

GOVERNMENT OF N.C.T. OF DELHI
DIRECTORATE OF EDUCATION: SPORTS BRANCH
CHHATTARSAL STADIUM: MODEL TOWN: DELHI: 110009.

No.F.41/DE/Sports/2014/14323-14372 Dated: 21/11/15


CIRCULAR

Sub.: Guidelines for safe and smooth conduct of sports practices as well as safe and smooth organisation of sports competitions vis-à-vis duties and responsibilities of Physical Education Teachers and PGT (PE) in the schools.

Please find enclosed herewith the following circulars regarding Promotion of Sports and Games activities.

S.No.	Circular Number & Date	Subject
1.	DE.41/Sports/2014/160-210, dt. 04-04-2014	Promotion of sports and games activities as well as cultural activities in the schools of Directorate of Education.
2.	DE.41/Sports/2014/211-261, dated 04-04-2014	Guidelines for safe and smooth conduct of sports practices in the schools as well as Sports Complexes.
3.	DE.41/Sports/2014/262-312, dt. 04-04-2014	Guidelines for safe and smooth organization of sports competitions/tournaments.

All the Heads of schools are requested to bring the contents of the above circulars in the knowledge of their concerned Physical Education Teachers and PGT (PE).


(ASHA AGGARWAL)
DY. DIRECTOR OF EDN.(SPORTS)

Copy forwarded to the following for information & necessary action:-

1. All RDEs
2. All DDEs
3. All Distt. DDEs
4. ALL ADEs
5. ALL EOs.
6. ALL SPEs
7. ALL Head of Schools
8. PS to Pr. Secy. Education
9. PS to Director of Education
10. OS (IT) with the request to upload the same on the website.

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: SPORTS BRANCH
CHHATRASAL STADIUM: MODEL TOWN: DELHI-110009

No.DE.41/Sports/2014 | 160-210

Dated: - 4th April, 2014

CIRCULAR

Sub.: Promotion of sports and games activities as well as cultural activities in the schools of Directorate of Education

For holistic development of students in school life as well as to maintain fitness, it is important for a student to participate actively in sports and cultural activities at school level. It not only helps them in maintaining agility and fitness but also develops many other qualities which are necessary for a student for his future life.

It has been the endeavor of the Directorate of Education to promote sports and games as well as cultural activities among school students. For this purpose, all the Heads of the Schools are directed to follow the instructions of the Directorate which have been circulated from time to time. The instructions regarding promotion of sports and games activities are being reiterated for compliance:

1. Each and every student of a school will compulsorily play and participate in, at least, one individual sports discipline at school level.
2. Each and every school will undertake at least two sports activities in team games; prepare them and participate compulsorily in zonal sports tournaments in all age groups (both boys and girls).
3. Each zone will compulsorily participate in Inter-zonal sports competitions in all age groups (both boys and girls).
4. Each and Every school Physical Education Teacher / Lecturer (Phy. Edn.) should be asked to get the simple fitness activities done by the students either after prayer or in zero period.
5. Students should be encouraged to do basic yoga exercises during school hours.
6. Each school having yoga teacher will compulsorily participate in zonal yoga competitions in all age groups (both boys and girls).
7. Laughter therapy should be promoted during intervening periods.
8. Each school having a swimming pool will prepare their teams for participation in aquatic events. One team of each swimming pool will compulsorily participate in Inter-zonal aquatics events in all age groups (both boys and girls).
9. Similarly, each school, having sports coaching centre, will prepare their teams and participate compulsorily in zonal sports tournaments.


10. Each and every school will compulsorily celebrate Annual Day as well as Annual Sports Day.
11. Each school having Music teacher will compulsorily make a choir of their school.
12. Each school should motivate its students to participate in cultural activities at school level; zonal level and so on.
13. Sports material must be made available in the school, as per the needs of the school students, by using the sports funds in the beginning of the academic session.
14. Each and every Head of School should ensure that the playfields are properly maintained; courts are properly marked and equipments are in good condition.
15. Each and every student should be allowed to use the sports ground of the school, under the guidance of Physical Education Teacher and Lecturer (Phy. Edn.) of the school.
16. Every possible safety measure should be taken while using sports equipments.
17. At least one teacher should accompany the students whenever they are allowed to participate in any activity outside school premises.
18. The Head of the school should not, normally, deny the female Physical Education Teacher to accompany Delhi state school girls' teams for participating in National School Games.

It is also expected from all the Heads of the schools that they will keep their sports grounds as well as sports materials well intact for their proper utilization.

All the Heads of the schools are directed to incorporate the above instructions in their calendar and send a status report every month to the undersigned through Supervisor (Phy. Edn.) of their zone.

All District DDEs/ EOs and Supervisors (Phy. Edn.) of the zones will monitor the above instructions and ensure their effective implementation.

This issues with the prior approval of Director (Education).


(SATPAL)
Addl. Director of Education (Sports)

Copy to the following for information and necessary action:

1. All Addl. Des
2. All RDEs
3. All DDEs
4. All ADEs
5. All Eos
6. All SPEs
7. All HoS
8. PS to Pr. Secy. (Edn.)
9. PS to Director (Edn.)
- ✓ 10. OS (IT) with the request to place the circular on website.

GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: SPORTS BRANCH
CHHATTARSAL STADIUM: MODEL TOWN: DELHI: 110009

No. DE.41/Sports/2014/211-261

Dated:- 4th April 2014.

CIRCULAR

Sub: Guidelines for safe and smooth conduct of sports practices in the schools as well as Sports Complexes.

Reference is invited towards this office circular dated 24th October 2013 whereby the guidelines were issued for safe and smooth organization of sports competitions / tournaments at various levels such as School, Zone and District besides at state and national level.

It has been observed that, besides the organization of sports activities, various sports practices are undertaken by the student players in schools as well as sports centres for participating in the tournaments at various levels. They use various sports equipments during these practice sessions. There is every possibility that incidents of participants' meeting with some untoward situation might occur. All the Heads of the schools; Incharges of the sports complexes and incharges of the sports equipments are required to undertake the following measures, before hand, to avoid any kind of injury or mis-happening during the conduct of the sports and games practices.

1. Any sports activity should be performed in the playground only in the presence of the sports coach / Physical Education Teacher / Post Graduate Teacher (Phy. Edn.) or any other qualified official, as the case may be.
2. Dangerous equipments like javelin, discuss, hammer, archery arrow, shot put etc. should not be left unattended. They are required to be kept under the lock & key of the incharge of sports equipments.
3. These equipments should be allowed for usage by the students only in the presence of Physical Education Teacher or concerned coach of that game.
4. Student players should be familiarized with the Rules and Regulations before starting the practices.
5. Student players should be familiarized with the consequences of any injury, if any, due to improper use of the sports equipments.
6. Proper protective measures should be taken at the time of usage of these equipments as well as other games like Gymnastics, Cricket, Boxing, Weightlifting, Baseball etc. Protective gears should also be used in case of Boxing, Cricket etc.
7. While using these sports equipments, it must be ensured that the playfield arena of these games is not used by any other student for any purposes.
8. Girl students should be imparted training, preferably, by female coaches or in presence of female physical education teacher.
9. Medical fitness is also required to be undertaken before any strenuous activity.
10. If any student feels uncomfortable with the behaviour / attitude of Physical Education Teacher / sports coach, then the matter should immediately be brought into the knowledge of higher authorities.

This issues with the prior approval of Director (Education).

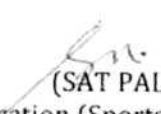
(SAPAL)
Addl. Director of Education (Sports)

No. DE.41/Sports/2014/

Dated:- 4th April 2014.

Copy to the following for information and necessary action to:-

1. All Addl. DEs
2. All RDEs
3. All District DDE's
4. All ADEs
5. All Eos
6. All SPEs
7. All HOS of Govt.; Govt. Aided and private recognized unaided schools (through DeE)
8. PS to Pr. Secy. (Edn.)
9. PS to Director of Education
10. OS (IT) with the request to place the circular on website.


(SAT PAL)
Addl. Director of Education (Sports)

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: SPORTS BRANCH
CHHATRASAL STADIUM: MODEL TOWN: DELHI - 110009

No. DE 41/ Sports/ 2014 / 262-312

Dated: 4th April 2014

CIRCULAR

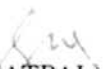
Subject: Guidelines for safe and smooth organization of sports competitions / tournaments.

Reference is invited towards this office circular dated 16th June 2012 on the subject cited above.

It is again stated that various sports competitions and events are organized at various levels such as School, Zone and District besides at state and national level. There is every possibility that incidents of participants' meeting with some untoward situation might occur. All the Heads of the schools; zonal and inter-zonal sports and physical activities organizers and all such sports and physical activities organizing bodies are required to undertake the following measures, before hand, to avoid any kind of injury or mishappening during the conduct of the sports and games activities.

1. The students should be advised in clear terms that no student with any physical ailment, past health history of serious illness will be allowed to participate in games / sports activities; especially those games which require stamina and strength.
2. The PETs and all such teachers / officials associated with the conduct of the games will allow only such students to participate in competitions / tournaments who have played regularly in the school for quite some time. The students who are participating in sports and games activities for the first time at any level, should submit general medical certificate.
3. Declaration from the parents / guardians of the participants that their wards do not have any serious disease may be obtained before allowing the students to participate.
4. All the participants should preferably participate in proper sports kit or any proper clothing such as half pants, shorts etc. which are suitable for the activity and use protective gears in dangerous games.
5. The participants should be counseled that they should stop immediately as and when they feel exhausted / fatigued or any kind of pain in chest and they should stop or discontinue the activity immediately if they feel uneasiness in breathing and inform the officials present on the spot.
6. It must be told to the participants that they should do some warm up exercise before actually starting games / sports activity. Similarly, they should continue to do some light exercise such as jogging for a few minutes after finishing the activity and keep drinking water before, during and after the activity. They should keep them fully hydrated.
7. It should be ensured that the participants are not empty stomach while doing any activity they should take some light refreshment before the activity, however the students should avoid heavy meal or have atleast a gap of 3 hours before the activities.

8. Proper arrangement of First Aid / Medical kit should be made at the venue itself along with deployment of teachers trained for the purpose of administering first aid. If no one is available in the school, arrangements may be done from nearby schools / NGOs.
9. Telephone numbers of nearest hospitals / doctors should be properly displayed on charts / placards for seeking immediate help without wastage of time.
10. Availability of glucose powder and drinking water should be ensured at the venue itself. A glass of glucose water should be given to drink to participants of race etc. before activity.
11. Presence and participation of all the officials / teachers should be ensured at the venue for help in case of any exigency. Activity should be performed in the presence of trained physical trainer or teachers / officials.
12. Availability of some four wheeled vehicle with driver at the venue should be ensured for use at once. The gate and passage should be kept clear for the vehicle in case of emergency.
13. In case of medical emergency, the HOSs must immediately call CATS Ambulance on Phone No. 1099 for shifting the suffering person to the hospital / Trauma centre.
14. The organizers of sports and physical activities should take every possible step, in the interest of the players, to ensure safe and smooth organization of sports and games competitions / tournaments.
15. Student players are also required to familiarize themselves with the rules & regulations before starting the game.


(SATPAL)
Addl. Director of Edn. (Sports)

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1. All Addl. DEs
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4. All EOs
5. All SPEs
6. All HoS of Govt.; Govt. Aided and private recognized unaided schools (through DeLE)
7. PS to Director of Education
8. Guard File
9. O.S. (IT) with the request to place the circular on website.