



**ISU Athletic Handbook
2018-2019**

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August, 2018

Dear Athletes and Parents,

It is an honor to welcome you to the athletic program here at the International School of Uganda (ISU). At ISU, athletics is an integral part of the total educational program. It is essential that all involved - athletes, parents, coaches, administrators - act responsibly and cooperatively to ensure that all our athletic programs run efficiently and effectively.

This handbook is designed to provide all the information needed to guide you through the year of sports at ISU. It includes general rules and guidelines for sports and activities. More specific details will also be sent home at the beginning of the individual seasons. Please read through the handbook and take note of anything of particular interest as the athletic department is here to clarify any questions or concerns.

The success of any athletic program is built upon a combined effort from parents, students and staff, with some basic rules which obviously must be adhered to at all times. The most important element in taking part in athletic activities is a fair and enjoyable environment for everyone involved in the program.

I wish all athletes success in their endeavours and all parents enriching experiences while they watch their children succeed in sports and athletics.

Yours in Sport,

John Zahara
Athletic Director
ad@isumail.ac.ug

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THE ISU ATHLETIC PROGRAM

ISU offers an athletic program where students have a chance to compete against other International Schools across Africa. ISU recognizes the value that students gain from participation in a well-organised high quality athletic program and is dedicated to excellence in this pursuit. The Athletic Handbook has been developed to give the ISU students/athletes and their families a better understanding of the policies, procedures, responsibilities and expectations involved with participation in the athletic program.

ISU strives to offer its students/athletes the best in coaching, facilities and equipment and the values of sportsmanship, fair play, self-discipline and dedication are highly stressed. The participation of all interested students is encouraged. However, because of the restrictions on the number of participants on a team by the rules of the game or association regulations, some limitations are made. The opportunities, within a competitive athletic atmosphere, for travel, meeting new friends from other schools and in other countries, the cultural and social contact and international understanding are added dimensions and benefits of participating in the athletic program.

Sports in the international school setting may be quite different from what one is used to in their home culture. Firstly, international schools favour rounded and varied sports experiences. Each sports season lasts several weeks, after which another sport season begins. We believe this exposure to multiple sports is healthier than concentrating on one sport all year long. In addition, our coaches are often teachers at the school or in some cases physical education teachers from the local community. This may also be different for those of you accustomed to professional coaches in local sports clubs. We believe that teacher-coaches are more likely to manage and understand an international school student-athlete and more importantly, likely to transfer the benefits learned in sports to classroom academics (as our teacher-coaches often see students in both settings).

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GOALS

The ISU Athletic program will:

- Enhance and expand the learning experiences of the classroom;
- Provide opportunities for students to experience a multitude of experience such as: public performance, cooperation, teamwork and interaction with fellow students and adults;
- Increase students' morale and motivation for achievement and skill development including the academic, physical and social realms;
- Elevate the standards of good sportsmanship and encourage the growth of good citizenship;
- Enhance the development of a positive self-image in each student;
- Increase student experience in meeting challenges and coping with success and failure;
- Meet the needs of students rather than the needs of teachers, coaches, administrators, parents or the world at large;
- Provide a reflection and feedback component in order to maximize learning and growth;
- Provide guidance in the individual's selection and number of activities in which they participate in order to best meet the lifelong as well as immediate needs of students.

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OBJECTIVES

The ISU sports program objectives are:

1. To provide students with the opportunity to develop advanced and specialised athletic skills;
2. To achieve a high level of fitness;
3. To increase their knowledge of game strategies, tactics and rules;
4. To understand the benefits of team spirit and sportsmanship.

The student athlete will:

- Constantly grow and mature physically, emotionally and psychologically;
- Acquire an increased measure of self-discipline as well as understand its value in pursuit of certain, clearly defined goals.
- Success will most likely come through perseverance and personal initiative;
- Evaluate objectively defeat as well as success; constantly demonstrate the values of fair play and sportsmanship;
- Learn to accept constructive criticism and use it as a tool for self improvement;
- Learn to accept, respect and value necessary and responsible authority;
- Learn to appreciate that participation in sports is a privilege, which carries certain responsibilities.

4.

PHILOSOPHY

ISU Junior School Athletic Philosophy:

ISU Junior School Athletics, which includes our Junior School Physical Education Curriculum as well as our After School Activities program, promotes a developmental program that aims to help students gain confidence to participate in sports, gain knowledge, improve individual athletic skills, and learn the importance of teamwork and fair play. Our focus is on creating an inviting, friendly atmosphere in which children feel comfortable, supported, and can develop a sense of self-accomplishment. We work to maintain high standards of sportsmanship, respect for opponents and officials and the enjoyment of playing sport.

ISU Senior School Athletic Philosophy:

ISU Senior School Athletics, which includes our Senior School Physical Education Curriculum as well as our Athletic program, promotes a competitive program that aims to help students gain confidence, knowledge, improve individual athletic skills, learn the importance of teamwork and fair play in combination with their academic responsibilities. This focus creates a competitive environment in which athletes feel encouraged, supported, and can develop a sense of self-accomplishment. We work to maintain high standards of sportsmanship, respect for opponents and officials, and excellence of performance. In addition to and with a partnership with the ASA program, there will be opportunities for our students to explore sports and fitness in a variety of settings. We will supplement our senior school program with after school programs geared towards skill development. These programs will be intended for students who prefer non competitive activities but would like to enhance their specific skills over the course of the year.

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COMPETITIONS

ISU offers a variety of levels of competition for girls and boys in different sports. Competitions are arranged with other international schools in Kampala and throughout the Eastern and Southern African Region. In addition, all athletes must be studying full time at their school.

5.1 *ISSEA*

ISU is a member of The International Schools of Southern and East Africa (ISSEA), the athletic association of the major international schools in Africa. ISSEA schools compete only at Varsity level for boys and girls. From August 2018, Grade 6 students are not permitted (by ISSEA by laws) to compete in ISSEA events. Other member schools are:

- American International School of Johannesburg, Johannesburg - South Africa (AISJ)
- American International School of Lusaka, Lusaka – Zambia (AISL)
- American International School of Mozambique – Mozambique (AISM)
- Harare International School, Harare – Zimbabwe (HIS)
- International Community School, Addis Ababa - Ethiopia (ICS)
- International School of Kenya, Nairobi - Kenya (ISK)
- International School of Tanganyika, Dar es Salaam – Tanzania (IST)

The dates for the sporting and arts events are:

- **October 24th to October 28th** – Volleyball (in Mozambique) and Track & Field (in Ethiopia).
- **January 31st to February 4th** – Basketball (Zambia), Rugby (South Africa), Swimming (Uganda)
- **February 20th to February 24th** – Band and Choir (Zimbabwe), Drama and Visual Arts (Mozambique)
- **April 10th to April 14th**- STEM (Tanzania), Tennis/Golf (TBD) and Football (Kenya)

5.2 *ISSAK*

ISU is a member of the International School Sports' Association Kampala (ISSAK), the sports association of International Schools in Kampala. ISSAK schools compete in the following sports: basketball, football, swimming, athletics and secondary volleyball

Other member schools are:

- Kampala International School of Uganda (KISU)
- Rainbow International School of Uganda (RISU)
- Ambrosoli International School (AMB)
- Heritage International School (HIS)
- GEMS International School (GEMS)
- Acacia International School (AIS)

5.3 Participation: Levels and Student Eligibility

- All League activities are conducted at appointed age groups. Under 9s, Under 11s, Under 13s, Under 16s and U20 compete in both genders.
- A student can compete in a maximum of two age groups or two sports over the course of one season. However, if a conflict in practice time may arise, ISSEA practice will take priority.

5.3.1 Under 9s

- Limited to those students who are younger than 9 years on the 1st September for the academic school year.
- A player who wakes up on the 1st September as an 8 year old can play for the Under 9s.

5.3.2 Under 11s

- Limited to those students who are younger than 11 on the 1st September for the academic school year.
- A player who wakes up on the 1st September as a 10 year old can play for the Under 11s.

5.3.3 Under 13s

- Limited to those students who are younger than 13 on the 1st September for the academic school year.
- A player who wakes up on the 1st September as a 12 year old can play for the Under 13s.

5.3.4 Under 16s

- Limited to those students who are younger than 16 on the 1st September for the academic school year.
- A player who wakes up on the 1st September as a 15 year old can play for the Under 16s.

5.3.5 Under 20

- Limited to those students who are the age of 15 or older as of 1 September for the academic school year.

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TEAM SELECTION

ISU Junior School Team Selection Philosophy:

Junior School teams are put together on a first come first served sign up basis. Our goal is to strive for consistency and fairness within each sport. We want all athletes to have a chance to play in game situations and tournaments throughout the season. The number of students who can sign up for a basketball team is 12 individuals. In football, the number is 15. Students who sign up to play an ISSAK sport will practice twice week (depending on the age category). A student who has 3 unexcused absences will be removed from the team. In addition, an athlete can be removed from a team if he or she is a repeat offender of the ISU Code of Conduct.

ISU Senior School Team Selection Philosophy:

The athlete's attendance, participation in practice, teamwork, attitude, skill ability and development, leadership, as well as the number of students on the team are some of the factors that are considered by the coach when determining team selection. Our goal is to strive for excellence, commitment, improvement and nurture success within each sport. We want athletes to have a chance to play in game situations and tournaments throughout the year to improve confidence and skill ability throughout the season.

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SPORTS SUMMARY 2018-2019

Season 1

Sport	Age group	Competitions
Football	U20 Boys and Girls	ISSAK – Sept 3 to Nov 3 (Finals @ ISU Nov 3rd)
	U16 Boys and Girls	
	U13 Boys and Girls	
Basketball	U11 Boys and Girls	
	U9 Boys and Girls	
Swimming	Senior	ISSAK (Nov 27th @ ISU)
Athletics	Senior	ISSEA (Oct 24-28 Ethiopia)
Volleyball	Open Boys and Girls	ISSEA (Oct 24-28 Mozambique)

Season 2

Sport	Age group	Level
Basketball	U20 Boys and Girls	ISSEA (Jan 31st-Feb 4 Zambia)
	U20 Boys and Girls	ISSAK (March 23rd Finals @ KISU)
	U16 Boys and Girls	
	U13 Boys and Girls	
Football	U11 Boys and Girls	
	U9 Boys and Girls	
Swimming	Senior	ISSEA (Jan 31-Feb 4 Uganda)
Athletics	Junior	ISSAK (TBD)
X Country	Junior and Senior	ISSAK (Juniors March 21st) ISSAK (Seniors January 24th)
All Star Event	Junior and Senior	ISSAK (January 17th)
* Rugby	Senior	ISSEA (Jan 31-Feb 4 South Africa)

Season 3

Sport	Age group	Level
Volleyball	U20 Boys and Girls	ISSAK
	U16 Boys and Girls	ISSAK
	U13 Boys and Girls	ISSAK
Football	Senior	ISSEA (April 10-14 Kenya)
Athletics	Junior	TBA
Swimming	Junior and Senior	TBA
Band and Choir	Senior	ISSEA (April 10-14 Zimbabwe)
* Tennis and Golf	Senior	ISSEA (April 10-14) Location TBD
STEM	Senior	ISSEA (April 10-14 Tanzania)

Note: A star depicted next to an ISSEA category represents a Category 3 event which means ISU may or may not attend.

8 TIME COMMITMENT & BEING A DUAL ATHLETE

Participation in competitive team sports involves a considerable time commitment on the part of the athlete. Practices are held after school while games happen during the week and on weekends. Generally speaking, all schedule details are laid out in advance with some changes throughout the season due to various circumstances.

Practice commitments can be reduced during times of examinations under the discretion of the Athletic Director. Students selected to teams are expected to attend every practice and game. They cannot have more than 3 unexcused absences for training sessions. If they must miss (and they should only miss a practice if there is no way to avoid it), they are expected to notify the coach and the ISU Athletic Director ahead of time.

Missing a practice because of a forthcoming test or project is not an acceptable excuse. The sports schedule is produced well in advance. It is the students' responsibility to plan their homework and study schedule around their commitment to their team.

Students participating in sports will miss some class time, as it is necessary to travel for competitions.

Any student who wishes to play dual sports in the same season may be removed from a team if he or she does not fulfill the student athlete code of conduct.

9 SPORTS AND ACADEMICS

The ISU students/athletes are responsible for maintaining their academic level while participating in the athletic program. The students/athletes must organise their time to meet the combined demands of after school practices, competitions and away trips, and still meet the rigorous demands of the ISU academic programme.

If a student/athlete is having a problem with any academic area, he/she should take the initiative to meet with the specific teacher and bring the matter to the attention of the coach of the team as well as the Athletic Director.

The academic standing of all ISU athletes will be reviewed periodically during the year. Many students/athletes find that a well-planned study schedule combined with the stimulation of participating on an athletic team often result in their most productive academic work. The student/athlete is responsible for making up any work missed while away from school representing ISU at an athletic competition. Where there is concern, athletes will be treated on an individual basis. Such concern may be expressed to the Athletic Director by any principal, counsellor, parents or teachers, and will usually result in a meeting including some or all of the following: student involved, AD, principal, teacher(s), parent(s), and coach. During this meeting, appropriate decisions will be made if the student cannot demonstrate the effort and interest required for academic improvement.

The primary goal of this school is to educate students. However, we believe that participation in athletics can add to a student's overall educational experience.

10 POLICY

Participation in an overseas ISSEA sports trips require that students must meet the following criteria to miss classes:

1. Assignments in every course must be completed on time and up to date.
2. Students may not be on the school's disciplinary probation.
3. If more than 2 course grades are lower than a "4" on the 1-7 scale the participation of the student must be discussed by the Homeroom Teacher, the Principal and the Director of Athletics.
4. Attendance- A participant cannot be in danger of missing too many days of school (15 days in a semester)
5. Financial- A participant cannot have any outstanding dues to the ISU Business Office

Consideration will be given to students who have academic difficulties but are trying to make positive progress and are working to the best of their ability.

11 ACCIDENTS AND INSURANCE

Should an injury or accident related to participation in the athletic program occur that requires medical attention, the incident must be reported to the Director of Athletics. An accident report must be filed with the Director of Athletics for each incident

12 PLAYING ON ISU TEAMS

Junior School

In regards to playing time, the ISU Junior School program heavily encourages all coaches from U7 to U11 categories to try their best to distribute equal playing time during a game or match. However, a coach may choose to limit a player's time on the court/field for one of the following occurrences:

- A student behaves in a negative way in practice or game and does not represent the athletic values that ISU students should exemplify.
- A student may be injured or sick prior to or during a game.
- A student may have missed a practice or practices (unexcused) prior to a game or match.
- A coach has or may use his or her discretion for playing time within a final match or game.

Senior School

In regards to playing time in the senior school (U13 to U20) there are fundamental principles regarding the amount of time on the floor or a pitch.

U13- No players shall play less than 25% of the game or match. For example, a basketball player who takes part in a 40 minute basketball game will not play less than 10 minutes during that specific game. However, coaches will try their best to develop the talent on a team so that all students will have the opportunity to increase playing time through commitment and hardwork.

U16/U20 - As our students move up in age category, the competition increases as well. The athletic department empowers our coaches to use discretion when allotting playing time during a game. There will be no playing time restrictions or guarantees for U16 or U20 ISSAK or ISSEA.

13 TRAVEL

Travel arrangements for ISU teams are made by the Athletic Department. Details of travel arrangements (including time of departure, expected time of return, emergency numbers, etc.) are provided to the athletes and parents through a via email. Travel costs are also provided at this time.

Athletes who travel to an ISSEA must wear the official ISSEA attire which is a school polo shirt with light brown khakis with shoes. Athletes must travel to and from games with their teams. There are not exceptions to this rule.

When playing away games, athletes will stay in the gym or designated eating areas and will obey the rules of the host (for example, no food in the gym). They should not wander around campus or in the halls or classrooms of the host school.

When staying overnight for competitions athletes are usually be housed with families from the host school. Students will have meals provided for them while there but will require money for food along the way there and back and for any personal purchases they may make.

Return times are estimates. At times, there are circumstances that cause unexpected delays. When this occurs players generally phone home early enough to contact parents before they leave their home.

Any parents wishing to attend any away games are strongly encouraged to do so. For tournaments, there is generally a hotel suggested as well as restaurants, etc. Contact the Athletics Director if you wish to have any such information. Unless attending as a chaperone, travel arrangements will have to be made on your own.

14 TRAVELLING STUDENT-ATHLETE

Students are expected to represent themselves and ISU well when we travel. Students or parents should NOT make any attempt to alter the housing arrangements. Absolutely follow all rules regarding behaviour and curfew.

It is customary for the travelling ISSEA athlete to give his/her host family a small gift in appreciation for their hospitality.

15 TRANSPORTATION AND FINANCIAL OBLIGATIONS

The athletic program is financed by the school with the expenses for student travel and, when applicable, student lodging paid by the participants. Fees for sport trips vary depending on the number of students travelling, the mode of transportation used, the distance travelled, and the accommodation arrangements.

A Parent Permission Slip will be distributed to students for parental signature. This permission slip will pertain to all student travel during the respective school year.

For ISSEA trips, a Sport Trip Information sheet with trip fee, visa requirements, travel information, emergency telephone numbers and other important trip information will be

distributed to students prior to every trip. The trip fee must be paid for by the deadline stated in the information given to parents. We make block bookings on airlines and until we receive full payment from parents cannot confirm these flights.

Teams are strongly encouraged to organise their own fund raising projects, with the approval of the Director of Athletics, in order to offset the cost of trips.

16 HOUSING: GENERAL INFORMATION

Everyone who participates on a team is **REQUIRED** to host when ISU is hosting an ISSEA tournament. This may be during the same season, but when we host, a large number of beds are required so we call upon everyone that participated at any time of the year.

Those that have experienced hosting for a tournament appreciate how enjoyable the experience usually is. Teams typically arrive two nights before the tournament begins. This gives them one day to acclimatize before the competition begins. In most cases, they leave as soon as possible after the tournament (which is that night for some, or the next day for others). Throughout their stay you will provide “room and board”, serving breakfast and dinner at home while others arrangements will be provided by the host school.

17.1 ISSAK PLAYERS' CODE OF BEHAVIOUR

1. Play by the rules.
2. Never argue with an official. If you disagree, have your coach, captain or manager approach the official during a break or after the competition.
3. Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
4. Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
5. Be a good sport. Applaud all good plays whether they be by your team or the opponent.
6. Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
7. Co-operate with your coach, team mates and opponents. Without them there would be no competition.
8. Travel on school buses means that you must obey the school bus rules at all times.
9. Play for the fun of it, and not just to please parents and coaches.

17.2 ISSAK PARENTS' CODE OF BEHAVIOUR

1. Remember that children play sport to their enjoyment, not yours.
2. Encourage children to participate, do not force them.
3. Focus on your child's efforts and performance rather than winning or losing.
4. Encourage children to always participate according to the rules.
5. Never ridicule or yell at a child for making a mistake or losing a game.
6. Remember that children learn best by example. Applaud good plays by all teams.
7. Support all efforts to remove verbal and physical abuse from sporting activities.
8. Respect officials' decisions and teach children to do likewise.

9. Show appreciation of volunteer coaches, officials and administrators. Without them, your child could not participate.

17.3 ISSAK COACHES' CODE OF BEHAVIOUR

1. Remember that children participate for pleasure and the winning is only part of the fun.
2. Never ridicule or yell at a child for making a mistake or losing a game.
3. Be reasonable in your demands on young players' time, energy and enthusiasm.
4. Teach your players to follow the rules.
5. Whenever possible, group players to ensure that everyone has a reasonable chance of success.
6. Avoid overplaying the talented players. The "just-average" players need and deserve equal time.
7. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
8. Develop team respect for the ability of opponents and for the judgment of officials and opposing coaches.
9. Follow the advice of a physician when determining when an injured player is ready to recommence training or competition.
10. Keep up to date with the latest coaching practices and the principles of growth and development of children.

17.4 ISSAK ADMINISTRATORS' CODE OF BEHAVIOUR

1. Involve young people in the planning, leadership, evaluation and decision making related to the activity.
2. Give all children equal opportunities to participate.
3. Ensure that rules, equipment, length of games and training schedules suit the age, ability and maturity level of participants.
4. Provide quality supervision and instruction for junior players.
5. Remember that children participate for enjoyment. Don't over-emphasize awards.
6. Help coaches and officials highlight appropriate behaviour and skill development, and help improve the standards of coaching and officiating.
7. Ensure that everyone involved in junior sport emphasizes fair play, not winning at all cost.
8. Give a code of behaviour sheet to spectators, officials, parents, coaches, players and encourage them to stick to it.
9. Remember, you set an example. Your behaviour and comments should be positive and supportive.

17.5 ISSAK OFFICIALS' CODE OF BEHAVIOUR

1. Modify rules and regulations to match the skill levels and needs of children.
2. Compliment and encourage all participants.
3. Be consistent, objective and courteous when making decisions.
4. Condemn unsporting behaviour and promote respect for all opponents.
5. Emphasize the spirit of the game rather than errors.
6. Encourage and promote rule changes which will make participation more enjoyable.
7. Be a good sport yourself. Actions speak louder than words.
8. Keep up to date with the latest trends in officiating and knowledge of growth and development of children.
9. Remember, you set an example. Your behaviour and comments should be positive and supportive.

17.6 ISSAK SPECTATORS' CODE OF BEHAVIOUR

1. Remember that children play sport to their enjoyment, not yours.
2. Applaud good performance and efforts from each team. Congratulate all participants upon their performance regardless of the game's outcome.
3. Respect officials' decisions and teach children to do the same.
4. Never ridicule or scold a child for making a mistake. Positive comments are motivational.
5. Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
6. Show respect for your team's opponents. Without them there would be no game.
7. Do not use foul language or harass players, coaches or officials.
8. Respect officials' decisions and teach children to do likewise.
9. Show appreciation of volunteer coaches, officials and administrators. Without them, your child could not participate.

18 ATHLETIC CODE

As a student athlete at ISU you have a distinctive and important place in modelling for others the values of respect, responsibility and honesty which are the principles we believe create a pleasant and productive environment in which to live and learn. Being chosen as a member of a sports team is an honour and a privilege. Please read the Athletic Code carefully before signing.

18.1 ATHLETIC CODE

1. **Student Conduct and Behaviour** – Athletes are expected to conduct themselves at all times in such a manner as to reflect credit on themselves, ISU and the school community. Behaviour and/or conduct that reflect badly on the school, even if they occur in non-athletic situations, may constitute grounds for suspension or dismissal from the team, depending on the gravity of the offence.
2. **Smoking, Drinking, Drugs** – In accordance with ISU, ISSAK and ISSEA guidelines, smoking, or any other use of tobacco, the drinking of alcohol and the use of drugs are not permitted.

If a violation of the athletic code occurs during an away sports trip, the coach and the ISU administration will make one of the following decisions:

- A. Notify the parents and send the athlete back to Kampala at the athlete's expense.
- B. Remove the athlete from the host school housing and place him/her in a hotel at the athlete's expense.
- C. Allow the athlete to remain on the trip but not take part in the activities.

Regardless of the action taken, upon returning to ISU the athlete will be removed from the team and future participation in athletic activities will be evaluated.

3. **Attendance** – Attendance is mandatory at practices and games; It is understood that there are times when the academic class-load is such that you need to miss a practice. Whenever possible, the coach should be informed prior to the practice to be missed. ***Three unexcused absences may result in expulsion from the team.***
 - In the unlikely event that an athlete quits a team, he/she will be expected to turn in a written explanation to the Director of Athletics.
4. **Academic Eligibility** – To be on a sports team students are required to fulfill school academic requirements. If an athlete is not academically eligible please contact the principal to receive instructions on how to regain your eligibility.
5. **Athletic Equipment** – Athletes assume all responsibility for equipment issued to them during the season and will be assessed fines for any lost or damaged items. Issued equipment will be worn or used only when participating in interscholastic contests. No equipment will be taken without the consent of the coach.
6. **Sports and PHE** – If a student either misses school or is unable to participate in P.E. class, he/she will not be permitted to practice that day.

I understand and accept that these guidelines and procedures are the rules governing the student athlete during the time of participation in a team sport, commencing with the first try-out and continuing until the conclusion of the season.

Student name _____

Date _____

Date _____

Student Signature

Parent Signature

a. Parent Permission Form for the Athletic Department

Please complete and return to the Athletic Department as soon as possible

Student Name _____ Grade _____

Mother Mob: _____ Father Mob: _____

Mother and Father e-mail address (please write clearly):

Emergency Contact Numbers: _____
(Please give 2 – name and number) _____

Does your child suffer from any **allergies**?

Explain _____

Does your child have any **major medical problems**?

Explain _____

Does your child require any **medication**?

Explain _____

If required, may the coach or responsible adult give your child painkillers?

YES / NO*

In the event of an accident/injury every attempt will be made to contact you. If the coach or responsible adult is unable to contact you are you happy for the coach/responsible adult to authorise treatment?

YES / NO*

Medical Insurance Company and Policy Number:

Evacuation Insurance Policy Number:

Please Read Carefully

I fully understand that a field trip experience off campus involves activities where the risk of injury is greater than at school. I understand that the school provides adequate supervision; I will discuss with my child the importance of proper behaviour and complete cooperation with instructions. It is agreed that a student who does not behave in accordance with the guidance set out by the supervising teachers will be sent home. It is also understood that the general rules for discipline in the ISU student discipline policy apply and that a student may be sent home for absence from sleeping quarters after curfew and for any other applicable reason. A disciplinary or emergency return trip will be at parental expense and will include forfeiture of remaining trip monies. In addition, students must have evacuation insurance. Any wilful damage to facilities by my child will be my responsibility, and I will make full restitution to the parties involved. If my child is taking any special medication, I give my child the authorization to take his or her own medication.

I hereby grant my permission for my child to participate in this field trip. I understand The International School of Uganda is not liable for any injuries, accidents or sickness.

Parent/Guardian Name (print) _____

Parent/Guardian Signature: _____ Date: _____

b. ISSEA Rules and Consequences Agreement

ISSEA athletes must remember that they represent their school, community, family, and home country at all times during an ISSEA championship. Behavior must represent these groups in a positive manner.

- ISSEA athletes are to abide by all (host) school rules and all host country laws during the ISSEA championship.
- ISSEA athletes and ISSEA host students cannot use tobacco, alcohol or illegal drugs.
- ISSEA athletes must return to the host family home before the curfews set for the championship. Coaches will call every house, every night.

ISSEA Athletes' Curfew:

- Wednesday 22h00
 - Thursday 22h00
 - Friday 22h00
 - Saturday 23h00
- ISSEA athletes cannot be transported in automobiles driven by students (even if student's have legal licenses) or any person under 21 years of age. ISSEA athletes are never permitted to be passengers on any form of motorcycle including golf carts.
 - ISSEA athletes cannot explore the local, public environment without the consent of the host family parents/guardian AND the prior consent of (host)'s Athletic Director or Administrator in Charge or Head Coach.
 - ISSEA athletes cannot use any prescription medications unless prescribed or administered by a licensed medical physician or medical personal, unless previously cleared by their parents.

PENALTIES AND ENFORCEMENT

Infractions of ISSEA Rules and Behavioral Guidelines, host school rules and/or host country law may result in one or more of the following penalties being imposed on the affected student:

- Arrest or school suspension/expulsion.
- Partial or complete suspension from further participation in the ISSEA championship.
- Being sent home to the student's home country (school). This penalty will be at the student's parent's expense including any and all additional costs involved.
- The student may be banned from all ISSEA events for one (1) full year including this same event the next year.

_____	_____	_____
STUDENT NAME	DATE	STUDENT SIGNATURE
_____	_____	_____
PARENT NAME	DATE	PARENT SIGNATURE