in independent travel, parents / caregivers must be fully informed of and agree to the arrangements and the principal and teacher in charge of the activity take all steps to ensure the safety and welfare of the unaccompanied students.

Coaching

Coaches or instructors should possess the relevant competencies to safely and effectively manage the proposed activity.

The College will support teachers in developing competencies as well as providing information and resources to assist their organisation.

Teachers appointed as coaches should follow the *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*,

Billeting

Arrangements for billeting must be agreed and planned, with principals, billeting coordinators, supervising teachers all parents and students being fully informed.

Risk management strategies should be undertaken where billeting is involved.

Appendix F of *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*, must be implemented.

Physical Contact with Students

Teachers should read and follow the *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*

Student Protection

Wyndham College staff will actively provide for the protection, safety and welfare of students so that the foundation of an effective learning environment is provided.

Child Abuse and Improper Conduct

The College will:

- Protect young people from abuse, neglect and improper conduct
- Ensure abusers are not employed
- Assist in the recognition and notification of suspected abuse or neglect
- Provide educational programs in child protection

In the context of sport and physical activity teachers are required to be with students, and, the same rules and responsibility apply as in the classroom.

Sports Injury Prevention Measures and Strategies

Effective prevention measures are based on understanding of the inherent nature of the activity or sport, the participants involved and the environment.

Development of prevention of injury strategies, needs to occur on a sport specific basis. However, many prevention measures are relevant in various degrees to the vast majority of physical activities organized or managed by the College.

Accidents most commonly occur where:

- Inadequate supervision and instruction contribute to failure to ensure compliance with rules
- Games are conducted on or in an unsuitable area

Injury Prevention

Pre-event	measures to reduce injury include training and education of coaches and officials
Event	enforcement of rules, use of appropriate equipment, suitable environment, warm up, cool down
Post-event	first aid and injury management, evaluation risk management plans, review of relevant policies.

Injury Countermeasures

Wyndham College will provide opportunities for professional learning and education in sport safety of all involved in sport and physical activity.

In PDHPE, SLR and Sports Coaching courses students will be informed and taught how to prevent injury and correct Codes of Conduct.

Injury Management and Rehabilitation

Where an injury occurs the following will apply:

- Immediate treatment will be provided
- The matter referred to the appropriate personnel
- Complete a written report of the incident

Students may participate in sport or physical activity if medically fit. Students must not be allowed to play or continue to play if injured. If a teacher believes a student is injured, the student must be removed from the sporting activity. If there is doubt, an injured student is not to play until medically cleared.

Personal Protection Equipment

Players, parents, coaches, trainers and students should be aware of the appropriate equipment involved in a sport or physical activity. This includes selection, maintenance, proper fit and adjustment of equipment.

Where mouthguards are involved, teachers should note Appendix B in *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*. This information should be made available to parents, caregivers and students.

Where the wearing of protective gear is specified in the *Guidelines for Specific Activities* section of *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*, it must be worn.

Playing Equipment

If participants can't wear protective gear, equipment modification should be considered by teachers. Equipment should be checked for suitability and safety, and maintained according to manufacturer's instructions.

Stretching, Warm Up and Warm Down

Teachers should consult *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*,

Training and Conditioning

Teachers should consult *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*,

Coaches

Coaches should consult *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*,

Officials

Officials should apply appropriate sanctions for non-compliance with rules.

Sports First Aid

Wyndham College will have first aid kits available for all sporting and physical activity on College grounds or community venues and locations where Wyndham College students are playing or involved. Where excursions include sport or physical activity, first aid kits will also be available.

Environment and Playing Conditions

Assessment, where possible, of the activity venue before the activity to identify potential problems or dangers. The playing surface should be assessed for safety.

Teachers should also consider weather conditions associated with the activity.

Teachers should consult *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*, for advice on the following matters:

- Heat stress
- Medical conditions
- Infectious diseases control guidelines
- Sun protection in appropriate activities
- Additional protection measures
- Starting guns and caps

Outdoor Recreation Guidelines

These are activities which potentially place students at a higher level of risk than is usual on the College grounds either because of the nature of the activity or the area in which it is to take place.

All teachers engaged in such activity are to read the *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools* in full and implement the guidelines contained therein.

Guidelines for Specific Activities

Teachers intending to seek principal approval to involve student/s in specific activities to read the relevant section of *Guidelines for the Safe Conduct of Sport and Physical Activity in Schools*, before seeking principal's approval and completing the required documentation.

The activities listed in this section are:

Abseiling	Ropes Courses
Archery	Rowing
Athletics	Rugby League and Rugby Union
Australian Football	Sailboarding
Baseball	Sailing
Basketball	Scuba Diving
Bushwalking	Skateboard Riding
Canoeing – Recreational	Skiing
Canoeing – Competitive	Snorkeling
Cricket	Soccer
Cross Country	Softball
Cycling – Bicycling Safety Skills	Sports Aerobics
Cycling – On Road, Track and BMX	Squash
Diving	Surfboard, Wave Ski and Bodyboard
Fencing	Riding
Fun Runs / Walkathons	Swimming and Water Safety
Golf	Surf Life Saving
Gymnastics	Tennis
Handball / Hockey	Touch
Horse Sports	Trampolining
Ice Skating	Triathlon
Indoor Cricket	Vigoro
Indoor rock Climbing	Volleyball
Indoor Soccer or Futsal	Water Polo
Lawn Bowls	Weights and Weight Training
Martial Arts	
Mountain Biking	
Netball	
Orienteering	
Roller and In-Line Skating	

Banned activities

Due to the assessed level of risk involved, the following activities are banned by the Department of Education:

- Boxing and other 'one on one' combat sport
- Break Dancing
- Bungee Jumping
- Hang Gliding
- Quad Biking
- Rock Fishing
- Rodeo
- Tobogganing

However, training and fitness programs involving boxing and combat sports (for example, boxercise) are considered to be acceptable activities in schools.