



RADLEY

## Sports

September 2024

## Sports Policy

Most boys play the major sport of the term. These sports are rugby, rowing, hockey, cricket and tennis. There are a large number of teams, played at all ages, and the fixture list in each of these sports is strong.

We expect boys to commit to their chosen sport and only in rare circumstances can they change sport mid-term. Boys in Shell, Remove and Vth are given regular fitness assessments (The Radley Mile), and various elite sports training sessions and testing assessments are organised by The Director of Sport and his team.

### MICHAELMAS TERM

**Shells:** Rugby is the major sport and is played by all Shells. There is a touch rugby option.

**Removes and Fifths:** The majority of Removes and Fifths play rugby, although some opt for the Alternative Sports Programme (a selection of alternative sports such as golf, soccer, swimming etc). Those unable to play rugby because of long-term injury do the Alternative Sports Programme.

**Sixth Form:** The majority of boys in the Sixth Form play rugby, though they can play other games full time if they wish to.

### LENT TERM

**Shells:** The major sports are rowing (wet bobs) and hockey (dry bobs). All Shells are expected to commit to either rowing for two terms or playing hockey in the Lent term and cricket in the summer.

**Removes:** In the Remove year the major sports remain Hockey and Rowing, although boys may opt to play Football and other sports. The best 15 players from the previous year's Midgets 1 and 2 hockey teams will continue to play hockey. The best 16 rowers from the previous year's J14.1 & J14.2 boats will continue to row. The football club will then hold trials in order to select 15 players for the JC1 football squad. The Master-in-Charge (MiC) Hockey and the Hockey Professional will then coordinate the selection of the JC2, JC3 and JC4 hockey squads (by arrangement with the Director of Sport and Tutors). The MiC Rowing will also then select a J.15 3<sup>rd</sup> VIII squad (again by arrangement with the Director of Sport and Tutors). Once this has been achieved the MiC Football will select the JC2 football squad. Any boy who gives up rowing after the J14 year and does not make the JC1 football squad will be expected to play Hockey, certainly initially, whilst in the Removes.

The Removes should therefore be able to field J15.1 – J15.3 for Rowing, JC1-4 for Hockey and JC1-2 for Football.

**Fifth Form:** In the Fifth form boys may select rowing, hockey or soccer. Boys who have played JC1 or JC2 XI hockey would be expected to play Colts hockey. However, a few may be able to choose other sports full time after discussion with the MiC Hockey, Director of Sport and Deputy Head (Co-Curricular).

**Sixth Form:** The majority of boys row or play hockey or soccer, though they may choose to play other sports full time.

## **SUMMER TERM**

**Shells:** Wet bob Shells continue to row while Dry bob Shells play cricket. The latter have an opportunity to play other sports including tennis, golf and athletics on certain days, after their main sport session. A very limited number may be able to play full time tennis, once they have been considered first for cricket XIs and having attended a tennis trial at the end of the Lent term. Once cricket squads have been established, the Director of Sport and the MiC Tennis will consult on individual boys and some boys may be able to move across to tennis.

**Removes and Fifts:** In the Remove and Fifth year, while cricket remains the major Dry bob sport, a boy can opt for tennis or athletics in consultation with his Tutor and other relevant dons. Wet bobs continue to row.

**Sixth Form:** Most boys choose to row, play cricket or tennis or do athletics, while a few opt for other sports.

Every term Tuesday is designated “Minor Games Day” so that boys can participate in other sporting activities if they so desire. Most minor sports fixtures take place on Tuesdays, although on occasion some racquets sports matches may also take place on Thursdays.

## **SPORTS TOURS**

Sports tours are undertaken on a yearly basis by all of our major sports (rugby, rowing, cricket, hockey, football and tennis). These tours are almost exclusively based within Europe although a major sport may offer a long-haul tour every three years.

## **REHABILITATION**

Please see the Off Games policy for further details.

Boys who are off games will be dealt with and advised accordingly by the Health Centre. They will be placed either on off games rest or off games rehab, depending on the severity and type of their injury. They will have their rehabilitation supervised by the athletic development team,

sports therapist, school physios, nurses and doctors who work collaboratively to ensure boys are safe to return to sport.

## **Missing College Fixtures**

Boys are not permitted to miss Radley College fixtures without an absolutely exceptional reason. Attending professional or international matches is not seen as an adequate reason to request absence in place of playing for the College. Games sessions run until 14.30 at the earliest on Saturdays even when a pupil is not engaged in a sporting fixture; after this, pupils going on privi may leave, either with parents or on public transport, providing they have the permission of their Tutor and are in possession of a signed chit. Boys are therefore expected to fulfil their College obligations, certainly when it comes to representing the College in fixtures against other schools.

## **Boys playing representative sport whilst at Radley**

- Boys at Radley have organised sport on 4 or 5 days per week, including matches on all Saturdays and some Tuesdays/Thursdays. There are cricket matches, rugby tournaments, hockey matches and regattas on some Sundays. The boys also have to keep up to the mark with their other commitments: academic, cultural, pastoral, in a busy school week.
- In addition, each year some boys are selected for county, regional and international teams and, in light of the above commitments, fitting in squad sessions with representative sides requires careful planning, to which end we follow the guidelines below.
  1. A boy should attend the outside sessions no more than once a week; ideally, they should be on a Sunday so as to minimise disruption to school commitments. An exception to this would be if he has a light school sporting commitment in a term and therefore would be better able to attend representative sessions; for example, he may be playing hockey in the Michaelmas term.
  2. Because of the physical demands of intensive sport (particularly marked, for example, in rugby and rowing) the situation must be discussed in advance with the MiC of the sport concerned and the Tutor/Senior Master (Co-Curricular). Any discussion must involve consideration of demands that will be present should a boy make it to the highest level. The Director of Sport will be able to help and advise on all aspects of conditioning required for playing sport at an advanced level.

### **Selection**

All boys at Radley should aspire to be selected for the highest team possible, whether it be in their age group or for the College overall (depending on the individual sport). Selection should

be based on attitude and approach to training, coachability, sporting ability and suitability for the respective team. If there are any issues about selectorial decisions, the MiC of the Sport should be consulted first, then the Director of Sport and the Deputy Head (Co-Curricular). The boy's Tutor may also represent his interests to the aforementioned. Where there is a conflict (for instance between a major game and another sport, or where a Senior boy is deselected in favour of a Junior boy) the MiCs must consult with the Director of Sport and the Deputy Head (Co-Curricular).

- Boys are to be selected on merit, largely determined by their attitude in training, for the relevant team
- Boys are to be encouraged to aspire to the best possible team
- Boys are to be given regular opportunities (trial matches, seat races, positional changes etc) to compete for higher teams
- Boys may be dropped for reasons of attitude / behaviour as well as for sporting reasons
- If a boy is dropped from a team the rationale behind the decision must be explained to him by the don
- If a boy is dropped from a team he MUST be selected to start for the next team, ie. a boy dropped from Midgets 1 MUST then play for Midgets 2
- A boy MUST NOT, therefore, go from one team to two teams below until he has had the opportunity to play for the team immediately below
- If a boy is used as a substitute, steps must be taken to give him adequate game time, even if this means playing for the next (lower) team
- In the case of 'sensitive' decisions, e.g. a Senior boy being dropped in favour of a Junior boy, changes in captaincy, selection for national competitions (Henley etc.) dons must remember that it is also a pastoral decision, and that they have a duty to explain the decision fully to the boy concerned / Tutor / parents (as required)
- If a boy has external sporting commitments (e.g. Academy, regional or national representation) the MiC shall use his discretion about when to 'rest' the boy concerned
- If a boy is returning from injury, or is changing sports (notably to Rugby) he must follow Return to Play protocols as directed by the MiC
- Boys may specialise (in exceptional circumstances in the Fifth Form, or in the Sixth Form) with the agreement of the Director of Sport and MiCs concerned. The boy's prospective sporting career should be the main factor in this instance
- If junior boys are selected for Bigside this may have a detrimental effect on their own age-group team (particularly Colts). MiCs should consider these circumstances carefully and discuss with the Director of Sport / Deputy Head (Co-Curricular) as necessary
- If a boy is unwilling to play for a higher team the coach, MiC, Director of Sport, Tutor and Deputy Head (Co-Curricular) should be informed. All reasonable arguments should be used, but ultimately if a boy is deemed psychologically unfit to play that decision rests with the MiC, Director of Sport or Deputy Head (Co-Curricular).

- If there is a clash between availability for the major game for that term and another sport (notably Tuesday or Thursday fixtures) the major game will normally take priority. However, the Director of Sport and Deputy Head (Co-Curricular) may be consulted on particular circumstances and exceptions may well be made.

## Colours

Colours will be awarded for Major Games according to the existing possibilities, i.e. Full, Half, Seconds, Thirds and Colts, depending on your discretion and according to a boy's performance over the season(s) etc. For other sports Half Colours are the normal 'maximum', but in discussion with the Director of Sport and Deputy Head (Co-Curricular), a boy may be awarded Full Colours for excellence (Regional or National standard, as appropriate), long service or leadership of the club. I am basing this on the previous system but with obvious reference to the Blues system at Oxbridge.

### Full Colours

- Awarded to pupils for being an outstanding servant to one of the major games (or in rare exceptions to other sports), most often after two years of participation within that squad.
- Pupils must consistently set a good example to their peers and the lower years by encouraging them to become Bigside players in the future.
- Pupils should attend and be on time to all early morning training sessions as directed.
- Pupils should attend, be on time and be appropriately dressed in all games sessions regardless of whether they are injured or not.
- If injured, pupils will have travelled with (where possible) and supported the Bigside squad whilst showing a willingness to fully engage in a set rehabilitation programme.
- Pupils should clearly demonstrate that they have worked hard over any school holiday to maintain and develop their fitness.
- Pupils should accept feedback as a positive process and show willingness to work on their weaknesses.
- Pupils will have respected the officials in charge of their fixtures.
- Pupils will have been supportive of their teammates and coaches over the course of their time in the Bigside squad.
- Pupils will have adhered to the core values set by their squad at the start of the season.
- Full colours may be awarded during the season, after a string of exceptional performances which merit the award. The award will then be confirmed at the Warden's Assembly.

Pupils will ultimately have left the jersey they have worn in a better place than it was when they first put it on.

### **Half Colours**

- Typically awarded for one season of outstanding representation within one of the Bigside squads of a major game (see expectations above).
- Awarded for excellent commitment to Bigside teams not deemed as major sports at Radley. Standards should sit in line with those outlined above.

### **Seconds Colours**

- Awarded to pupils who have represented the Second team of a major game with exemplary commitment and consistency.
- Pupils will always have shown a willingness to strive for First team selection and adhere to the standards expected of Radley pupils.
- Pupils should attend, be on time and be appropriately dressed in all games sessions regardless of whether they are injured or not.
- Pupils should accept feedback as a positive process and show willingness to work on their weaknesses.
- Pupils will have respected the officials in charge of their fixtures.
- Pupils will have been supportive of their teammates and coaches over the course of their time in the Second team squad.

### **Thirds Colours**

- Awarded to pupils who have represent the Thirds with exemplary commitment and consistency.
- Pupils will have shown a willingness to strive for Bigside squad selection and adhere to the standards expected of Radley pupils.
- Pupils should attend, be on time and be appropriately dressed in all games sessions.
- Pupils should accept feedback as a positive process and show willingness to work on their weaknesses.
- Pupils will have respected the officials in charge of their fixtures.
- Pupils will have been supportive of their teammates and coaches over the course of their time in the Thirds squad.

### **Colts Colours**

Where Colts colours are concerned, the future involvement of an individual in a major game should not be jeopardised by issues regarding Colts colours. If it is likely to affect whether a boy continues with a major sport, colours can be awarded for diplomacy and motivation thereafter. However, it would be expected that pupils have done the following over the course of the season:

- Pupils should attend and be on time to all early morning training sessions as directed.
- Pupils should attend, be on time and be appropriately dressed in all games sessions regardless of whether they are injured or not.

- If injured, pupils have travelled with and supported the Colts squad (where possible) whilst showing a willingness to engage fully in a set rehabilitation programme.
- Pupils should clearly demonstrate that they have worked hard over any school holiday to maintain and develop their fitness.
- Pupils should accept feedback as a positive process and show willingness to work on their weaknesses.
- Pupils will have respected the officials in charge of their fixtures.
- Pupils will have been supportive of their teammates and coaches over the course of their time in the Colts squad.
- Pupils will have adhered to the core values set by their squad at the start of the season.

## **Protocol for the provision of medical (plus ancillary) support for rugby at Radley College**

The College recognises the importance of taking such measures as are reasonably possible to ensure the safety of pupils playing rugby. The following procedures and protocols are in place:

1. Rugby staff to have a current First Aid qualification.
2. Rugby staff to attend the annual medical inset training.
3. Rugby staff to attend annual safety refresher course on contact situations (run by MiC). Areas to be covered include tackle, ruck & scrum.
4. Rugby staff to be aware of current RFU guidelines on concussion protocols, as informed by the College's Medical Officer or appointed GP. Boys to complete the online World Rugby Concussion Management module.
5. On match days, a college employed Emergency Nurse Practitioner (ENP) will be in attendance at pitches, along with a Paramedic Emergency Care Practitioner (ECP) and a further Paramedic. Practitioners will be stationed at a centrally located First Aid hut by the pitches, with appropriate signage. Two Medical Buggies will be in use. All rugby staff to have the requisite contact telephone numbers on the medical card.
6. The First XV team will have a Sport Therapist with their team on match days
7. The school Emergency Nurse Practitioner (an injury specialist) to be in attendance on the pitches at every training afternoon and will be mobile on a Medical Buggy.
8. Equipment on buggy will include medical bag, entonox, scoop stretcher/spinal board, neck brace, limb splints, and space blanket, Defibrillator to be with Nurse's buggy. ENP and ECP to wear high viz jackets.
9. Rugby staff to be fully conversant with the injuries procedures for home and away matches.



10. Visiting coaches to be issued with medical card containing an outline of injuries procedures and appropriate phone numbers.
11. Rugby staff to carry a mobile phone along with a medical bag at training and matches. Relevant numbers in mobile contact list.
12. Pupils to receive a summer fitness preparation programme.
13. At away matches, a designated 'Duty Don' will drive and be responsible for accompanying any injured players to hospital.
14. If appropriate, the MiC, Director of Sport, Deputy Head (Co-Curricular) and Senior Nurse, with guidance from the Head Groundsman, will rule on whether pitches are fit for purpose as well as being responsible for a safe playing environment.
15. The College to be fully aware of other schools' over-age players and medical arrangements – the MiC to check with other schools.
16. The MiC and H&S Manager to review the Rugby Risk Assessment, particularly in the light of combining the Lower Sixth and Upper Sixth year groups in matches and in training.
17. The Off-Games and Return to Play policies can be found via the Health Centre.

## **Radley College Policy on Sports Supplements**

Radley College has a strict 'no supplements' policy and fully endorses the Medical Officers of Schools Association (MOSA) below:

*"MOSA does not recommend the use of sports supplements in adolescents. Young athletes should be encouraged to eat a wide range of healthy foods and ensure they are well hydrated when exercising. They should not need to use dietary supplements and athletes and coaches should be aware that these do not provide a short cut to success".*

It must also be considered that as supplements are not classified as drugs, there is no regulation in their manufacture often resulting in contamination with other chemicals, which are banned by the World Anti-Doping Agency (WADA). If a boy were to purchase a supplement which contained a banned substance and he was drug tested at a sporting event/competition, the punishment could be severe.

Supplement use in young athletes at Radley College is prohibited. The focus should be on getting plenty of sleep, eating a nutritious balanced diet, staying hydrated during sport and attending strength and conditioning sessions regularly. If all these components are consistently achieved, this will create the correct environment for development and recovery.