

Code of Conduct for All Participants

To accomplish the objectives of the Skyline Spartan Lacrosse Club (SLC) all participants—players, parents/guardians, volunteers and fans are expected to support a positive team attitude, display good sportsmanship and conduct ourselves in a manner that reflects positively on the game and the team in all of our activities and events at all times. Not only are the expectations of conduct important for the development of these values in our players, they are important because they reflect on our organization, school, and community.

In consideration of your son being a player in SLC, coaching in the SLC program, volunteering and or being an administrator you agree to abide by the rules and the code of conduct set forth herein. These rules extend to all activities and events sanctioned or sponsored by SLC, including but not limited to practices, games, travel to and from events, tournaments, overnight stays or camps. Violation of the following rules may be subject to disciplinary action as deemed appropriate by the authorized person(s), board or committee and may include loss of playing time for a player, removal from practice, suspension for all or part of a season, or sent home from tournaments or games or ejection from the club.

Expectations of All Participants

The following is prohibited of all participants—players, parents, volunteers, coaches, board members or administrators:

Physical or verbal intimidation or harassment of any individual, to also include any form of intimidation or harassment through SMS, text, email, social media or other means of electronic communication.

- Illegal transport, possession or use of drugs or other illegal substances.
- Physical damage to a facility or theft of items from a room, dormitory, residence or other person.
- Possession of fireworks, ammunition, firearms, other weapons or any item or material which by commonly accepted community principles would be a hazard or harmful to other persons.
- Any action considered to be an offense under Federal, State or local laws/ordinances.
- Violations of specific policies, procedures and/or regulations of the school district.

- Any conduct which would reflect negatively on the team, program or school, in addition to any conduct that would be inappropriate as measured against normally accepted behavior.

Expectations of Parents

Family is an important part of the SLC experience and your support is key to making the experience enjoyable for your son and his teammates. Success starts in the stands and players mirror their parents attitude and behavior. Sportsmanship and the concepts of fair play are essential to the game of Lacrosse and they must be developed on the field during practices and games as well as off of the field. Players play, coaches coach, referees referee and parents encourage and support. We ask that you spend your energy and passion as a supportive and encouraging parent.

- **Be Positive.** Refrain from criticizing anyone during games or practices. Use your influence as a parent and role model to build team spirit and values for your player and his teammates.
- **Support the Coach**
 - Your son is the player on the team, for questions about playing time, positions, game strategy, tactics or topics that are related to the team encourage your player to contact his coach.
 - If there is some **significant** concern that needs to be addressed by a parent, wait “24 hours” and address it respectfully with the coach away from a practice or game and when the players are not present.
- **Silence with the Referees.**

Expectations of Players

Playing high school sports, enjoying the game of lacrosse and participation in SLC is a privilege which comes with responsibility and all players should be aware of the responsibility that comes with representing our families, your team, your school and program. Violation of the rules subject the player to disciplinary action that can include suspension or dismissal from the team. The nature and severity of any violation will determine the disciplinary action taken and will be at the sole discretion of the coaches and SLC Board.

All players are expected to follow the rules as set forth herein US Lacrosse rules and Code of Conduct. The rules set the minimum level of acceptable behavior and if occasions arise that are

not fully covered by the SLC or USL rules and regulations the SLC Directors and Coaches will have the power to decide what action shall be taken against a player. In addition to the expectations of all participants set out above, players:

- **Put your team first.**
- **Respect others** demonstrate good sportsmanship, sports leadership and ethical conduct at all times and treat all coaches, parents, referees and opponents with courtesy and respect. Honesty, character and integrity are not just words on a page but values that you live and reflect as a player and teammate.
- **Don't Let Your Teammates Down.**
- **Be Coachable.** Be willing to learn, pay attention, accept and follow instructions from your coach and be open to constructive feedback.
- **Talk to your coach** If you have questions or issues with your coach, the team, or how you are playing then you need to discuss the issue directly with your coach. It is your responsibility (not your parents) to timely notify your coaches about absences, illness or any other issues that affect your attendance at practices, games or meetings.
- **Have Fun and Be Positive**
- ***Your team and team events are a drug, alcohol, and tobacco free sports environment. Suspected use of non prescribed drugs, alcohol or tobacco will result in immediate suspension from all team events until the player and parents meet with the coach and board member.***

Expectations of Coaches

Coaches are teachers and role models and have the privilege of working with the players. They are responsible for teaching the great game of lacrosse, good sportsmanship and teach their players to play hard with a positive competitive attitude.

In addition to the expectations of all participants set out above, coaches are expected to respect the game, respect the officials and always look out for the best interests of the player and organization. In return, coaches can expect the respect and support of SLC Players and Parents.

In addition, coaches will:

- Demand a drug, alcohol, and tobacco free sports environment for the team, and agree to assist by refraining from their use at all youth sporting events.
- Stress that by competent coaching, positive reinforcement of goals, and dedicated athletes these young players will learn how to win and how to lose with dignity.
- Realize that sports is only part of the education process, and that all players are expected to be dedicated students as well as dedicated lacrosse players.

Returning to Play After Injury

The primary responsibility is to make sure that a player does not return to practice or play before he is ready to participate without risk of further injury.

Any player that has had a concussion or injury that required a doctor's care shall not be allowed to return to play or practice until he or she has been cleared in writing by his doctor.

Code of Conduct Acknowledgment

I/We acknowledge receiving a copy of the Code of Conduct and agree to abide by the terms of the code of conduct.

Name, Student Athlete

Date

Parent or Guardian

Date



Skyline Spartans Lacrosse Club Concussion Information & Awareness Form

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
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| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality



Skyline Spartans Lacrosse Club

- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the whole season. **When in doubt, the athlete sits out.**

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Concussion Information Sheet

Adapted from the WAYSAs, CDC and the 3rd International Conference on Concussion in Sport



Skyline Spartans Lacrosse Club Player Information and Medical Release

Experienced Player: Yes / No		2015 Team:		
Last Name	First Name	Birth Date	Height	Weight
Street Address		Best Email(s)		
City, State, Zip		Grade (*15-16)	School	
Father or Guardian		Day Phone	Evening Phone	
Mother or Guardian		Day Phone	Evening Phone	
Other Emergency Contact & Relationship		Day Phone	Evening Phone	
Medical Insurance Company		Policy #		
Name of Family Physician		Phone #		

PARENT OR GUARDIAN AUTORIZATION TO PARTICIPATE

I/We, the parent(s) or guardian(s) of the above named applicant to Skyline Spartans Lacrosse Club (SSLC), hereby give my/our approval to said applicant's participation in any and all SSLC activities during the current season. I/We certify that the applicant has had a physical examination by a physician and has been cleared to participate in an aerobically intensive contact sport. I/We assume all risks and hazards incident in such participation, including transportation to and from the activities; and I/We do hereby waive, release, absolve, indemnify and hold harmless the SSLC, its board, volunteers, sponsors, supervisors, participants and any person transporting the applicant, except to the amount covered by accident or liability insurance. I/We will furnish a certified birth certificate of the applicant upon request of SSLC. I/We agree to be financially responsible for any SSLC equipment issued to the applicant other than normal wear and tear or breakage that may occur in practices and games. I/We certify, that to the best of my knowledge, all of the above information is accurate and correct and that any false information may be cause to disqualify the applicant.

INSURANCE DISCLOSURE

The medical expense benefit of the Skyline Spartans Lacrosse Club insurance coverage (through U.S. Lacrosse) is an excess type benefit that picks up where other coverage that you may have leaves off. If you have any other individual, blanket or group insurance coverage which provides benefits or services for, or by reason of, medical or dental care or treatment, then this plan will pay (to policy limits) only the medical expenses not provided or reimbursable under or other coverage.

EMERGENCY MEDICAL RELEASE

I/We the parents or guardians of the applicant, give my/our permission for any emergency treatment by any qualified individual, necessary either on the practice fields or game fields. I/We authorize any hospital and or physician to perform emergency treatment for any injuries resulting from any authorized Skyline Lacrosse Club function, including transportation to and from said function. I/we understand that any player requiring medical treatment for an injury regardless of how the injury was sustained will require doctor's written clearance to return to active Club play. This release expires on

December 31 of the year following this application

Team Photography and Videography

I/We the parents or guardians of the applicant understand that all games, tournaments, special team events and practices may be photographed or videotaped and give Skyline Spartans Lacrosse Club My/Our permission to use photos and videos taken during Skyline Spartans Lacrosse Club events and player names for team informational, educational and promotional use including publication in local, regional and national media. These photos and videos will only be used by Skyline Spartans Lacrosse Club and will not be used to promote or endorse any other organization, product or service without my express permission.

Parent or Guardian Name (please print), Relationship, Signature and Date

Name	Relationship	Signature	Date