

Games

(Reviewer: Ellie Calver, April 2024)

1. Core Purpose

- To stimulate an interest in, and enjoyment for, sport and physical activity leading to the promotion of an active, healthy lifestyle.
- To promote an understanding of the benefits of regular participation in sport, both physically and psychologically and the role of exercise in a healthy balanced lifestyle.
- To enable pupils to understand the long- and short-term benefits of physical activity on the body.
- To enable pupils to develop self-esteem through the development of physical literacy and work both independently and as part of a team
- To enable pupils to understand and use safe practice.
- Safety is enhanced by an emphasis on:
 - being able to follow verbal and written instructions accurately
 - the need to wear the correct clothes and have the correct equipment
 - the need to follow rules
 - understanding how to lift, move, carry and place heavy objects/equipment
 - understanding the need for a warm-up and recovery period when exercising
 - knowing how to swim and be safe in and around water.

2. Prep School Games Programme

Programme

Games take place on Mondays, Tuesdays, Wednesdays, and Thursdays for Years 3 and 4 and Tuesdays, Wednesdays and Fridays for Year 5 to 8 with matches for the main competitive sports on Wednesdays and Saturdays.

Programme of Games:

Main competitive sports	Boys – Football, Rugby, Hockey, Cricket, Athletics Girls – Netball, Hockey, Cricket, Athletics
Other available sports	Boys – Tennis, Swimming, Cross Country, Triathlon, Outdoor Pursuits Girls – Tennis, Swimming, Cross Country, Triathlon, Outdoor Pursuits

At Hurst our principle is that no-one is on the bench and that there are teams for everyone with regular fixtures for all. In addition to our main sports teams, we also have a mixed swimming squad (U9-U13), a mixed tennis team and a mixed cross-country team.

Fixtures

Most Prep School fixtures take place on Wednesdays with occasional Saturday matches.

3. Senior School Games Programme

Senior School

The programme of Games is based around the following priorities: -

- Main competitive sports – each term
- Games Options – A comprehensive list of games options is available for those not involved in the main competitive sport.

The Programme is based upon several underlying principles: -

- Although not compulsory all pupils in the Shell, Remove & Fifth are encouraged to play in a team sport and represent the school at some point each year
- Games take place as indicated on the Structure of the Week. Matches against other schools are played on Saturdays.

Games Priorities

Michaelmas Term

Main sport: Rugby (boys), Hockey (girls)

Options: Squash, Basketball, Swimming, Tennis, Cross-Country, Trail running, Outdoor Pursuits, Golf, Equestrian, Dance, Triathlon, Spin, Zumba, Yoga, Cross fit, Fitness Suite, Aerobics, Badminton, Football (VI form only) (not all options are available for all year groups)

General: There will be House matches for both Senior and Junior boys in Rugby and for girls in Hockey, as well as Water Polo and Cross Country.

Lent Term

Main sport: Hockey (boys), Netball (girls)

Options: Squash, Basketball, Swimming, Tennis, Cross-Country, Trail running, Rugby 7's Outdoor Pursuits, Golf, Equestrian, Dance, Triathlon, Spin, Zumba, Yoga, Cross fit Fitness Suite, Aerobics, Badminton, Football (VI form only) (not all options are available for all year groups)

General: There will be House matches for both Senior and Junior boys in Hockey and for girls in Netball, as well as House Swimming and House Football

Summer Term

Main sport: Cricket (boys and girls), Athletics (boys and girls)

Options: Squash, Hockey, Swimming, Tennis, Rounders, Cross-Country, Trail running, Outdoor Pursuits, Golf, Equestrian, Dance, Triathlon, Spin, Zumba, Yoga Cross fit, Fitness Suite, Aerobics (not all options are available for all year groups)

General: Senior House Cricket Competitions will take place in the 1st half of term, with the Junior Competitions in the 2nd half of term; There are also Senior and Junior House Competitions for Tennis, Golf and Rounders (girls). Senior and Junior House Athletic Competitions (Sports Day) will take place on Prize Day.

4. Whole College Sport arrangements

Supervision of Sport

- A list of options chosen by each boy and girl is published at the start of each term and this, plus any relevant updates, is used as a register at each session, via SOCS.

- Attendance is checked by the Games Administrator and any unaccounted-for absences notified to House Staff as soon as is possible after each session has taken place (at least by the end of that day)
- Any boy or girl who is on the OFF GAMES list should where possible attend the session but may also be sent to the library/Off Games Room for private study.
- Timings of practices and matches are published on SOCS and in Houses.
- Staff are responsible for all equipment used in games sessions. Repairs/renewals are reported to the Heads of Sport or to the Assistant Directors/ Director of Sport.
- Staff in charge of sport are responsible for the behaviour and safety of those in their charge.

Fixtures

- Details of all School matches are published termly in the Calendar and on the school website
- Teams for matches are entered onto SOCS and are also posted on the relevant Games noticeboard. They will also be sent by e mail to pupils and parents at least 24 hours before a match. Details include boys/girls involved, destination, departure time for away matches and any special arrangements including dress code, packed food/early lunches
- Staff taking teams will be responsible for the collection and use of First Aid bags

Most fixtures take place on Saturdays. Mid-week fixtures are occasionally organised on other days of the week, only when Saturdays are not possible, or to fulfil a Cup match obligation. In addition, there are fixtures for several optional sports. The main competitive sport of a term has priority in the selection of a pupil. In ALL cases, an increase in or substantial alterations to fixtures must be approved by the Director of Sport before being referred to the Deputy Head Co-curricular and/or Deputy Head of College, who will have final say on the matter. This must take place before notification of any change can be communicated to pupils/parents.

Saturday Sport Outside Hurst

Pupils representing 'outside' teams.

- A pupil's first loyalty must be to the College.
- Pupils in the Sixth Form may choose the Activity in which they wish to participate, although it is to be hoped that they will be motivated to represent the College should they be required to do so by a particular sport.
- Should a pupil not be required for a team by a particular sport, he/she may be allowed (having gained the permission of both his/her HoM and the Director of Sport) to represent an outside team.
- Pupils representing an outside team/club must make themselves available for the College, if, at a later stage, it is felt that they ought to be playing for a particular College team.

Sports Colours

- The awarding of Colours should be left to the discretion of the member of staff i/c the respective sports. However, as Colours are essentially an achievement award, several factors are of relevance when deciding to whom they should be awarded.
- Colours are an award for representing the College but should be earned. Thus, in addition to consistently high performances in school matches, an individual should display a positive attitude and application to practice, as well as commanding the respect of his/her peers.
- Colours should be awarded sparingly. Large numbers of Colours should not be given, although it is possible, and accepted, that a high number may be given in a particularly

successful team. It is important for a member of staff to consider the strengths of the side, and an individual's role in it, before making awards.

- Colours should be valued. It is important for pupils to understand the value of being awarded their Colours. This will be achieved if members of staff are careful to exercise the criteria outlined above.
- Half Colours can also be awarded and are designed to encourage an individual to aspire to full colours in the future. As a rule, they tend to be awarded to junior members of a particular team but not exclusively. Half colours should be awarded based on the same criteria as for full colours.

Sports Hall

The following rules are intended for staff guidance. They are designed to ensure full and proper use of the Hall in all its sporting aspects: -

- Pupils are not allowed into the Hall without a member of staff in attendance.
- There must be direct staff supervision of all activities.
- Unqualified staff must not use, or allow to be used, the trampoline or gymnastic equipment.
- Pupils are not allowed to be unaccompanied in the store or in the P.E office.
- Staff must supervise the getting out and the putting away of all equipment.
- It is the responsibility of staff supervising activities to ensure that pupils wear the correct kit. Pupils incorrectly dressed (this includes footwear) must be refused access.
- On being the last to leave the building, staff should ensure that lights are turned off, windows securely fastened, and doors closed.
- The gym can only be used when qualified staff are present.
- Access to the gym is restricted and can only be sanctioned by the Head of Strength and Conditioning and/or the Assistant Directors/ Director of Sport.
- The gym must remain locked when not in use.
- The P.E classrooms are out of bounds to pupils unless permission to use them has been sought from the Head of P.E.

Action in the event of an injury

- In the event of injury (significant) an on-line Accident Report Form or hard copy equivalent must be filled out and copied to the Health and Safety Officer.
- All relevant parties should be informed (Parents/ House Master/Mistress, Director of Sport) of any injury which might be significant (hospitalisation), including the Head of College where appropriate.
- Player Welfare (Sports medical team) is available on Saturdays and mid-week games days to assist with the treatment of injury and can be found in the medical room on Eastfield. They will be clearly visible on match days and can be called upon for any immediate pitch-side care. PW will treat pupils, but it is the responsibility of the member of staff in charge of the match/team to inform the relevant parties as mentioned previously.
- Away teams will occasionally have PW support however, staff will need to liaise with the home team's medical provision when PW are not available. All Sports staff at Hurst must have an up to date First Aid Qualification
 - Concussion will be reported via the accident report form which staff will be expected to fill out.
 - The Player Welfare team and the Medical Centre will be responsible for overseeing the inputting of the concussion data but will be aided by the sports department who will have access to the spreadsheet.

- The Director of Sport will ultimately be responsible for the completion of the details regarding the concussion spreadsheet.

Looking After Visiting Teams & Staff

- The visiting coach must be met on arrival. One member of staff is assigned to be on meet and greet duty each Saturday when fixtures are taking place. The Director of Sport/Assistant Director of Sport is responsible for making sure this member of staff is adequately briefed on the arrival times and locations of teams. As some schools insist on arriving in Chalkers Lane, Staff should wait on the roadside near to the Prep School car park by default, and where necessary, staff taking Hurst teams and/or car park attendants can assist where groups are arriving in multiple locations at once.
- Staff must know where visiting teams are to change and on which pitches they are to play.
- Staff who are meeting the visiting school, should know in advance where teams will change. They should escort the visiting teams to their changing rooms and inform them as to which pitch they are to play on.
- Games staff should be available to greet their visiting staff. As a rule, colleagues should be at the coach or in the Common Room to greet and look after opposition staff. At least one member of staff should meet visiting staff and escort them to the Common Room.
- Visiting coaches should be parked in the Prep School car park. It is for members of staff to ensure that any coaches arriving in Chalkers Lane are directed to park in the designated area.
- Visitors (Staff, pupils & parents) must know where to go for tea. After the match, members of staff should escort their opposite number to the Common Room. Pupils must host their visitors at tea, being properly changed. Should any pupil need to leave early, permission must be sought from the member of staff i/c team. Absence should only be granted for a genuine reason. Staff should check to see that their team is properly escorted to tea.
- Visiting staff may be offered a drink at the Common Room Bar. Whether at lunch or tea, visiting staff can be offered a drink from the Bar but this should not interfere with the entertainment of other visitors. It is important that all drinks served are recorded on the 'School guests' page. Staff should be sensible and sparing in the use of the Guest account – this is a provision for entertaining visiting staff only, and should not be used in any other circumstance.
- Visiting staff should be escorted to their coach for departure. If a member of staff must leave early, please ensure that provision has been made for this.
- The Senior Captain should inspect changing rooms used by the visitors and report to the relevant member of staff that all is in order.
- It is the responsibility of the staff member taking the team both at Home and Away games to put all equipment away tidily and to make sure packed lunches are decanted and/or disposed of properly.

Sportswear – Clothing

- Only Hurst branded Games kit should be worn. (For organised games of soccer or hockey, or at the discretion of the member of staff, clean games shirts may be worn.)
- For timetabled PE lessons, games lessons and organised activities (i.e. basketball, etc.) kit should be as follows: -

Prep School / Shell /Remove:

- Boys: - White T / Polo shirt, White shorts, White socks.
- Girls: - as above plus Games skirt / Leotards / Leggings at the discretion of the member of staff in charge

Fifth & Sixth: As above, although a choice of sports shirt may be allowed.

- No jewellery.
- Tracksuit / jogging trousers may be allowed for activities if they are clean and in good repair.
- There are no restrictions on kit for the Weights area if it conforms to general school rules.

Sportswear – Footwear

- Sports shoes should be predominantly white and have a non-marking sole. Black soled trainers, coloured canvas boots or running spikes are not permitted.
- Sports shoes which are found to mark the floor will be banned.
- Sports shoes which are worn in the Hall must be clean.
- Trainers must be worn in the Weights area.

Notes

- Individuals using the Hall must use the changing rooms. Kit, including footwear, must not be left in the entrance hall.
- Individuals using the Hall should be encouraged to check that they have all their kit before they leave.
- Individuals who do not comply with any of the above regulations will be denied use of the Hall.

Swimming Pool

Pupils

Swimming is permitted only when:

- A qualified lifeguard is present.

Pool Rules

- PREMISES: No pupil may enter the pool premises at any time unless a member of staff is present, and permission has been given. The swimming times, as listed, must be strictly observed.
- ENTRY: No one may enter the water until directed by the member of staff in charge.
- BEHAVIOUR: Pushing, fighting, ducking, running dives and running round the pool are forbidden.
- CLOTHING: Only recognised swimming wear may be worn in the pool. Games shorts are not allowed.
- EATING: No food may be brought onto poolside.
- APPARATUS: Ball games, the use of goggles, fins and all teaching aids (floats, diving bricks etc.) must be authorised by the member of staff in charge.
- INJURIES & INFECTIONS: No one with injuries etc. requiring elastoplast covering or with any type of foot infection or who has used sun-tan oil, may swim.

- CONTROL: Bathers will be controlled by the lifeguard's use of a whistle. When the whistle is blown, bathers will stand still, tread water or swim to the side and be silent. When ordered to leave the pool, bathers must leave the water at once.
- SHOES: No outdoor shoes are allowed in the pool area. Spectators may change into flip-flops / gym shoes.
- DOGS: Dogs are not allowed on pool premises.
- NUMBERS: There must be no more than 30 people in the water at any one time.

Supervision of private swimming including families' use of the pool

It is a requirement that all private swimming sessions which involve staff of the College, and their families are supervised by a 'lifeguard' who remains at the poolside and who holds an appropriate qualification such as the NPLQ qualification. Authority to supervise private swimming is obtained by application to the Bursar.

Failure to renew time-lapsed qualifications will disqualify individuals from the entitlement to supervise private swimming sessions. The Head of Swimming determines the session times for private swimming and has responsibility for all the practical arrangements involved. The Head of Swimming must be consulted about any matters concerning availability of the pool, the qualifications required for the supervision of swimming sessions, and 'lifeguard' arrangements.