A Guide to Brigidine Sport
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INTRODUCTION

This handbook aims to draw together, for parents and students, the different guidelines, procedures and information that frame the College’s Sports and Activities program.

There is continual review of this program at the College. As a result, there may be minor changes to the information included in this handbook. All changes and updated information will be emailed and published on TeamApp.

The College encourages all girls to be involved in sports and activities and offers a variety of options. Participation in sport and activities supports the College’s strategic goals on Wellbeing: to ensure that we know, listen to and value each girl to promote personal growth and wellbeing.

As a College our goals are to:

- recognise the holistic nature of the development of girls and create opportunities which foster health and wellbeing
- provide an environment which allows girls to develop and affirm their strengths as young women
- encourage and promote an effective partnership between parents and the College in support of the girls
- create a safe and supportive environment which nurtures the potential of each girl.

Our Vision for Sport

Providing a holistic approach to the delivery of sport and activities that fosters wellbeing, encourages teamwork, courage, commitment and leadership and develops resilience, integrity and a sense of connectedness.

The Sports Department aims to:

- promote the ideals of sportsmanship, self respect and College spirit
- encourage enjoyment and skill acquisition
- promote fitness and wellbeing
- foster cooperation and commitment
- provide healthy competition and enable students to attain their sporting potential
- identify current research and leading developments in sport and activities
- source and/or develop useful technology
- create a safe sporting environment that nurtures the potential of every girl
- celebrate achievements of individuals and teams at all levels
- care about the experiences as well as the results, and those that create and support these opportunities.

Sport Association Affiliations

IGSSA  Independent Girls’ Schools Sports Association
BBSSSA  Broken Bay Secondary School Sports Association
HKDTA  Hornsby – Kuring-gai District Tennis Association
NSSWPA  Northern Suburbs Water Polo Association
NSWCIS  NSW Combined Independent Schools
NSWCCC  NSW Combined Catholic Schools
### SPORT BY TERM

<table>
<thead>
<tr>
<th>Sport</th>
<th>Term 1</th>
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<th>Term 3</th>
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<tr>
<td><strong>ATHLETICS</strong></td>
<td></td>
<td>Training and mid-week carnivals</td>
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<tr>
<td><strong>CROSS COUNTRY</strong></td>
<td>Trials and training, mid-week carnivals</td>
<td></td>
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</tr>
<tr>
<td><strong>BASKETBALL</strong></td>
<td></td>
<td>Saturday 8am - 12pm IGSSA</td>
<td></td>
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</tr>
<tr>
<td><strong>DANCE</strong></td>
<td>Mon, Tue and Wed am classes</td>
<td>Eisteddfods</td>
<td>Dance Spectacular</td>
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</tr>
<tr>
<td><strong>FITNESS</strong></td>
<td></td>
<td></td>
<td></td>
<td>Either Wednesday or Friday 7am - 8am</td>
</tr>
<tr>
<td><strong>FOOTBALL</strong></td>
<td></td>
<td>Saturday 8am - 12pm IGSSA</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>HOCKEY</strong></td>
<td></td>
<td>Saturday 8am - 12pm IGSSA</td>
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</tr>
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<td><strong>NETBALL</strong></td>
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<td>Saturday 8am - 12pm IGSSA</td>
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<td><strong>SNOW SPORTS</strong></td>
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<td>Interschool events</td>
<td>Interschool events</td>
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</tr>
<tr>
<td><strong>SOFTBALL</strong></td>
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<td>Saturday 8am - 12pm IGSSA</td>
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<tr>
<td><strong>SWIMMING</strong></td>
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<td>Saturday pm training and</td>
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<td>mid-week carnivals</td>
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<td><strong>TAE KWON DO</strong></td>
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<td>Friday afternoons</td>
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<tr>
<td><strong>TENNIS</strong></td>
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<td>Saturday 8am - 12pm IGSSA</td>
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<td>Saturday 8am - 12pm HKDTA</td>
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<tr>
<td><strong>TOUCH</strong></td>
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<tr>
<td><strong>VOLLEYBALL</strong></td>
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<td></td>
<td>Saturday 8am - 12pm IGSSA</td>
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</tr>
<tr>
<td><strong>WATER POLO</strong></td>
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<td>Friday night, WAC</td>
<td>Friday and Monday night, WAC</td>
<td>Friday night, WAC</td>
</tr>
<tr>
<td><strong>YOGA</strong></td>
<td></td>
<td></td>
<td>Thursday 7am - 8am</td>
<td></td>
</tr>
<tr>
<td><strong>ZUMBA</strong></td>
<td></td>
<td></td>
<td>Monday 7am - 8am</td>
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</tbody>
</table>

There are also a number of other invitation competitions that we may choose to enter in any year, such as Mollie Dive Hockey or Pymble Invitation Water Polo.

**PLEASE NOTE:** Training for Saturday sport commences in the last 2 - 3 weeks of the previous term.

YOU CAN ONLY SELECT ONE SATURDAY MORNING SPORT EACH TERM.
SPORT AND ACTIVITIES – GENERAL INFORMATION

<table>
<thead>
<tr>
<th>SPORT</th>
<th>Saturday Competition</th>
<th>Representative Pathway</th>
<th>MID WEEK ACTIVITIES</th>
<th>Representative Pathway</th>
<th>CARNIVALS</th>
<th>Representative Pathway</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softball</td>
<td>IGSSA</td>
<td>IGSSA</td>
<td>TKD</td>
<td>All Schools</td>
<td>Athletics</td>
<td>BBSSSA</td>
</tr>
<tr>
<td>Tennis</td>
<td>IGSSA &amp; HK</td>
<td>IGSSA</td>
<td>Sports Aerobics</td>
<td>School Aerobics</td>
<td>Cross Country</td>
<td>BBSSSA</td>
</tr>
<tr>
<td>Basketball</td>
<td>IGSSA</td>
<td>IGSSA</td>
<td>Dance</td>
<td>Eisteddfords</td>
<td>Swimming</td>
<td>BBSSSA</td>
</tr>
<tr>
<td>Football</td>
<td>IGSSA</td>
<td>IGSSA</td>
<td>Fitness</td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water polo</td>
<td>NSSWPA</td>
<td>BBSSSA</td>
<td>Yoga</td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Netball</td>
<td>IGSSA</td>
<td>IGSSA</td>
<td>Zumba</td>
<td>No</td>
<td></td>
<td>OTHER</td>
</tr>
<tr>
<td>Hockey</td>
<td>IGSSA</td>
<td>IGSSA</td>
<td></td>
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<td></td>
<td>Equestrian</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Santa Sabina</td>
<td>NSWCCC</td>
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<td>Sailing</td>
<td>NSW Secondary School Teams Racing</td>
</tr>
<tr>
<td>Touch</td>
<td>IGSSA</td>
<td>IGSSA</td>
<td></td>
<td></td>
<td></td>
<td>Snow Sports</td>
</tr>
</tbody>
</table>

Other Pathways
Any other sport, such as Golf, Triathlon or AFL can trial for representative teams through the NSWCCC pathway as approved by the Sports Department.

Selecting a Sport or Activity
REGISTRATION
All students and parents are emailed information regarding the sports and activities on offer each term.
This information includes details on how to pay via the College website payment page.
Once payment is received, the student is registered and will then be asked to attend selections where required.
The cost for each sport and activity may vary from term to term and from sport to sport.
COST
The cost of each sport is included in the registration information. The cost includes registration for IGSSA or other relevant sporting body, coaching, equipment, playing uniform, bus and venue hire, depending on the sport or activity.
TEAM SELECTION
Often when selecting sporting teams there is no single objective measure to compare one student with another and selectors must make decisions based on their experience in a subjective manner.
The selection process should be seen as fair, informed and unbiased. Independent selectors will be present at all selections to provide expertise, guidance and feedback.
The aims of the selections process are to:
• provide a consistent, transparent and coordinated approach to team selection
• ensure equal opportunities for all players to perform.
General Criteria for Selection

The areas of performance considered are:

- skills exhibited by the player
- fitness level exhibited by the player
- performance of the player as a member of a team
- attitude and behaviour of player both on and off the court/field.

General Procedure

- The selection day and times will be included on the registration form and posted on TeamApp.
- All players are expected to attend the selections.
- Players unable to attend will be placed in teams based on their prior playing history, Year group or other information made available prior to the teams being announced.
- After rolls have been marked, an outline of the selection procedure should be explained to all players.
- All players will receive equal court/field time in their nominated position where possible.
- The Sport Convenor will keep a copy of all selection notes to provide feedback as required.
- Players may be asked to play out of position.
- Players may be asked to trial up an age group. This is at the discretion of the Sports Department and the player will be notified prior to selections.
- Team lists will be posted on TeamApp within 7 – 10 days.

COACHES

The College endeavours to employ the most qualified and suitable coaches available. Coaches may have formal qualifications and experience. The College also aims to develop the coaching experience of Years 11 and 12 players and offers the opportunity for students to become assistant coaches, attend coaching courses and in their second year coaching their own team.

From time to time, parents with suitable qualifications or experience may also coach.

COMMUNICATION

Once teams are announced the Convenor of each sport will contact all players and parents by email. Following this, all information is posted on TeamApp.

Sporting highlights and achievements are recognised in the school newsletter Matters, the student portal and the College Facebook page.

COURT/FIELD/POOL TIME

All players will share equal game time, as is reasonably practicable, during the season in non-representative teams. Coaches have the option of ‘benching’ players for non attendance at training or displaying poor sportsmanship.

In the finals, all players will play a minimum equivalent to half a game. The strongest team combination will play the majority of game time in the finals. The coach will make these decisions for their particular team. Students may be requested throughout the season to play in non-preferred positions.
TRAINING

Players are expected to attend all training sessions and games unless they are absent from school. This includes exam weeks.

Any student who does not attend a training session or a game and fails to inform the appropriate staff or coach will be contacted by the relevant sports convenor to explain their absence.

Posting on TeamApp that a player is not attending training or games must be followed up by an email from the parent to the Convenor.

Attendance rolls will be emailed to parents during the season to confirm attendance.

A minimum of 80% attendance at training and games is required for players to be eligible for awards. (see Awards Policy on page 10 of this handbook).

Injured players are expected to attend training.

REPRESENTATIVE TEAMS AND CARNIVALS

As indicated in the Sport by Term table on page 5 of this handbook, the College accesses a number of representative sport pathways depending on the sport or activity.

For IGSSA selections in a team sport, players must play that sport for the College in the IGSSA competition. The Sports Department will nominate players based on information regarding their sporting ability and previous representative history. IGSSA selections are only for the most talented players in each sport across 26 IGSSA schools and as a guide, the College will only nominate 1 – 4 players for each selection.

For BBSSSA and NSWCCC water polo championships, players will be selected based on their performance throughout the water polo season in their respective College team.

For athletics, cross country and swimming, competitors will be chosen to represent the College at either or both BBSSSA or IGSSA based on their performance at the College carnivals.

A copy of the AHIGS-IGSSA REPRESENTATIVE SPORT POLICY can be found here.

UNIFORM

Players must attend training and games in College PE uniform or appropriate playing uniform. This includes the College tracksuit or fleece in colder weather.

Please refer to table on the following two pages.
## SPORT UNIFORMS AND EQUIPMENT

<table>
<thead>
<tr>
<th>SPORT OR ACTIVITY</th>
<th>TRAINING</th>
<th>GAMES/COMPETITION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ATHLETICS</strong></td>
<td>PE uniform or Navy tights – purchased from uniform shop</td>
<td>College provides singlet for carnivals PE shorts Navy tights</td>
</tr>
<tr>
<td><strong>BASKETBALL</strong></td>
<td>College PE uniform or basketball playing uniform <em>Playing shirt does not need to be purchased as it will be on loan for Term 2 and provided to players by the Sports Department</em></td>
<td>College basketball uniform Senior First playing top</td>
</tr>
<tr>
<td><strong>CROSS COUNTRY</strong></td>
<td>PE uniform or Navy tights – purchased from uniform shop</td>
<td>College provides singlet for carnivals PE shorts Navy tights</td>
</tr>
<tr>
<td><strong>DANCE</strong></td>
<td>Dance T-shirt – purchased from uniform shop Black leggings Jazz shoes – black</td>
<td></td>
</tr>
<tr>
<td><strong>EQUESTRIAN</strong></td>
<td>College shirt and jumper Brow bands and saddle cloth supplied</td>
<td></td>
</tr>
<tr>
<td><strong>FITNESS</strong></td>
<td>PE uniform or appropriate active wear</td>
<td></td>
</tr>
<tr>
<td><strong>FOOTBALL</strong></td>
<td>College PE uniform or football playing uniform <em>Playing shirt does not need to be purchased as it will be on loan for Term 2 and provided to players by the Sports Department.</em> Shin Guards Mouthguard (recommended)</td>
<td>College football uniform Shin guards (compulsory) Mouthguard (recommended) Senior First playing top</td>
</tr>
<tr>
<td><strong>HOCKEY</strong></td>
<td>College PE uniform or netball playing uniform, skirt and collared singlet top Hockey stick (compulsory) Mouth guard (compulsory) Shin guards (compulsory)</td>
<td>College hockey playing uniform Senior First playing top Hockey stick (compulsory) Mouth guard (compulsory) Shin guards (compulsory)</td>
</tr>
<tr>
<td><strong>NETBALL</strong></td>
<td>College PE uniform or netball playing uniform, skirt and collared singlet top. Dress for Senior Firsts</td>
<td>College netball uniform Senior First playing top</td>
</tr>
<tr>
<td><strong>SNOW SPORTS</strong></td>
<td>No requirements</td>
<td></td>
</tr>
<tr>
<td><strong>SOFTBALL</strong></td>
<td>College PE uniform or softball pants and socks. <em>Softball shirt does not need to be purchased as it will be on loan for Term 1 and provided to players by the Sports Department.</em> Sneakers or cleats Hat or visor Shin guards (compulsory) Catching glove (compulsory) Mouthguard (recommended)</td>
<td>College softball uniform – softball pants, shirt and socks. Sneakers or cleats Shin guards (compulsory) Catching glove (compulsory) Mouthguard (recommended) Senior First playing top</td>
</tr>
</tbody>
</table>
### Pre-Season Requirements

<table>
<thead>
<tr>
<th>SPORTS AEROBICS</th>
<th>PE uniform or appropriate activewear</th>
<th>Competition uniform supplied by College</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWIMMING</td>
<td>No requirements</td>
<td>College PE uniform or tracksuit is to be worn to all carnivals College swimming costume and cap</td>
</tr>
<tr>
<td>TAEKWONDO</td>
<td>Taekwondo uniform – purchased through instructor</td>
<td></td>
</tr>
<tr>
<td>TENNIS</td>
<td>College PE uniform or tennis shirt, skirt, maroon or navy briefs, and socks. Hat or visor Tennis racquet</td>
<td>College tennis uniform – tennis shirt, skirt, maroon or navy briefs, and socks. Hat or visor Tennis racquet</td>
</tr>
<tr>
<td>TOUCH</td>
<td>College PE uniform or touch playing uniform <em>Playing shirt – does not need to be purchased as it will be on loan for Term 4 and provided to players by the Sports Department.</em> Boots/cleats (highly recommended)</td>
<td>College touch uniform Boots/cleats (highly recommended) Senior First playing top</td>
</tr>
<tr>
<td>VOLLEYBALL</td>
<td>College PE uniform or volleyball playing uniform <em>Playing shirt – does not need to be purchased as it will be on loan for Term 4 and provided to players by the Sports Department.</em></td>
<td>College volleyball uniform Senior First playing top</td>
</tr>
<tr>
<td>WATER POLO</td>
<td>College PE uniform or tracksuit to and from venue. College swimming or water polo costume</td>
<td>College PE uniform or tracksuit to and from venue. College swimming or water polo costume</td>
</tr>
<tr>
<td>YOGA</td>
<td>PE uniform or appropriate activewear</td>
<td></td>
</tr>
<tr>
<td>ZUMBA</td>
<td>PE uniform or appropriate activewear</td>
<td></td>
</tr>
</tbody>
</table>

**PLEASE NOTE:** The College fleece may also be worn instead of the tracksuit top

**PRESENTATION NIGHTS, ASSEMBLIES AND AWARDS**

Presentation nights are held at the end of each term to recognise achievements in that term.

Awards presented may include:

- Participation plates or certificates
- Best and fairest for each team/dance group
- Most improved for each team/dance group
- Players player for each team/dance group
- Service awards for players participating from Years 7 – 12
- Perpetual trophies

Assemblies are held twice a term. At the beginning of each term the Senior First teams are presented to the College. In the last week of each term, players receiving College lines and/or awards from swimming, athletics or cross country carnivals are acknowledged.

*The College Line Criteria can be found here.*
CODE OF BEHAVIOUR

COACHES
1. Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule the children for making mistakes or losing a competition.
2. Develop a sense of respect for opposing players, officials and coaches.
3. Be generous with praise when it is deserved, but selective with criticism.
4. Always set an example in the use of language, behaviour and temperament.
5. All decisions made by the umpire must be supported by the coach and any necessary query must be made later and in private.

PLAYERS
1. Students are reminded that the rules and spirit of the game are to be observed at all times and that the umpire’s decision is final.
2. The opposing team is to be treated with courtesy and respect at all times.
3. Abusive language will not be tolerated.
4. Students are expected to be punctual and correctly attired for practices and matches. This includes wearing the correct uniform to and from fixtures.
5. Attendance at practice is compulsory.
6. Students are reminded to thank opponents and umpires at the conclusion of the match.
7. When joining a team, students must be prepared to commit themselves for the whole season. If unable to play because of absence, for example, through sickness, students must inform the coach or team manager as soon as possible.

PARENTS
It is most important to children and coaches that parents attend and assist whenever possible in their children’s enjoyment of the game. Below are some points which may be of assistance.
1. Do not force an unwilling child to participate in sports.
2. Remember young people are involved in organised sport for their enjoyment.
3. Encourage your daughter to play by the rules.
4. Teach your daughter that an honest effort is as important as victory so that she can accept defeat without undue disappointment.
5. Never abuse or ridicule your daughter for making a mistake or losing – your example and help in developing skills and sportsmanship is vital in your daughter’s development.
6. Applaud good play by the opposition; your example will help your daughter.
7. Recognise the value and importance of all coaches. They give their time and resources to provide recreational activities for your daughter.
8. It is not appropriate for parents to coach from the sidelines.
9. Never criticise the umpire or referee.
10. Should games progress in a manner that causes parents some concern, it is expected that the matter be raised with the relevant convenor or by contacting the Sports Department.
FREQUENTLY ASKED QUESTIONS

What is IGSSA?
• IGSSA (Independent Girls Schools Sporting Association) is a sub-committee of AHIGS, the Association of Heads of Independent Girls’ Schools, New South Wales. There are 30 independent girls’ schools within AHIGS and IGSSA’s role is to provide sporting activities for the students of members’ schools.
• The IGSSA philosophy was developed by AHIGS and is reviewed regularly. Its emphasis is on helping girls appreciate the value of physical activity, fair play, teamwork and good sportsmanship while building self confidence, skill, discipline and responsibility.
• Both individual and team sports are provided by IGSSA with eight different Saturday sports offered throughout the year. Six carnivals are also offered annually in the areas of swimming and diving, rowing, tennis, athletics, cross country running and gymnastics.
• In addition to providing inter-school sporting opportunities for girls, IGSSA also provides a pathway to representative competition at the state and national level. This commitment to school girl sport at all levels is central to the IGSSA philosophy of encouraging each student to develop her full potential as both an individual and team player.
• Although IGSSA has grown rapidly in recent years, the formation of the sub-committee dates back to 1922, six years after the formation of AHIGS in 1916. Today, IGSSA sport is managed by the AHIGS Director of Sport who, with the support of the Assistant Director, co-ordinates an extensive network of committees, conveners and umpires.

Can my daughter play Club and School sport?
• If Club and School sport draws and training sessions do not clash, girls are encouraged to participate in as much sport as possible.
• If a girl is particularly interested in one particular sport, she will be encouraged to pursue this sport at a club or representative level.

Is sport and training compulsory?
• All cocurricular sport at Brigidine is voluntary, however once registered, all training session and games become compulsory.

How are IGSSA grades determined?
1. Girls are selected into a school team based on her school’s philosophy and policy.
2. Each school nominates its preferred grades for discussion at the grading meeting for that sport. Grading meetings are open to all participating schools.
3. The grading meeting occurs and grades are determined based on democratic discussion, player profiles, the number of representative players in each team, previous season’s results and school nominations/justifications.

Why can’t IGSSA be more like the boys’ schools in the way it organises sport?
• The boys’ schools do not have the same graded system that the girls’ schools do.
• The largest boys’ association has only eight schools, all with their own facilities. IGSSA has 30 schools, many with no facilities.
• IGSSA offers eight regular Saturday sports, with the boys’ associations generally offering only four.
Why can’t teams be re-graded regularly so that they are more equally matched?

• A grading meeting occurs for all sports where every attempt is made to grade teams fairly according to ability and information provided by each school.
• Re-grading occurs only after Round 2 in all sports. This is to maintain equity to all teams during a relatively short playing season.

Why does re-grading take place?

• The process of grading is not foolproof. Team changes can occur after grading that affect the strength of various teams e.g. students leave the school, new girls sign up to play at the last moment.
• Teams can sometimes end up being way out of their depth competitively. This is a very demoralising experience and one that IGSSA wishes to avoid where possible. Alternatively, a team that is too strong for a particular grade is not being challenged and may become bored.
• Re-grading may occur after Round 2 in each Saturday sport. Schools are able to request that a particular team be considered to be re-graded. Re-grading is kept to a minimum by the IGSSA office, with only extreme cases being considered for re-grading. This is to maintain equity to all teams during a relatively short playing season.

Are students restricted to their age groups when placed in teams?

• Selection of teams is based on school policy and school selection procedures. Some schools choose to select girls in their own age groups. Other schools select solely on ability, enabling a talented young athlete to be selected in the highest school team.
• IGSSA rules allow for Year 7 students to play in any grade. Years 8 - 9 can play in any grade except grade Y07. Years 10 - 12 are only allowed to play in senior grades delineated by the ‘S’ prefix.

Why do we have to travel so far to Saturday sports venues? Why can’t games be organised closer to the school?

• Often schools do not have any playing facilities at their school or close by.
• There are other school based sport associations and local community sporting associations who compete for facilities. IGSSA attempts to hire as many facilities as possible that are close to our schools, however this is not always possible.

Why is the playing season so short? My daughter barely gets started in a sport and then she has to change?

• The IGSSA philosophy is such that all girls are given a variety of sports to experience at a variety of playing abilities.
• IGSSA is designed to complement the club season e.g. early timeslots, short seasons.
• Should a girl enjoy one particular sport she then has the option to join a community based competition that offers a longer playing season.
• Many schools provide additional school based invitational competitions to complement the IGSSA seasons e.g. Term 4 HKDTA Tennis

Will AHIGS cover my medical expenses if my daughter is injured while playing IGSSA Sport?

• While AHIGS takes all reasonable steps to ensure a safe playing environment, sport is an
inherently risky activity and injury or loss may occur during play, practice or while travelling to and from an event. The AHIGS risk warning outlines the dangers involved in sport in more detail. Parents and girls are encouraged to read this risk warning (published on the next page of this handbook, the IGSSA website, and also on display at all venues and AHIGS member schools), when considering their level of participation.

- AHIGS does not take out medical insurance for students. Parents should consider their own needs and personal situation in regard to insurance.

**Why does the College’s Sports Department decide who can trial for an IGSSA representative team? Why can’t we send our entire school team to trials?**

- The Sport staff within each school generally have a good knowledge of the standard required to trial for a representative team. Girls at some schools may represent their local community association, however at IGSSA or NSWCIS trials will be competing against older girls from all over NSW. In most instances there are only a handful of places available in a representative team so the standard is very high.
- Sport staff on IGSSA sports committees have limited time available to select representative teams and cannot trial unlimited numbers of girls who may wish to experience the selection process.

**How do I find out more about IGSSA Sport?**

- Contact the College’s Sports Department first. All communication should be directed through the Director of Sport. Parents and students should not be contacting the AHIGS office directly unless instructed to do so.
- Further information can be found on the IGSSA website at www.ahigs.nsw.edu.au/IGSSA.aspx
RISK WARNING
(Under Section 5M of Civil Liability Act 2002)
On behalf of Brigidine College St Ives and AHIGS:

Sporting Activities 2017
Brigidine College St Ives organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with the Association of Heads of Independent Girls’ Schools NSW (AHIGS). Students participating in these sporting activities take part in practice and in competitions.

Brigidine College St Ives and AHIGS expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

While Brigidine College St Ives and AHIGS, take measures to make the sporting activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Such injury can occur while the student is engaging in or watching a sporting activity, or travelling to and from the event. The injury may result from a student’s actions, the actions of others, the state of the premises or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.