LOURDES SCHOOL OF MANDALUYONG
SPORTS DEVELOPMENT OFFICE
AY 2023-2024

Guidelines and Policies on the Use of Sports Facilities

1. Policies on the Use of Sports Facilities

As Lourdesians, student-athletes are responsible for taking care of their own sports facilities. Following the guidelines and policies on the use of the sports facilities of the school is our response to the call of Pope Francis in taking care of our common home. With this, current student-athletes and future student-athletes may fully enjoy the use of these.

1.1 General Guidelines on the Use of Sports Facilities

1.1.1 The student-athlete is responsible for his belongings as prescribed in Item 3.8. He shall deposit his bags in the designated areas only.
1.1.2 Neither the school nor the coach shall be liable for any lost item.
1.1.3 The student-athlete shall be in proper playing attire as prescribed by the school.
1.1.4 Student-athletes are advised to wear protective gear during practices/training/games.
1.1.5 Food and drinks are strictly prohibited in any of the sports facilities. Food and drinks shall be consumed outside the venue.
1.1.6 No alcoholic beverages allowed.
1.1.7 NO SMOKING in the facility.
1.1.8 Clean the area before you leave. Make sure that none of your belongings are left behind before leaving the premises.
1.1.9 The facility attendant has all the rights to deny access to a student-athlete if he is not complying with the guidelines and policies of the school.

1.2 Guidelines on the Use of Swimming Pool

1.2.1 The student-athlete shall deposit his bags in the designated areas only. No shoes on the table. If not in a bag, place shoes slanted on the horizontal wooden bar under the table.
1.2.2 Enter the pool wearing the prescribed swimming attire.
1.2.2.1 Short or long-sleeved shirts and/or tights and/or shorts made of synthetic material such as "Lycra" or "Spandex"
1.2.2.1.1 Swimming trunks
1.2.2.1.2 Board Shorts
1.2.2.1.3 Rush Guards
1.2.3 Take a shower before entering the pool
1.2.4 The following are not allowed in the pool:
1.2.4.1 horseplay
1.2.4.2 eating
1.2.4.3 improper diving (somersaulting)
1.2.4.4 drinking any kind of beverages
1.2.4.5 peeing, spitting, blowing of the nose, spouting of water
1.2.5 The following are not allowed around the pool area:
1.2.5.1 running
1.2.5.2 littering
1.2.5.3 drinking
1.2.5.4 smoking
1.2.5.5 shouting/yelling
1.2.6 Glass objects shall not be allowed in the pool or anywhere in the pool deck area.
1.2.7 The swimming pool is not manned by a lifeguard. Swimmers are advised to take all necessary safety precautions.
1.2.8 Student-athletes may still use the pool if it rains. However, they are advised to get off the pool when there is thunder.
1.2.9 Shower after swimming. Do not play in the shower area. Conserve water as much as possible. Turn off the faucet and shower if not in use

1.3 Guidelines on the Use of Football Field

1.3.1 Enter the football field wearing the prescribed playing attire:
1.3.1.1 Football shoes. Leather shoes are strictly prohibited inside the field.

1.3.1.2 Sports attire

1.3.2 Ask permission from the coach or any maintenance staff before moving any sports equipment.

1.3.3 The field can only be used if it is playable therefore, the following shall be observed:

1.3.3.1 No Training, practices, or games when raining.

1.3.3.2 The field shall be free from any obstruction before use.

1.3.4 Avoid hanging on the steel bars of football goals.

1.4 Guidelines on the Use of Pax et Bonum Gymnasium and Padre Pio Gymnasium

1.4.1 Enter the gymnasium wearing the prescribed playing attire:

1.4.1.1 Rubber shoes. Leather shoes are strictly prohibited inside the field.

1.4.1.2 Sports attire

1.4.2 The gymnasium can only be used if it is playable therefore, the following shall be observed:

1.4.2.1 Training, practices, or games shall immediately stop if the floor is wet.

1.4.2.2 The gymnasium shall be free from any obstruction before use.

1.4.3 Ask permission from the school gymnasium attendant/coach before moving any sports equipment.

1.4.4 Avoid hanging/dunking on the basketball goals.

1.4.5 Refrain from spilling water from the drinking fountain.

1.5 Guidelines on the Use of Fitness Gym

1.5.1 The fitness gym can be used by student-athletes as part of their training program.

1.5.2 Enter the fitness gym wearing the prescribed attire

1.5.2.1 Shoes

1.5.2.2 Sports attire

1.5.3 The coach shall advise the school fitness attendant ahead of time on the use of the fitness gym.

1.5.4 Student-athletes shall always be accompanied by the coach during training.

1.5.5 Register to the logbook before using the fitness gym.

1.5.6 Use the fitness equipment with utmost care. Do not slam or drop the plates, dumbbells, and the like.

1.5.7 Return the plates, dumbbells, and other equipment to their proper place after use.

1.5.8 Always ask for assistance before using the fitness equipment.

1.5.9 Report any untoward incident to the coach immediately.

1.5.10 To ensure safety, report to the coach and/or to the fitness attendant any dysfunctional fitness equipment.