



TOUCH NEW ZEALAND JUNIOR TOUCH POLICY



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WHY HAVE A JUNIOR TOUCH POLICY

The purpose of the Junior Touch Policy is to provide a framework, philosophy and guiding principles for Junior Touch across New Zealand.

TOUCH NEW ZEALAND JUNIOR TOUCH PHILOSOPHY

“The philosophy underpinning Junior Touch is aimed at ensuring young participants have fun, enjoy playing with their mates, have equal opportunities, and can learn skills in an appropriate ages and stages environment to encourage active lifestyles and a lifelong engagement with Touch”

The Junior Touch policy has been developed after considering the findings of Sport New Zealand, the Regional Sports Trusts, academic research, and medical research.

Aligned with that has been a consultative process with our athletes, parents, coaches, and Provincial Associations.

The policy document provides our Provincial Associations, Modules, schools and clubs with a reference document outlining appropriate ages and stages development for tamariki and rangatahi and the guiding principles for the delivery of Junior Touch.

The Junior Touch policy is “player centric” and aims to:

- Make Junior Touch fun and enjoyable for all participants
- Provide equal opportunities for everyone that chooses to engage with the sport
- Focus on appropriate ages and stages skill development
- Encourage healthy lifestyles
- Provide a clear and transparent pathway that allows all participants to fulfil their potential
- Provide a safe, supportive, and inclusive environment

Touch New Zealand aims to be the largest community participation sport in New Zealand through fostering a lifelong engagement with the sport of Touch.

Physical Literacy:

It is the responsibility of Touch NZ to provide all participants with the opportunity to develop their physical literacy which is described as *“the motivation, confidence, physical competence, knowledge and understanding required by participants that allows them to value and take responsibility for engaging in physical activity and sport for life”*. It includes the development of fundamental movement skills in a wide range of sporting activities and is based upon the needs of each young participant (player centric).

There is considerable research that has identified that a key driver for tamariki and rangatahi engagement in physical activity and sport is having fun with their mates. This therefore needs to be a driving principle for our sport to engage that audience.

Tamariki and rangatahi love to compete, however research has identified that competing, not winning, is the driver to continued engagement in sport. Therefore success in a junior development programme is not to be measured by winning or losing, but by the overall and continued development of each individual within the programme. Inclusiveness and fairness also rank well above winning when one asks a young person why they engage (or do not) engage in sport. Experiencing winning and losing is an important component of sport, but not winning at all costs.

It is therefore critical that our sport creates a junior touch environment that emphasises fun, enjoyment, ages and stages appropriate learning, inclusiveness and fairness for all. This must extend across all levels of Provincial Association, module, club, and school delivery and tournament play. This holistic approach to developing our tamariki and rangatahi provides the sport with the greatest opportunity to developing lifelong participants and achieving our aim of being the largest community participation sport in New Zealand.



Key Principles of Junior Touch

Developing strong, resilient players that love to learn are qualities that will continue to benefit them as adults

- A fun environment over winning at all costs
- The game result is not more important than the overall experience
- Provide the players with the confidence, experiences, and the fundamental development and basic Touch skills to keep them motivated and enjoying the sport.

A modified environment that meets the needs of the children

- Modified field sizes and equipment
- Modified rules at ages and stages
- Scale down from the adult version to grow with the children

Enhance the experience

- More touches on the ball means more opportunities to develop
- More opportunities to make decisions
- Focus on developing fundamental movement skills
- Opportunities to experience success and achievement
- Developing confidence and enhancing enjoyment – more fun



ROLES AND RESPONSIBILITIES

Touch is delivered through a significant and diverse network of people including:

- Teachers
- Parents & caregivers
- Coaches
- Referees
- Managers
- Administrators
- Commercial operators
- Players

The majority are volunteers, come from a wide range of backgrounds, and many “wear more than one hat” to provide opportunities for the tamariki and rangatahi within our sport.

The pathway to involvement in junior touch is through the school, club and module structures and these people are what makes the sport possible across New Zealand.

At the same time the sport provides the opportunity for people to access a sporting pathway and to contribute both from an intrinsic and extrinsic perspective.

The role of the Provincial Associations and Touch New Zealand is to support and enhance the experience in a fair and transparent manner. Part of that support mechanism is to ensure that all the participants understand their roles within the overall structure.



PLAYERS

- Commit to their team, trainings, and competitions/games
- Abide by the code of conduct and AWHI principles
- Communicate with coaches and managers as to your other life commitments including but not limited to sporting, academic and whanau. From the perspective of other sports, this is to ensure we do not overload and burn out the player
- Adhere to the 9 principles of TouchFit360

PARENTS

- Support your child to commit to their team, trainings, and competitions/games
- Abide by the code of conduct and AWHI principles
- Communicate with coaches and managers as to your child's other life commitments including but not limited to sporting, academic and whanau. From the perspective of other sports, this is to ensure we do not overload and burn out the player

SCHOOLS AND CLUBS

- Actively promote the Touch NZ Junior Touch Philosophy and Policy throughout your school or club
- Actively promote and utilise the Touch Fit 360 principles
- Actively promote and abide by the AWHI principles and Touch NZ code of conduct
- Organise teams that provide for all participants that wish to play
- Provide safe and appropriate training facilities
- Provide appropriate and modified ages and stages relevant equipment and fields
- Establish communication with the local module organiser to ensure a coordinated and consistent approach to Touch delivery, access to programmes and courses and resources
- Support coaches, managers and referees to access appropriate courses and development programmes



MODULES

- Actively promote the Touch NZ Junior Touch Philosophy and Policy throughout your Module
- Link with all schools and clubs to ensure they have an opportunity to access your module for the season
- Actively promote and encourage the Touch Fit 360 principles
- Actively promote and abide by the AWHI principles and Touch NZ code of conduct
- Provide safe and appropriate facilities for your module
- Provide appropriate and modified ages and stages relevant equipment and fields for your module
- Establish communication with the local schools and clubs to ensure a coordinated and consistent approach to Touch delivery as well as access to programmes and courses and resources
- Provide appropriate foundation coaching, managers and referees courses and development programmes. For advanced courses link with Touch New Zealand
- Provide inclusive competitions
 - » Affordable
 - » Accessible
 - » Tiers of competition to ensure teams are evenly matched and have a great experience
 - » Provide opportunities for tamariki and rangatahi that are disadvantaged or whose participation is limited for any reason
 - » Provide competitive and social participation opportunities
 - » An appropriate length of season and avoiding overlap with other sports where possible
- Implement and monitor Health and Safety at all times
- Actively seek funding to support the Junior Touch programme

PROVINCIAL ASSOCIATIONS

- Establish and maintain a high level of communication and liaison with the modules within your geographic boundaries to ensure coordinated and consistent delivery of Touch
- Support the implementation of the Touch NZ Junior Touch Philosophy and Policy within your Provincial Association
- Develop and implement Provincial and Regional development opportunities and tournaments as recommended in the Touch NZ Junior Touch Policy
- Support Touch modules to develop and implement appropriate health and safety policies and procedures
- Provide and promote Junior Touch development programmes and courses for referees and coaches
- Promote and abide by the Touch NZ code of conduct and the principles of the AWHI programme
- Work with the modules to coordinate community events and competitions
- Promote the delivery of the TouchFit360 principles
- Proactively seek funding to support the Junior Touch programme

TOUCH NEW ZEALAND

- Develop and implement a Junior Touch Philosophy and Policy
- Support the Provincial Associations to implement the Junior Touch Philosophy and Policy
- Provide the AWHI programme for implementation at all levels
- Provide the TouchFit360 programme for implementation at all levels
- Provide appropriate courses for coaches, managers, referees, and administrators
- Provide up to date and current resources for coaches, managers, referees and administrators for distribution through the Provincial Association, module, school and club delivery network
- Engage with the Ministry of Education, School Sport NZ and other like agencies to promote the delivery of the sport of Touch within the school structure



REFEREES AND COACHING IN JUNIOR TOUCH

There is much research that indicates that a quality game experience and a key reason participant's stay (or leave) a sport is directly related to quality coaching and refereeing.

The coaching and referee experience starts at Junior Touch level and most commonly with parents, caregivers, older siblings and teachers taking the lead.

It is important that these people are supported to be able to create a fantastic experience for our tamariki and rangatahi. With appropriate support and training many may also go on to populate the coaching and refereeing ranks for many years to come.

Quality coaching

The junior touch philosophy works within foundation and development stages/communities of the Touch NZ pathway progression. There are four stages in total in the Touch NZ coaching pathway; Foundation, Development, Performance, and High Performance. Below is a summary of the Foundation and Development stages/communities.

| | FOUNDATION | DEVELOPMENT |
|----------------------------------|---|--|
| Mantra | <i>Participation and social</i> 1. Learning and acquisition of basic movement 2. Extension and refinement of movement 3. Sport specific commitment and/or competition | <i>Practice and achievement</i> 1. Demonstration of potential 2. Verification 3. Practising and achieving 4. Breakthrough and reward |
| Common make up of coaches | Family members; primary school teachers; Regional Sport development Officers; older secondary school students; tertiary students; private providers; current older or experienced players | Family members; Primary and Secondary school teachers; Club Coaches; Regional Sports Development Officers; Older secondary school students; Tertiary students; Current older or more experienced players |
| Coaches ideal mantra | Nurture a love of sport and active recreation; Focus primarily on fun, participation and skill development; Understand the needs of young participants in the Learn Stage – primarily primary school age children; Introduce the concept of fair play; Understand that they are in the business of creating not only better young athletes, but better young people; Have a sense of working in a wider coaching community with similar goals | Nurture a love of sport and active recreation while focusing on skill development and decision making; Understand the needs of participants in the Participate phase – primarily intermediate and secondary school children and adult non-elite participants; Reinforce ethical approaches to sport and recreation; Provide for participants need and aspirations; Understand that they are in the business of creating not only better athletes, but better people; Have a sense of working in a wider coaching community with similar goals |
| Coaching course support | 1. Online Foundation Touch Coaching Course. Currently Free through the 'taking away barriers initiative' sporttutor.nz/touchnz 2. Practical Foundation Touch Coaching Course. Currently Free through the 'taking away barriers initiative'. Contact your province for the next available course options and registration process *Extension opportunities may arise through Touch NZ or provinces. Notifications of availability will be posted to sport tutor registered coaches and social media | 1. Online Development Touch Coaching Course. Currently Free through the 'taking away barriers initiative' sporttutor.nz/touchnz 2. Practical Foundation Touch Coaching Course. Currently Free through the 'taking away barriers initiative'. Contact your province for the next available course options and registration process *Extension opportunities may arise through Touch NZ or provinces. Notifications of availability will be posted to sport tutor registered coaches and social media |

Quality refereeing

The Touch NZ Referees Career pathway provides for five stages of touch referee development commencing with a foundation course (Touch Module Referee) followed by a four (4) level Touch NZ Referee Badge system against Touch NZ's Level 1-Level 4 referee qualifications framework.

Junior Touch Referees can enter the Touch NZ Referees Career pathway at either the foundation course (Touch Module Referee) and/or the Touch NZ level 1 referee qualification. Referees under the age of 18 years make up about 30% of referees selected to attend Touch NZ National Championships so the recruitment of Junior Touch Referees into the Touch NZ Referees Career pathway is a critical strategic priority moving forwards.

Below is a summary of the Touch NZ Referees Career pathway.

| Touch NZ Referee Qualifications | Summary of the Touch NZ Referee Qualifications | Types of touch events, fixture and tournaments that the referee would be qualified to referee at |
|---------------------------------|--|---|
| Touch Module Referee | <i>The Course is available to purchase online for \$10.00 through Touch NZ. Upon payment you will be given access to a course booklet and the online testing component. The qualification can be supported through the delivery of a course and the course duration approximately 2 ½ hours.</i> | Controlling module games at provincial level. |
| Level 1 Referee | <i>This qualification has attendance at a one (1) day course as its foundation. The Touch NZ Level 1 Referee qualification has three (3) elements to it:</i> <ul style="list-style-type: none"> • <i>Attending the one (1) day Level 1 Referee Course;</i> • <i>Successfully completing the Level 1 Referee written examination paper at the course; and</i> • <i>Achieve an on-field assessment through practical demonstration of Level 1 performance standards after the course.</i> | Controlling module games and possible selection to Regional tournaments, Junior and youth tournaments and Secondary School National tournament. |
| Level 2 Referee | <i>This qualification has attendance at a two (2) day practical course. Only qualified Touch NZ Level 1 Referees can attend. The Touch NZ Level 2 Referee qualification has three (3) elements to it:</i> <ul style="list-style-type: none"> • <i>Attended the two (2) day level 2 Referee course;</i> • <i>Successfully complete Level 2 Referee written examination paper (75% pass required) following the course; and</i> • <i>Achieve an on-field assessment through practical demonstration of Level 2 performance standards at a Touch NZ National Championship.</i> | Controlling module games, Regional and Junior tournaments. Possible selection for Secondary School, Masters, Youth and Open National tournaments. Entry to Level 1 Referee coaching course. |

| | | |
|-------------------------------|--|--|
| <p>Level 3 Referee</p> | <ul style="list-style-type: none"> • Been at least one (1) year at the Touch NZ level 2 referee qualification; and • Achieve an on-field assessment through practical demonstration of Level 3 performance standards at a Touch NZ National Championship. | <p>Eligible for all the above and including selection as a National Referee Group Leader, International exchanges and possible selection as a Youth World Cup Referee.</p> |
| <p>Level 4 Referee</p> | <ul style="list-style-type: none"> • Been at least one (1) year at the Touch NZ level 3 referee qualification; and • Achieve an on-field assessment through practical demonstration of Level 4 performance standards at annual Touch NZ Masters, Youth and Open National Championship. | <p>Eligible for all the above and including possible selection for all International World Cup events and any Elite tournaments or Trans-Tasman series.</p> |



THE JUNIOR TOUCH PATHWAY

'Sit less, move more, sleep well'

For school-aged tamariki and rangatahi (aged 5 to 17 years) high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day achieves greater health benefits.

A healthy 24-hours includes:

- quality uninterrupted sleep of 9 to 11 hours per night for those aged 5 to 13 years and 8 to 10 hours per night for those aged 14 to 17 years, with consistent bed and wake-up times
- an accumulation of at least 1 hour a day of moderate to vigorous physical activity (incorporate vigorous physical activities and activities that strengthen muscles and bones, at least 3 days a week)
- no more than 2 hours per day of recreational screen time

for the remainder of the day:

- sitting less and moving more – break up sitting time
- participating in structured and unstructured light physical activities.

Preserving sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

It therefore follows that sport, including Touch, can support achieving healthy activity levels. Research has shown that a focus on fundamental movement skills is appropriate and that early specialisation should be avoided.

60 minutes a day of appropriate physical activity also support a reduction in obesity and promotes greater self-esteem and overall mental health.

The modified games provided as part of the Junior Touch pathway promote play, fun, fundamental skill development, immediate gratification, and support the development of a wide range of motor and cognitive skills.



Year 1-2 5-7 year olds

- Team or individual entry
- Recommended Mixed only with open ratio e.g. the on field ratio can be made up of any number of males or females
- Equal sharing of playing time when subbing is required
- No scores kept
- Grade teams
- No competition ranking or leagues
- All players minimum of half game
- Modified fields and ball
- Modified rules

Year 3-4 7-9 year olds

- Team or individual entry
- Recommended Mixed only with open ratio
- Equal sharing of playing time when subbing is required
- No scores kept
- Grade teams
- No competition ranking or leagues
- All players minimum of half game
- Modified fields and ball
- Modified rules

Year 5-6 9-11 year olds

- Competition with focus on all round development & equal opportunities
- Mixed or single gender teams
- Scores taken and teams graded
- No competition rankings or results tables
- No representative teams
- One day tournament/festival day – school or club or module based teams
- Modified fields and ball
- Modified rules

Year 7-8 11-13 year olds

- Competitive & social competitions with emphasis on development and equal opportunities
- Mixed or single gender teams
- Scores taken and teams graded
- No competition rankings or results tables
- No representative teams
- Tournaments – school or club or module based teams
- Full size field and ball
- Standard rules of Touch

Player Eligibility

It is preferred and recommended that players only play in their own age groups.

In schools or clubs with limited or small membership it is recommended that the players are placed in teams that match their stage of development and level of ability.

Game Time

Considerable research has identified that a lack of game time is a key reason participants leave a sport, including Touch. Therefore, a minimum of a half game per player is the recommended player time in any game.

As Touch has rolling substitutions, this game time must be managed by the team coach and manager.

Touch Modules and Provincial Associations are asked to strongly promote this minimum half game criteria to teams playing at their competitions.

Mixed Touch

Mixed Touch is an integral part of the overall experience of the sport. Many Junior Modules focus on Mixed Touch and many adult social competitions and teams are mixed.

For year 1-2 and 3-4 participants it is recommended that teams are mixed only with no mixed ratio applied.

For year 5-6 and 7-8 it is recommended that grades to accommodate mixed and single gender are made available and that the mixed ratio does apply.



Modified fields, rules and equipment

| Year and age guidelines | Field size | Ball size | Team total | On field team | Rule variations guidelines * guideline adopted but under inspection | A Touch * guideline adopted but under inspection |
|-------------------------------|---------------|-----------------|-----------------|---------------|---|---|
| Year 1-2 (5-7 year olds) | Junior size | Junior size 3 | 10 per team max | 5 players | <ul style="list-style-type: none"> • Errors count as touches • Every change of possession starts with a Plant Ball • Substitutions can tap the player on the field they wish to substitute the player • Coaches to take the field to assist game flow and player management • At a Plant ball, defence cannot advance until the receiver has received the ball from the dummy half • Players can be awarded Touchdowns if they run over the Touchdown line but reminded of grounding process • Close enough is good enough – enjoyment and success are the key focus | Performed with connect of 1 hand with next to zero force |
| Year 3-4 (7-9 year olds) | Junior size | Junior size 3 | 10 per team max | 5 players | <ul style="list-style-type: none"> • Dummy half must pass the ball from the ruck • At a Plant ball, defence cannot advance until the receiver has received the ball from the dummy half • Every change of position starts with a Plant Ball including penalties <p>If required due to skill level and experience</p> <ul style="list-style-type: none"> • Errors count as touches • Substitutions can tap the player on the field they wish to substitute the player • Coaches to take the field to assist game flow and player management | Performed with connect of 1 hand with next to zero force |
| Year 5-6 (9-11 year olds) | Junior size | Junior size 3 | 10 per team max | 5 players | Standard rules apply | Performed with connect of 1 hand with next to zero force |
| Year 7-8 (11-13 year olds) | Standard size | Standard size 4 | 12 per team max | 6 players | Standard rules apply | Performed with connect of 1 hand or two hands with next to zero force |

HEALTH AND SAFETY WITHIN JUNIOR TOUCH

Junior Touch players grow and mature at different rates. We must acknowledge the needs of the players at different stages of their development and cater to this through appropriate ages and stages Touch provision.

This includes:

Adapting activities as a player's development needs change, especially during periods of rapid growth.

Adapt according to each player's needs, not by what others of the same age can do.

Support the development of fundamental movement skills, physical capacity, and physical literacy as a priority.

Defer all decisions on early specialisation as late as possible and certainly not until the player has matured physically and psychologically so they can make an informed decision for themselves.

Tamariki development is driven by three distinct processes: growth, maturation and adaptation.

GROWTH

- Growth is a complicated process because parts of the body mature at different rates, and periods of growth vary considerably between individuals.

MATURATION

- Maturation is the genetically programmed series of changes leading to maturity. These changes occur in the same sequence for all children but there are great individual differences in; the onset of puberty, how long puberty takes (it can be 18 months to five years) and how much growth occurs in the adolescent growth spurt.
- Chronological Age is of limited value in determining levels of maturity.

ADAPTATION

- Adaptation occurs as a result of external, rather than genetic, factors
- The growth spurt in height happens first and is followed by the growth spurt in weight and strength respectively.
- Pubertal growth begins in girls at around the age of 10 and in boys at around the age of 12.
- Players may be at risk of dropping out of sport unless appropriate strategies are implemented and they are given the chance to fulfil their goals. This applies particularly to some players who develop early, and those who mature later and may be small for their age.

Physical activity is a normal and essential part of growth and development. However excessive physical activity can compromise a player's psychological and physical development health and wellbeing, in the same way as under involvement. The lesson is that "Balance is Better".

Over training, over competing and early specialisation can result in serious consequences for the growth and development of the individual including injury, illness, negative psychological effects, and participant burnout. All of these issues contribute towards participants leaving a sport.

TouchFit360

What is TouchFit 360? "...It's more than a warm up, the warm up is only one principle component out of 9".

TouchFit 360 is a sport performance and body and mind preservation framework, developed to enable all Touch members to get an enhanced experience within the sport.

Fit for Life: Touch NZ wants members to be a part of the sport as long as possible (cradle till the grave) and get the most out of the game by promoting safe, positive, and SportSmart practises. In other words, advocating the knowledge and values to allow players and members to be involved for longer.

TouchFit 360 also provides guidance on how to improve performance by minimising the risk of injury for everyone who is physically active. The framework consists of nine principles to help you stay SportSmart: Participant/Athlete environment; Psychology; Player profiling; Physical conditioning; Skills and technique; Food and fluid; Injuries; Target population; Player wear and equipment.

The TouchFit 360 warm up has been modelled off the ACC SportSmart warm up and conditioning plan that has been proven to reduce major injuries by just under 50% (British Medical Journal in 2008). This structured process is not required until the end of the junior touch timeline. This process can be used but other warm up processes can be utilised to ensure variety and fun.





9 PRINCIPLES

PARTICIPANT PROFILING

1

Know the strengths and weaknesses

PHYSICAL CONDITIONING

2

Preparing the body

PSYCHOLOGY

3

Preparing the mind

SKILL & TECHNIQUE

4

Craft and execution

FOOD & FLUID

5

Fuel source

PLAYER WEAR & EQUIPMENT

6

Gear

ENVIRONMENT

7

AWHI

INJURIES

8

Caring for body

TOUCH FOR ALL

9

Inclusiveness



Specialisation

Early specialisation is contrary to the effective development of fundamental movement skills for our tamariki. The development of fundamental movement skills is the critical outcome associated with the development of any child and their physical literacy.

Touch specific specialisation is not recommended below the age of 16 and participation in a wide range of sports and physical activities is in the better interests of the long term physical and psychological development of the individual.

Specialisation through “pigeon holing” a player into a specific position within the sport is also not recommended below the age of 16. Through the early years of development through Junior Touch the participant should be afforded the opportunity to play all the positions within the team.

The focus in Junior Touch should be on:

- Make Junior Touch fun and enjoyable for all participants with a focus on “play” as opposed to practice, training, and competition
- Providing equal opportunities for everyone that chooses to engage with the sport
- Focusing on appropriate ages and stages skill development
- Encouraging healthy lifestyles
- Providing a clear and transparent pathway that allows all participants to fulfil their potential

In most cases childhood success does not lead to adult success.

Early diversification, rather than early specialisation, creates a lifelong participant in physical activity.

Junior Touch must be “participant focused” to meet the needs of each individual

Concussion

Our tamariki can suffer concussion through playing sport, including the sport of Touch. Any head clash or head injury should be treated as a possible concussion. The participant should be withdrawn from the activity immediately and should be assessed by a qualified medical practitioner prior to reengaging with the sport once fully recovered.

For more information, processes and resources on concussions, go to:

<https://www.accsportsmart.co.nz/concussion-2/>



AWHI

The principles of AWHI safeguard the welfare and enjoyment factor for our Juniors and is an expectation of behaviour for everyone who is linked and associated with the Juniors sporting environment.

Attitude, Whanau, Harmony and Integrity are the pillars and teachings Touch NZ wish all participants and supporters undertake and commit to in this space, by way of acknowledgements and adherence to the AWHI Promise as follows:

- Respect all players, referees, coaches, managers and supporters
- Celebrate the fact that we have the opportunity to watch our loved ones enjoy themselves
- Keep all negative communication and actions away from our environment
- Cheer the efforts of all players including the opposition because they're doing their best
- Support the coaches and managers for them giving up their time for the players
- Show all other sports that our supporters know the meaning of AWHI, to love and support everyone involved with our sport of TOUCH, what a game!

The guiding principles of the AWHI Promise, align with our Touch New Zealand Code of Conduct.

Code of Conduct

Touch New Zealand's desire is for all Junior players, officials, parents' coaches, managers and volunteers to have a positive experience in the sport of Touch, which ensures that Junior players have an engaging enjoyable experience that leads to a lifelong love of the game.

The Touch New Zealand Code of Conduct details the guiding core values and culture for the sport.

Reference site:

<http://www.touchnz.co.nz/asset/downloadasset?id=0705044d-b7a9-4839-a0eb-21a45e1df7b6>

Nutrition - food and fluid

Nutritional care and attention need to be paramount for all junior participants. Food and fluid help improve a player's body composition and fuel sources to improve their performance and reduce their injury risk – and in particular to reduce fatigue from inadequate nutrition, to help reduce the risk of cardiovascular and musculoskeletal issues.

Food and fluid are principle 5 of the 9 principles of TouchFit 360. For more detail on Food and fluid go to: accsportsmart.co.nz/assets/assets-final/resources-final/7cd4c8b614/ACC7170-ACC-SportSmart-reference-resource-the-nine-principles.pdf

Smokefree

Touch NZ supports a smokefree environment at all events and module venues in line with the Smoke-free Environment Act 1990. Smoke free venue rules are also guided by local council policies as set out in New Zealand Councils Smokefree Outdoor Policies and Spaces.

Reference site:

<https://www.midcentralthb.govt.nz/HealthServices/PublicHealth/Documents/Smokefree%20Mapping%20NZ%20Councils-Outdoors%20and%20Spaces%20-%20202535.pdf>

The approach of being smokefree, being healthy "Auaahi Kore" is one of the key guiding learning principles for our tamariki.

Alcohol free

Touch New Zealand is committed to a safe and healthy sport experience environment. It is recommended that all junior competitions/event are run alcohol free. Touch providers must be aware of all council by-laws and club licensing laws associated with the venue as part of their safe practises delivery model.

Anti-doping

Touch New Zealand are proud to be in partnership with Drug Free Sport New Zealand and stand together with the goal to being a clean sport through:

- Promoting a clean sport culture
- Anti-doping education delivery
- Anti-doping programme development for RSO's
- Providing and being an active member with testing programmes

All Junior programmes and events should assist players with learnings about clean sport and how to access resources to enable informed decisions to be part of their sporting lives.

Full information about anti-doping can be found at <https://drugfreesport.org.nz/>

Use of images

Touch delivery agents need to have an awareness of the harm that can be associated with the use of photographs/videos of young people in sport. Parental/Guardian consent of Junior Participants for visual or audio material must always be sought and gained prior to usage of the material.

As part of the registration process for competitions it is recommended that Provinces, Modules, delivery agents ask for such authorisation.

Privacy policy

Touch New Zealand is dedicated to ensuring the privacy of participants is protected in accordance with the relevant privacy legislation. Clubs, schools and modules are to ensure compliance with the Privacy Act 1993 legislation is met <http://www.legislation.govt.nz/act/public/1993/0028/latest/DLM296639.html>.

Respect and inclusion

Touch New Zealand advocates for a respectful and inclusive environment for all Touch participants and supporters, especially for our Junior and Youth members.

Children do not necessarily mean to be disrespectful or non-inclusive for any reasons other than innocence, unawareness, inexperience or simply not knowing better, so our adults in the Touch community can assist by:

- being role models
- teaching children
 - compassion
 - how to treat others the way you would want to be treated
 - the differences between people's colour, culture, religion, individuality, abilities and disabilities
- helping our children find commonalities – a hobby or interest – between them and other children
- avoid labelling children that may have special needs or come from different backgrounds
- educating and thus empowering our children to
 - feel safe and valued in a friendship with others
 - not accept being physically or mentally attacked by others regardless of the reasons
 - not feel like they always have to do what other children want if it is not a mutual choice

Teaching our children, tolerance and inclusiveness at a young age will help shape them as good people and provide them with the skills and tools to embody the qualities of Respect & Inclusion.

Education and wellbeing

Touch New Zealand is committed to providing education for and about wellbeing of all participants and their experience in the sport. Our aim is for all participants to have a healthy lifestyle and positive wellbeing through:

- Effective professional guidance, support and education for our athletes, volunteers and staff
- Focussing on participant's physical, mental and emotional well-being through positive engagement and enjoyable memorable experiences in the sport
- Making whanau and social engagement and spiritual health a leading component of the work we do
- Advocating for a duty of care environment where our people are nurtured and protected
- Resource availability on junior code of behaviour

