



31 Aug 2025

Information for parents and guardians

ABOUT THE CLUB

Oppsal Basket is one of Norway's largest basketball clubs, with sports offering from EasyBasket level to senior level. The club promotes the joy of sports, inclusion and community. Our website has a lot of useful information: www.oppsalbasket.no

You can read more about the club, our board and committee, and how we are organized in [The Club Handbook](#).

You can read more about our sports offering and how we work with the development of players at different levels in our [Sporting plan](#).

You can read more about our teams, and who the coaches and team contacts are, here: [The teams | Oppsal Basket](#)

HOW DO WE GET PARENT INFO FROM THE CLUB AND TEAM?

- Each team has a team contact as a link to the club
- We use the Spond App for information and communication
- You get access to the team's Spond group after registration/transfer has been approved in MinIdrett. Read more here: [Registration | Oppsal Basket](#)
- Parent meetings are usually held at the start of the season, the end of the season and before major tournaments

WHAT DOES THE CLUB EXPECT FROM PARENTS?

- Respect the work of the club and coaches
- Get involved positively – it's the children who play sports
- Be a good role model and contribute to well-being, social interaction and good sportsmanship
- Participate in parent meetings and volunteer work, and come and watch trainings and matches!
- Volunteer as table assistant for home games. Training will be provided. You can buy yourself free through the Facebook group «Oppsal - kjøp deg fri fra sekretæriatet!»
- Volunteer as access control («hallvakt»). Training will be provided. You can buy yourself free through the Facebook group «Oppsal Basket - Kjøp deg fri fra hallvakt!»

HOW MUCH DOES IT COST?

- All players pay membership fees and training fees, and (from 13 years) also a license. Read more here: [Costs | Oppsal Basket](#)
- We want everyone to be able to join, and can help apply for financial support (read more here: [Financial Support](#))
- The club covers one local tournament per season per team
- All parents are expected to participate as volunteer in at least two club arrangements per year, and volunteer work as access control ("hallvakt") in Oppsal Arena
- Team volunteers are voluntary, but are encouraged to support the team fund

WHAT EQUIPMENT IS NEEDED?

- Players borrow game shirt and shorts from the club. The set must only be used for matches, and you must wash the set after each match. The set is returned to the team contact person at the end of the season
- We have a club shop (click here: [Club shop | Oppsal Basket](#)) which sells various clothes, balls and equipment. We can help with applications for financial support for equipment.

WHEN AND WHERE DOES THE TEAM TRAIN?

- Our teams train in Oppsal Arena and at schools and halls in the local area. Oslo Idrettskrets allocates training times to clubs every year, usually in July/August.
- The club distributes training time between the teams each year. We have many teams, so not everyone can expect to train in Oppsal Arena 4 every season.
- Training times and arenas can be found on the website: [Training times | Oppsal Basket](#)

SAFETY AND ETHICS

- We have zero tolerance for bullying, sexual harassment, racism, exclusion and use of doping and drugs
- Together with NBBF and Save the Children, we have adopted ethical guidelines for all our volunteers to ensure a safe environment for children and young people
- A police certificate is required for everyone with responsibility for children who coach in Oppsal Basket

FAIR PLAY

- Players, coaches, parents and the public must contribute to a safe and inclusive environment

- Everyone must show respect for referees, coaches, teammates and opponents

THE CLUB'S VALUES - APPLY TO EVERYONE

1. RESPECT:

- We will act in line with the club's values and guidelines
- We must listen to each other's opinions and treat each other with respect, even when we disagree
- We talk to each other, not about each other

2. INCLUSION:

- We will be open and accommodating to get as many people as possible, regardless of individual circumstances
- We will be a club for both grassroots and elite players, where we collaborate across teams, coaching groups, the board, committees, parents and volunteers