

# PE SCHOOL AND SPORTS POLICY

(Revised in June 2023)



*Islamiya English School Abu Dhabi LLC*



## MISSION STATEMENT

At Islamiya English School, we offer and encourage all students, regardless of ability, to participate in sporting activities. We intend to implement and manage our sporting program in accordance with the Sport Policy because we are aware of its significance.

The students participating in sports under the name Islamiya English School will receive the necessary coaching, care, and supervision from us.

## AIMS AND OBJECTIVES

- Provide the best possible sporting experiences for all IES students in order to encourage lifelong participation in sports;
- Provide safe environments for the conduct of junior sports;
- Provide equal opportunities for all students to participate in sports;
- Make provisions for all students with special needs to participate in sports;
- Encourage and actively cater to talented sporting students;
- Positively promote parental involvement in all areas of the sporting activities;
- Promote the playing of sport for enjoyment with participation the primary focus.

The School Sport Policy considers physical activity participation to be more important than winning or training devotees to a specific sport.

The mastering of different game abilities and the social/profound improvement associated with group participation are viewed as beneficial instructive encounters.

## MEETINGS

Meetings of the Sports Committee should be held at least once a term and minutes kept of proceedings.

## TRAINING

- The coach will notify parents of training schedules.
- Four training sessions per week 30 minutes each day
- Coaches need to be notified as soon as possible if a student is unable to attend practice or matches.
- Coaches or team managers are responsible for students until normal finishing time of training and must notify parents and the Front Office in advance of any cancellations.
- If there is a forecasted temperature of 36 degrees and above all training / practices will be cancelled.
- If a parent/carer is not able to attend matches/practice, the parent/carer must ensure that they have arranged for their child's health and safety before, during and at the conclusion of the match/practice as this is the parent/carer's responsibility. This should not be the coach's responsibility who may have other commitments following training or matches.
- If a child is NOT collected at the conclusion of a game/practice in a timely manner on more than one occasion the Coach may bring the matter before the Principal for review.

## **WEATHER**

Sporting matches and practices will be cancelled on “Hot Weather Policy” days. Exceptions to this rule are possible, eg an air-conditioned stadium or for sports that start and finish early in the day. Having made a risk assessment, the Principal may approve a match or practice. Coaches/ coordinators are responsible for communicating this decision to players and parents.

## **SAFETY**

- Teach students the appropriate safety skills and procedures for the sport played and teach skills appropriate to the age and maturity of the students.
- Regulate the duration and intensity of training to suit the needs of the group and prevailing weather conditions.
- Students should not be involved in the repetition of one activity for long periods of time where this may cause injury through overuse of specific body parts.
- Provision must be made for students to drink sufficient fluids to replace any lost during physical activity.
- Students to wear appropriate clothing for physical activity with sensible track style shoes. Long hair must be tied up.
- Grounds to be maintained in a safe condition.
- Coaches / team managers have the responsibility to cancel matches where surfaces and / or equipment are unsafe or unsuitable for play.

## **INSTRUCTIONS FOR GYM**

1. Only sports shoes are allowed in the Gym, football shoes with cleats are strictly **prohibited**.
2. Eatables are not allowed.
3. Do not hang on the Rim.
4. Only Basketball is allowed in the Gym, other sports are prohibited.
5. No rough play, follow the ethics of the games.
6. No Skates blades or roller blades.
7. Follow the **IES CODE OF CONDUCT** and Do’s and Don’ts.
8. In case of failure to do so, strict disciplinary action will be taken.

## **INSTRUCTIONS FOR THE PLAYGROUND**

1. Only sports shoes are allowed in the playground. Shoes with high heels, pointed heels and football shoes with cleats are strictly prohibited.
2. Climbing and leaning on the ground fence is prohibited.
3. Do not use playing equipment improperly.
4. Running during the break time is strictly prohibited.
5. No rough play or yelling/Shouting/pushing/ is permitted.
6. Do not litter the playground, throw the trash in the bins.
7. Students are not permitted to go to the stage during break and P.E classes.
8. Water bottles should be kept away from the playground.
9. No throwing rocks, sticks, water bottles, or other objects that might hurt someone.
10. Do not put off your shirts during P E classes, playing in T-Shirts is not allowed.

11. Tell your teacher about broken things or broken glass in the playground.
12. Wear sunscreen when playing outside even on cloudy days so that you do not get sunburned.
13. Take care of the sports material and handover to the sports in charge once the game is over.

### **FIRST AID / MEDICAL INFORMATION**

- Students with asthma and/or allergies should have appropriate medication with them for each game and training.
- A first aid kit will be provided and housed in the Sports shed for use at training and matches. Small kits to be provided to take to away venues.
- Each individual sport should ensure, as far as possible, that there is a person with first aid knowledge in attendance at each match.
- Bleeding players must be removed from the field of play immediately and not returned to play until the flow has ceased and no blood is on them or their uniform.
- It is the responsibility of parents to ensure their child is covered for injury. The school accepts no responsibility for injury received to students in school sport.

**The End.**