



Wollondilly Leisure Centre

Sports and Activity Participation Policy

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How to use this Document

Pages 2 and 3 are generic and are applicable to all sports and activities operated by the leisure centre. These two pages combined with the sport specific section combine to form Wollondilly Leisure Centre’s Participation Policy.

Examples:

Netball Participation Policy
Pages 2, 3 & 4

Basketball Participation Policy
Pages 2, 3 & 7

Note

This Participation Policy applies only to sports and activities organised and run directly by Wollondilly Leisure Centre. Activities run by 3rd parties are not covered under this document. These activities are covered under their Hire Agreement.

As of January 2012, 3rd party activities include:

Friday Basketball, Gymnastics, Swimming Club, Monday Martial Arts, Socca-Joeys, Picton Swimming Club and one off training and competition hire organised by local and regional sporting clubs & community groups.

Participation Policy

Insurance and Liability

- *The use of all facilities at this centre, including the car park and participating in any of our centre run sporting competitions or activities, is entirely at patrons own risk*
- *We **DO NOT** provide player or participant insurance for sports and activities organised and run directly by Wollondilly Leisure Centre. (Refer to the operator for activities run by 3rd parties)*
- *Players need to be aware of the risks involved in participating in sport and do so at their own risk*
- *The sport or competition is NOT affiliated with any State or National governing bodies*

General Conditions of Entry

All persons entering the facility must agree to abide by these terms and conditions:

1. All persons entering the facility must follow the directions of the centre staff
2. Wollondilly Community Leisure Centre is an Alcohol free zone
3. Wollondilly Community Leisure Centre is a Smoking free zone
4. Any behaviour deemed by staff hazardous to yourself or other patrons is strictly prohibited
5. Any behaviour deemed by staff to disturb the peace is strictly prohibited
6. All persons entering the facility authorise Wollondilly Leisure Centre Staff to obtain and or administer any medical assistance they deem necessary should the need arise. All persons entering the facility must also agree to pay all medical expenses incurred on their behalf.
7. Leisure Management Services retain the exclusive rights to perform all commercial and non-commercial services and activities at Wollondilly Community Leisure Centre. All persons agree not engage in any third party service delivery or commercial activity on the premises without prior approval from the centre manager. This includes but it not limited to: provision of swimming lessons, swimming training, stroke correction, aquatic fitness classes, fitness instruction or any similar activities to those already provided by the Leisure Centre
8. All persons entering the centre are required to pay the appropriate entry fees
9. All persons entering the facility agree to leave the facility when directed by the centre staff
10. No swearing, offensive or abusive language
11. Not verbally or physically intimidate or threaten staff or users
12. Respect the facility and other users at all times
13. All persons entering the facility understand that it is their responsibility to gain relevant medical clearance or advice necessary for participation in an activity within the centre. They I take full responsibility of any injury, illness loss or damage to my person and or property that may directly or indirectly result from my participation in all activities and services. In doing so I agree to release and hold to hold Wollondilly Leisure Centre, Leisure Management Services and representatives indemnified to the fullest extent permissible by law against any claim or demands which hereafter might be made by or on my behalf for any injury, loss or damage from any cause whatsoever, while using the facility.

Parental Supervision

1. Parental supervision is essential at all times
2. Children under 10 years must be actively supervised by a person 16 years or older
3. Parents and guardians should actively supervise their charges at all times and as such should be dressed ready to take action, including unexpected entry to a pool
4. Pool Staff are not a substitute for proper parental/guardian supervision

Centre Rules – Swimming Pool

1. No Running or Pushing
2. No Smoking, Glass or alcohol
3. No Flips, no Bombing, no Somersaults
4. No dangerous or offensive behaviour
5. No commercial activity on the premises without prior approval from the centre manager

Sports and Game Participation

Please Note

This participation policy applies only to sports and activities organised and run directly by Wollondilly Leisure Centre. Activities run by 3rd parties are not covered under this document. These sports include, but are not limited to: Netball, Water Polo, Soccer, Basketball, Swim Coaching, Junior Sports and Volleyball

As of January 2014, 3rd party activities include:

Wollondilly Basketball Club, Gymnastics, Picton Swimming Club, Martial Arts, Socca Joeys, Little Kickers, Ready Steady Go and other one-off training and competition hire organised by local and regional sporting clubs and community groups.

Code of Conduct

Every person: spectator, player, club member, official, participant, administrator, coach, parent or member of the community involved with the sport, should work to ensure:

- Inclusion of every person regardless of their age, gender or sexual orientation
- Inclusion of every person regardless of their race, culture or religion
- Opportunities for people of all abilities to participate in the sport and develop to their full potential
- Respect is shown towards others, the club and the broader community
- A safe and inclusive environment for all
- Elimination of violent and abusive behaviour
- Protection from sexual harassment or intimidation
- Involvement is maintained at a fun, social & respectful level

- No abuse of the referees, officials or other players will be tolerated
- Failure to comply will result in expulsion of the individual and /or team from the competition
- Serious foul play, violent conduct, spitting, using offensive language will be tolerated
- We reserve the right to expel any individual or team who does not adhere to the above rules

Fair Play

Every person: spectator, player, club member, official, participant, administrator, coach, parent or member of the community involved with the sport, should work to ensure that you:

- Participate because I want to, not because my parents or coaches want me to
- Always play by the rules and in the spirit of the game
- Never argue with an official. When a call is disputed, I'll let the captain or coach handle it
- Respect my opponents
- Control my temper and not be a show off
- Show appreciation for good plays/performance, those of my team and of my opponents.
- Do my best to be a true team player
- Remember that winning isn't everything, that having fun, improving skills, making friends and doing my best are as important

Netball – Participation Rules

Mixed (male & female) games

- There is no distinction between male and female players
- Teams are limited to 1x male occupying an offensive, 1x occupying a defensive positions at a time
- Any form of sexual harassment or intimidation or unnecessary physical contact will not be tolerated

Team size

- Teams must consist of at least 7 players
- There must be at least 5 on the court to begin a match
- Junior Competition - 6 to 12 years
- Senior Competition - 16yrs and over (under 16yrs allowed at parents discretion))

Player Presentation

- No earrings, jewellery or body piercing are to be worn with the exception of a plain wedding band. If jewellery cannot be removed it must be fully taped. Fingernails should be short.
- It is recommended that mouth-guards be worn

Match fees

- Fees are to be paid prior to taking the court
- There are no registration fees
- Match fee is to be paid for a forfeit unless sufficient notice given

Match Duration

- Matches will consist of 4 x 10 minute quarters with 1min break in between quarters and a 4min half time break
- For the finals, a drawn game will be played as a 5 minute golden point rule.

Substitutions & Stoppages

- Substitutions can be made when play is stopped following a goal or allowed by the referee
- There is no limit to the number of subs that can be made by a team
- When a player is injured or ill, play will be stopped & substitutions made
- The referee is required to hold time for a player who is bleeding, with normal injury time

Basic Rules

- A player without the ball shall be offside if in any are other than the designated are for that position
- A player may reach over and take the ball from an offside area or may lean on the ball in an offside area as long as no body contact is made.
- Simultaneous offside - two opposing players go offside at the same time without the ball, neither is penalized
- If one player makes contact with the ball or touches it or if both are in possession of the ball, a toss-up is taken
- You cannot roll the ball to another player (you can bounce the ball) or intentionally kick the ball
- Goals can only be scored by Goal Shooter or Goal Attack from any point within the Goal Circle
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Obstruction

- A defender must be at least 3 feet from a player in possession of the ball when intercepting or defending the ball
- When a player with or without the ball intimidates an opponent it is obstruction penalty
- Penalty pass or penalty shot where the infringer is standing
- Contact Fouls - Personal contact and contact with the ball includes;
 - Pushing, tripping, leaning, holding or other forms of physical contact against an opponent
 - Moving into the path of an opponent who is committed to a landing position
 - Placing a hand/s on a ball held by an opponent
 - Knock or remove the ball from the possession of an opponent - Penalty

Insurance and Liability

- The use of all facilities at this centre, including the car park and participating in any of our centre run sporting competitions or activities, is entirely at patrons own risk
- We **DO NOT** provide player or participant insurance
- Players need to be aware of the risks involved in participating in sport and do so at their own risk
- The sport or competition is NOT affiliated with any State or National governing bodies

Water Polo – Participation Rules

Mixed (male & female) games

- There is no distinction between male and female players
- Teams may field any combination of gender they see fit
- Players must note that although Water Polo is a contact sport, any form of sexual harassment or intimidation or unnecessary physical contact will not be tolerated

Team Size & Age

- Teams must consist of at least 7 players
- There must be at least 5 on the court to begin a match
- Junior Competition - 6 to 12 years
- Senior Competition - 16yrs and over (under 16yrs allowed at parents discretion, bearing in mind that they may be playing against adults)

Player Presentation

- No earrings, jewellery or body piercing are to be worn with the exception of a plain wedding band. If jewellery cannot be removed it must be fully taped. Fingernails should be short.
- It is recommended that mouth-guards be worn

Match fees

- Fees are to be paid at reception before entering the pool area
- There are no registration fees

Match Duration

- Matches will consist of 4 quarters with 2 min break in between quarters
- Quarters will run for 5, 6 or 7 minutes depending on experience and number of substitutes
- For the finals, a drawn game will be played as a 5 minute golden point rule

Substitutions & Stoppages

- Substitutions can be made when play is stopped following a goal or allowed by the referee
- There is no limit to the number of subs that can be made by a team
- When a player is injured or ill, play will be stopped & substitutions made
- The referee is required to hold time for a player who is bleeding, with normal injury time

Fouls & Basic Rules

- Only the goal keeper may touch the ball with two hands
- The ball may not be taken under the water when near an opposition player
- It is a foul to impede or otherwise prevent the free movement of an opponent who is not holding the ball, including swimming on the opponent's shoulders, back or legs.
- It is a foul to push or push off from an opponent who is not holding the ball
- Overly aggressive play will result in a foul
- A player shall be offside if they are without the ball inside the oppositions 2m line
- When two opposing players go offside at the same time and neither makes contact with the ball, neither is penalized and a toss-up is taken
- A goal is scored when the ball is thrown over and past the goal line

General

- Our Water Polo competition has a focus on being a social and inclusive game. We have a wide mix of experienced players and beginners.
- Some leeway will be given by the referee while new players become accustomed to the rules
- Experienced players should come with the attitude of helping new players to enjoy the sport
- Abuse of the referee or other participants will not be tolerated

Insurance and Liability

- The use of all facilities at this centre, including the car park and participating in any of our centre run sporting competitions or activities, is entirely at patrons own risk
- We **DO NOT** provide player or participant insurance
- Players need to be aware of the risks involved in participating in sport and do so at their own risk
- The sport or competition is NOT affiliated with any State or National governing bodies

Soccer – Participation Rules

Mixed (male & female) games

- There is no distinction between male and female players
- Teams may field any combination of gender they see fit
- Players must note that although soccer is a contact sport, any form of sexual harassment or intimidation or unnecessary physical contact will not be tolerated

Team Size & Age

- Teams must consist of at least 5 players (including the goalkeeper)
- There must be at least 4 on the court to begin a match
- Junior Competition - 6 to 12 years
- Senior Competition - 16yrs and over (under 16yrs allowed at parents discretion)
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Player Presentation

- No earrings, jewellery or body piercing are to be worn with the exception of a plain wedding band. If jewellery cannot be removed it must be fully taped. Fingernails should be short.
- It is recommended that shin pads be worn

Match fees

- Fees are to be paid at reception before entering the game area
- There are no registration fees

Match Duration

- Matches will consist of 2 halves with a 2 minute break
- Halves will run for 7, 10, 15 or 20 minutes depending on experience and number of substitutes
- For the finals, a drawn game will be played as a 5 minute golden point rule

Substitutions & Stoppages

- Substitutions can be made when play is stopped following a goal or allowed by the referee
- There is no limit to the number of subs that can be made by a team
- When a player is injured or ill, play will be stopped & substitutions made
- The referee is required to hold time for a player who is bleeding, with normal injury time

Offside & Basic Rules

- There is no off-side in futsal
- A goal is scored when the ball passes over and past the goal line

Direct free kick - *penalty kick awarded when infringement takes place in penalty area*

- Only the goal keeper may touch the ball with their hands
- Kicking, holding, pushing or dangerously tackling an opponent

In Direct free kick - *kick taken from the 6-meter line when infringement takes place in penalty area*

- charging the goalkeeper in the penalty area
- goalkeeper picks up or touches with his hands following a back pass
- goalkeeper picks up or touches with his hands following a kick-in from a teammate
- goalkeeper controls the ball with any part of his body for more than 4 seconds

General

- Our Soccer competition has a focus on being social and inclusive. We have a wide mix of experienced players and beginners. Some leeway will be given by the referee while new players become accustomed to the rules
- Experienced players should come with the attitude of helping new players to enjoy the sport
- Abuse of the referee or other participants will not be tolerated

Insurance and Liability

- The use of all facilities at this centre, including the car park and participating in any of our centre run sporting competitions or activities, is entirely at patrons own risk
- We **DO NOT** provide player or participant insurance
- Players need to be aware of the risks involved in participating in sport and do so at their own risk
- The sport or competition is NOT affiliated with any State or National governing bodies

Basketball – Participation Rules

Mixed (male & female) games

- There is no distinction between male and female players
- Teams may field any combination of gender they see fit
- Players must note that although soccer is a contact sport, any form of sexual harassment or intimidation or unnecessary physical contact will not be tolerated

Team Size & Age

- Teams must consist of at least 5 players (including the goalkeeper)
- There must be at least 4 on the court to begin a match
- Junior Competition - 6 to 12 years
- Senior Competition - 16yrs and over (under 16yrs allowed at parents discretion)

Player Presentation

- No earrings, jewellery or body piercing are to be worn with the exception of a plain wedding band. If jewellery cannot be removed it must be fully taped. Fingernails should be short.

Match fees

- Fees are to be paid at reception before entering the game area
- There are no registration fees

Match Duration

- Matches will consist of 4 quarters with a 2 minute break between quarters
- Halves will run for 7, 10, 15 or 20 minutes depending on age and experience
- For the finals, a drawn game will be played as a 2x 5 minute halves of extra time.

Substitutions & Stoppages

- Substitutions can be made when play is stopped following a goal or allowed by the referee
- There is no limit to the number of subs that can be made by a team
- When a player is injured or ill, play will be stopped & substitutions made
- The referee is required to hold time for a player who is bleeding, with normal injury time

Basic Rules

- Taking more than 2 steps without bouncing the ball
- Defenders should not block, push, trip, strike or hold the player in possession of the ball
- when a player stops dribbling and then starts dribbling again
- bounces the ball with both hands on the ball
- Carrying the ball
- A player in offence commits a foul when charging into a stationary defender
- Contact with another player with no reasonable effort to steal the ball
- If a player is fouled while shooting inside 3 point line: 2x free throws if shot misses, 1x free throw if shot goes in
- If a player is fouled while shooting outside 3 point line: 3x free throws if shot misses, 1x free throw if shot goes in
- A goal is scored when the ball passes through the hoop
- 1, 2 or 3 points are awarded according to the normal basketball rules

General

- Our Basketball competition has a focus on being a social and inclusive game. We have a wide mix of experienced players and beginners.
- Some leeway will be given by the referee while new players become accustomed to the rules
- Experienced players should come with the attitude of helping new players to enjoy the sport
- Abuse of the referee or other participants will not be tolerated

Insurance and Liability

- The use of all facilities at this centre, including the car park and participating in any of our centre run sporting competitions or activities, is entirely at patrons own risk
- We **DO NOT** provide player or participant insurance
- Players need to be aware of the risks involved in participating in sport and do so at their own risk
- The sport or competition is NOT affiliated with any State or National governing bodies

After School Sports – Participation Rules

Mixed (male & female) games

- There is no distinction between male and female players
- Players must note that any form of sexual harassment or intimidation or unnecessary physical contact will not be tolerated

Ages

- Junior ages - 6 to 12 years

Player Presentation

- No earrings, jewellery or body piercing are to be worn with the exception of a plain wedding band. If jewellery cannot be removed it must be fully taped. Fingernails should be short.

Participation fees

- Fees are to be paid at reception before entering the game area
- There are no registration fees

Memberships

- Membership holders can participate in any after school sport activity (ie; 3 days a week)
- Membership holders also gain FREE general entry to the swimming pool anytime
- Valid memberships include:
 - After School Sports
 - Aquatic Membership
 - Swim Squad Membership
 - Family Memberships

Duration

- The activity runs for one hour and may be a combination of coaching and game time

Sports

After School Sports may include a variety of games and activities including but not limited to:

- Soccer
- Netball
- Basketball
- Volleyball
- Football
- Water Polo
- Along with skills, coordination and similar activities

General

- Our sports have a focus on being a social and inclusive game.
- We have a wide mix of experienced players and beginners.
- Some leeway will be given by the instructor while new players become accustomed to the rules
- Experienced players should come with the attitude of helping new players to enjoy the sport
- Abuse of the referee or other participants will not be tolerated

Insurance and Liability

- The use of all facilities at this centre, including the car park and participating in any of our centre run sporting competitions or activities, is entirely at patrons own risk
- We **DO NOT** provide player or participant insurance
- Players need to be aware of the risks involved in participating in sport and do so at their own risk
- The sport or competition is NOT affiliated with any State or National governing bodies

Swim Squad – Participation Rules

Mixed (male & female) sessions

- There is no distinction between male and female participants
- Participants must note that any form of sexual harassment or intimidation or unnecessary physical contact will not be tolerated

Participation fees

- Fees are to be paid at reception before entering the game area
- There are no registration fees

Ability & Entry into the Squad Program

- Wollondilly Leisure Centre's squad program is 1 of over 25 different activities that come together to make up Wollondilly Leisure Centre.
- It is important to realise that all programs contribute to the to the successful running of the centre

Swimming Club's

- Picton Swimming Club and Squad are two separate groups
- Swimmers are welcome to join any club they wish, or not to join a club at all

Progressing from Learn to Swim to Squads

- Once you have been assessed as ready by our swim school staff, you are welcome to join squad.
- Our staff will assist in explaining the transition to squad.
- You must also read and agree to the terms and conditions of this document, including the "Code of Conduct" and "Fair Play" guidelines

Transferring from another Squad or Learn to Swim Program

- You are required to complete the squad participation application form and agree to the terms and conditions of this document, including the "Parent's Code of Conduct" and "Participant's Code of Conduct"
- Finally be assessed by one of our coaches

Completely New to Squad Programs

- You are required to complete the squad participation application form and agree to the terms and conditions of this document, including the "Parent's Code of Conduct" and "Participant's Code of Conduct"
- Finally be assessed by one of our coaches

Squads are based on ability

- Example: If you are a really good swimmer and wish to swim with gold squad, you are welcome provided you take it seriously and are fast & fit enough to keep up. Ex- Swimmers, Triathletes, Surf Swimmers are all welcome as are swimmers from other clubs

Exclusion from the Program

- Any conflict with staff, swimmers, other parents (including a history of such conflict) may result in exclusion from the program

General

- Our swim squad has a focus on being a social and inclusive activity
- We have a wide mix of experienced swimmers and beginners
- Some leeway will be given by the coaches while new participants become accustomed to the session rules
- Experienced swimmers should come with the attitude of helping new participants to enjoy the sport
- Abuse of the coach or other participants will not be tolerated

Insurance and Liability

- The use of all facilities at this centre, including the car park and participating in any of our centre run sporting competitions or activities, is entirely at patrons own risk
- We **DO NOT** provide player or participant insurance
- Players need to be aware of the risks involved in participating in sport and do so at their own risk
- The sport or competition is NOT affiliated with any State or National governing bodies