

FSD Athletics – Extra Curricular and Inter School Sports

Background

In support of The Foothills School Division's Vision of Engagement, Support and Success for each Learner, FSD Athletics facilitates growth of physical literacy and positive development of the whole student through the possible opportunity to participate in interschool sport.

The Division recognizes participation in extracurricular and interschool athletic activities as an enriching part of the school experience. It enhances students' skills, knowledge, and character development; it encourages healthy lifestyles; and it promotes positive attitudes within and among participating schools. The Division's commitment to providing a safe learning environment for all students extends to students' participation in all forms of interschool athletic activities.

Extra curricular athletics are one of many ways schools provide students with valuable educational lessons in teamwork, sportsmanship, fair play, winning and losing, work ethic, goal setting, self-discipline, building self-esteem and confidence developing skills to handle challenging situations.

Goals

1. To encourage participation in physical activity, introducing students to life-long athletic pursuits aiding the development of physical literacy (please see Appendix 2 below).
2. To encourage and provide leadership in exceptional levels of sportsmanship and co-operation among participants.
3. To provide participatory skills development and/or competitive opportunities that:
 - Foster the pursuit of mastery
 - Allow students to learn resilience and gain confidence
 - Develop problem solving and teamwork skills
 - Create opportunities for goal setting

Procedures

The decision to deliver athletic opportunities for students is the decision of each school. Participation levels are decided at the school level by the principal and teachers/coaching staff.

It is important to understand that many important variables contribute to the possibility of athletics at any given school. Among these are:

- The availability of volunteer staff coaches
- The availability of volunteer community coaches
- The availability of staff team representatives
- The number of students willing to play

Created: January 2024

Reference: Relevant Legislation and Regulations

The decision to use school facilities for interschool athletics on any given day of the school calendar rests with the school principal in consultation with the Foothills Athletics Council. This decision will include consideration of other school events, rentals of school facilities, and the learning needs of the students in the school.

Supervision

The type and amount of supervision by volunteer teacher or staff representatives/coaches shall vary according to the age, number of students and type of activity the students are involved in. Categories of supervision as set out in the [School Physical Activity, Health & Education Resource for Safety \(SPHEReS\)](#) guidelines include:

- a) Constant visual supervision
- b) On-site supervision; and
- c) Proximity supervision

Most supervision responsibilities of teachers, volunteer coaches and support staff outside of instructional time would be within categories b) & c). Category a) supervision generally applies to specific activities in physical education settings.

Supervision of Change Rooms

Teachers have a duty of care to ensure the safety and wellbeing of students using change rooms. Change rooms should be supervised and teachers should adhere to the following guidelines:

- Give explicit instructions and guidelines for behaviour in change rooms;
- Set a routine for going into change rooms and keep to it;
- Announce to students when a teacher is entering the change room and allow time for students to cover up
- Do not stand in change rooms as students have a right to privacy
- With the exception of emergent situations, 2 adult supervisors will enter the change room if necessary

Safety Guidelines for Secondary Interschool Athletics in Alberta

Teachers and coaches should become familiar with [School Physical Activity, Health & Education Resource for Safety \(SPHEReS, 2021\)](#).

The intent of this document is to focus attention on safe instructional practices in order to minimize inherent risk. Well-planned interschool athletic activities reduce the frequency and severity of injuries. By implementing safe instructional practices, such as use of logical teaching progressions, as well as the inclusion of age-appropriate activities in practice preparations, planning and regular practices, the teacher/coach guards against foreseeable risks. A guideline alone does not eliminate risk regardless of how well it is written or how effectively it is

Created: January 2024

Reference: Relevant Legislation and Regulations

implemented. Safety awareness, based on up-to-date information, common sense observation, the teacher/coach's ability to maintain a safe environment, action and foresight are keys to safe programming.

All interschool athletic activities, regardless of complexity or simplicity of the action, have an inherent level of risk. Variable factors such as skill level, previous experience of the student athletes and teacher/coach, weather conditions, facilities and equipment, may all affect the level of risk of any activity.

Sporting Behavior and Conduct

In keeping with the FSD Athletics goals of mastery in sportsmanship and cooperation, all participants in FSD interschool athletics are responsible to conduct themselves with respect and courtesy.

There must be a school representative at all competitions (games, meets, bonspiels) to supervise and ensure sporting behavior. Teams may not play without a staff member from each school present. In exceptional circumstances, the school representative from another FSD school can act as supervisor for both school teams given they are an FSD staff member.

The staff member may be any school employee designated by the principal, may be coaching/managing the team, or watching from another part of the gym/field etc.

The school representative should introduce themselves to the visiting team, and if possible, the game officials. Supervision does not end until the school or host facility (including school grounds) is entirely cleared of players.

Supervised spectators at both league and playoff games are permitted at the discretion of the host school. Each school should provide a supervisor(s) other than the coach for its spectators.

In line with the Alberta Schools Athletic Association (2022-2023 ASAA Policy Handbook), FSD Athletics encourages the following sporting behavior:

a. Team Members:

Coaches, players, and bench personnel must demonstrate qualities of courtesy and good sportsmanship. These are evidenced by proper acceptance of officials' judgment, positive encouragement and bench behavior, and respect for opposing players as well as for teammates.

b. Spectators

Spectators, both student and adult, must demonstrate courtesy and good sportsmanship by positive cheers of encouragement for their team, not against the opposing team. This is evidenced by the absence of booing and vulgarities. Spectators must also show proper acceptance of officials' judgment. Please see Appendix 1, Spectator Code of Conduct below.

Scheduling

Full day athletics events will not conflict with FSD professional learning as set out in the yearly professional learning calendar. FSD schools will refrain from participating in out of jurisdiction tournaments if staff would be forced to miss Division or school based learning on that day. In

Created: January 2024

Reference: Relevant Legislation and Regulations

exceptional circumstances, the Superintendent or designate, in consultation with the Principal, may allow staff to miss local or divisional professional learning as long as staff remain responsible for the professional learning that will be missed.

Invitational Tournaments

FSD hosted invitational tournaments should schedule host teams to play no earlier than 2 pm on a school day. This will allow for school based events and learning to take place in a fulsome manner with all staff team members present. In exceptional circumstances, the Superintendent or designate, in consultation with the Principal, may allow staff to miss local or divisional professional learning as long as staff remain responsible for the professional learning that will be missed.

Zone and Provincial Tournaments

Schools will follow the tournament and game schedules as set out by ASAA.

Game Time

FSD interschool league games and playoff games should not begin before 4:00 on school day. Please allow for travel and suitable warm-up time.

Severe Weather – In the case of severe inclement weather, including tornado warnings, the site supervisor will suspend play and direct participants to seek shelter as needed.

Created: January 2024

Reference: Relevant Legislation and Regulations

Appendix 1 – FSD Spectator Code of Conduct

The Foothills School Division Spectator Code of Conduct will be read aloud before all school or division-operated activities.

Every activity participant, spectator, official, staff, and student at any school or division-operated event or activity is required to:

- Demonstrate ethical behaviors and good sportsmanship at all times and demonstrate respect, courtesy, and consideration in all interactions.
- Ensure his/her conduct contributes to a caring, respectful, and safe environment and respect the professional judgment of teachers, coaches, game officials, volunteers and other adults or students providing support or service to the school or for other students.
- Refrain from comments or behavior which are disrespectful, offensive, racist, discriminatory, disruptive, sexist, intimidating, insulting and/or offensive to the person(s) organizing, attending, officiating, and/or participating in a school activity or event sponsored by the school of Division.
- Subject student-athletes, officials, coaches, or school administrators to behavior and/or language aimed to demean, disrespect or harm.

In the event that any person fails to meet the requirements outlined above, is reported to disrupt verbally or physically, or threatens to disrupt, the operations of a school-related activity, threaten the health and safety or well-being of a student, staff, official, or parent of a student enrolled in a school operated by the Division, this will constitute a breach of this Administrative Procedure.

Any person who fails to meet the abovementioned expectations may be subject to the following outcomes at the discretion of the principal or a person designated under the school or Division's authority, with or without warning:

- Immediate ejection from the event and/or school
- Restricted access to future school or division activities
- Forfeiture of the event or future events
- Resuming the game without fans
- Scheduling future games without fans
- Restrictions/suspensions from future attendance/participation

Created: January 2024

Reference: Relevant Legislation and Regulations

Appendix 2 – Definitions

Physical Literacy

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

-International Physical Literacy Association, May, 2014

Created: January 2024

Reference: Relevant Legislation and Regulations