



# **CAMBRIDGE YOUTH LACROSSE POLICIES**

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## **Mission Statement**

It is the mission of the Cambridge Youth Lacrosse ("CYL") Program to conduct and maintain the finest youth school lacrosse program in the Metropolitan Atlanta region. This mission shall be achieved by:

1. Generating interest in lacrosse among young men and women residing in the Cambridge High School district.
2. Teaching the fundamentals of lacrosse and developing players through effective practice.
3. Encouraging a high level of academic achievement and physical conditioning year-round.
4. Creating a team environment that is envied by others who are not participants in the Program.
5. Ensuring sportsmanship on the field and citizenship off the field.
6. Winning lacrosse games.

## **Coaches Code of Conduct/Requirements/Precautions**

We take the issue of coaching conduct very seriously. Our coaches and instructors are the most valued assets we have as a program. Coaches determine the kind of experience our athletes have with lacrosse. We expect our coaches to be committed to the Cambridge Youth Lacrosse Program Mission, who want to win and help players learn "life lessons" and positive character traits through lacrosse.

Coaches are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other coaches, officials, players, parents and fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are Honesty and Integrity. Those who conduct themselves in a manner that reflects these characteristics will bring credit to the sport of lacrosse, themselves, their team and Cambridge Youth Lacrosse Program.

US Lacrosse supports the following behaviors for those who participate in the sport or are involved in any way with US Lacrosse. The following essential elements of the "Code of Conduct" must be followed:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games. The value of good sportsmanship and the concepts of fair play should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.
- Demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike. Players shall be required to demonstrate respect for teammates, opponents, officials, other players and spectators.
- Drill "Honoring the Game" in practice and seize teachable moments to talk with players and reinforce.
- Coaches and their players are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.
- Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
- Demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game.
- Teach players the rules of the game. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Conduct team meetings at the beginning and/or end of each practice and end of each game.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as grade and/or age, previous level of participation, team transfers, etc., have been established to encourage and maximize participation, fair play and to promote safety.
- Enforce the Player Code of Conduct.
- Establish objectives/goals for the team and players and inform them of progress. Reward good outcomes and effort.
- Emphasize the "Fun" of the game and the team and schedule "fun activities" periodically for practices.
- Require players to put forth effort at all times, regardless of the scoreboard or win-loss record.
- Be modest in victory and gracious in defeat.
- Obscene language or gestures will not be tolerated.
- Follow the direction/instruction of the Board of Directors.

### **Cambridge Youth Lacrosse Coaches are required to complete the following:**

- **Background Check.** A Background Check is required of each head coach and every assistant coach and any other person who interacts with the youth players. Background checks are done through the City of Milton, 13000 Deerfield Parkway Suite 107 Milton, GA 30004. The cost of the background check is the responsibility of the individual and not the Program. Background checks must be renewed every two (2) years.
- **US Lacrosse Membership.** Each head coach and every assistant head coach must be a current US Lacrosse member and their membership must be effective through the entire season (from the first day of practice through the last practice/game).
- **US Lacrosse Level 1 Online Course.** All Coaches must complete the US Lacrosse Coach Education Program Level 1 online course. Upon completing the course, coaches will be able to build a positive coaching philosophy, communicate effectively with players, understand basic player safety and risk management responsibilities, utilize strategies for teaching skills and tactics, and plan for an effective/age-appropriate practice and season. Link to Level 1 Course:

<http://www.uslacrosse.org/TopNav2Right/EducationTraining/USLCoachingEducationProgram/CEPOnlineCourses.aspx>

- **US Lacrosse Level 2 Online Course.** All Head Coaches are encouraged to complete the US Lacrosse Coach Education Program Level 2 online course. Upon completing the course, coaches will be able to teach their players how to take their game to the next level. In addition, coaches will learn how to maximize player performance, methods of effective conditioning, and ideas about the mental side of the game. Link to Level 2 Course:

<http://www.uslacrosse.org/TopNav2Right/EducationTraining/USLCoachingEducationProgram/CEPOnlineCourses.aspx>

- **Concussion Training.** All coaches are required to complete the Centers for Disease Control and Prevention (CDC) Concussion Course. The National Federation of State High School Associations (NFHS) and the CDC have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in sports. Link to the CDC Concussion Course:

<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>

### **Honoring The Game**

Honoring the Game gets to the ROOTS of positive play, where ROOTS stands for *respect for Rules, Opponents, Officials, Teammates, and one's Self.*

- **Rules:** We don't bend the rules to win.
- **Opponents:** A worthy opponent is a gift that forces us to play to our highest potential.
- **Officials:** We treat officials with respect even when we disagree.
- **Teammates:** We never do anything that would embarrass our team on or off the field.
- **Self:** We live up to our own standards regardless of what others do.

### **Heat-Related Precautions**

Lacrosse athletes are at risk for heat illnesses especially males and goalies with helmets. Coaches can take a number of steps to prevent heat-related injuries:

1. Recognize the dangers of playing in the heat.
2. Schedule regular fluid breaks during practice and games. Players should be hydrated prior to the start of games or practices and to continue to drink eight ounces of fluid every 20 minutes during the activity with water or sports drinks. In addition, for boys & men, take "helmet breaks" when hydrating to ensure that heat in the helmets gets released. Just as your mother told you to wear a hat in winter so "90% of the heat would not be lost through the top of your head," the converse is true in summer – wearing a helmet keeps in a great deal of heat that the body is trying to expel.
3. Players should avoid soda, caffeine drinks and alcohol before or during games, as these can promote dehydration.
4. Make player substitutions more frequently in the heat.
5. Have players wear light-colored, "breathable" clothing.
6. Use misting water sprays to keep players cool.
7. In the early part of the season, particularly in warm, humid climates, acclimate players slowly to the heat. Play at cooler times of day, and build up players' tolerance to heat a little more each day. If you are attending a camp or tournament in a climate that is hotter than you are used to, go early (if possible) to help the team adapt and be vigilant about enforcing preventative measures.
8. And always, respond quickly if heat-related injuries occur.

### **Coaches Code of Conduct Violations**

Violations of the Coaches Code of Conduct are subject to review and disciplinary actions by the CYL Board of Directors.

## Concussion Management Policy/ ImPACT Testing

A concussion has been defined as "a traumatically-induced alteration in mental status that may or may not involve the loss of consciousness." (American Academy of Neurology) Concussions are not new phenomena amongst athletes. It is the policy of Cambridge Youth Lacrosse that all male players participate in the **ImPACT** concussion and cognitive assessment test prior to the beginning of the season. Coaches must report all players with suspected concussion to the ImPACT Coordinator. This coordinator will send information on concussions to the family. Any player who is concussed will not be allowed to return to the field for practice or games without a written clearance from a medical doctor.

### ImPACT

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the first, most-widely used, and most scientifically validated computerized concussion evaluation system. ImPACT is a 20-minute test that has become a standard tool used in comprehensive clinical management of concussions for athletes from age 10 through adulthood. Given the inherent complexities of concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing whenever possible. Neurocognitive assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. In fact, neurocognitive testing has been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts. **Questions?** Call 877-646-7991 or visit <http://www.impacttest.com/>.

#### **Participating practitioners in the area:**

Children's Healthcare of Atlanta Sports Medicine Program (404) 785-7570  
Medical Office Bldg, Ste 300, 1001 Johnson Ferry Road NE, Atlanta, GA 30342

Concussion Center North Atlanta (678) 699-8784  
225 Creekstone Ridge, Office 5, Woodstock, GA 30188

Concussion Center at Georgia Sports Medicine (770) 814-2223  
6340 Sugarloaf Pkwy, Suite 375, Duluth, GA 30097

Emory Sports Medicine Center (404) 778-3350  
59 Executive Park S Dr, Atlanta, GA 30329

## Parent/Family Member/Spectator Code of Conduct

The Cambridge Youth Lacrosse program provides a positive environment for youth athletes to play and enjoy lacrosse. Parents, family members and spectators are to conduct themselves in a manner that **"Honors the Game"** and demonstrates respect to the players, coaches, officials, other parents, other spectators and fans. Those who conduct themselves in a manner that reflects the elements below will bring credit to the sport of lacrosse, themselves, their team, their player and their organization. Parents are required to review and sign a Parent Code of Conduct before the season starts. This form is kept on file.

Parents, family members and spectators must follow these essential elements of the Code of Conduct:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field. Insist on your child's respect for team rules, school rules, game officials, and sportsmanship.
- Be positive with your child and show interest; let him know he/she is accomplishing something special by being part of the team. Encourage your child to improve his/her self-image by believing in himself/herself. Do not put your child down. Do not try to live your life vicariously through your child. Do not show animosity or jealousy to any of your child's teammates. This type of envy rubs off on your child and it can devastate a team.
- Ensure that your child is mentally and physically prepared for practices and games.
- Insist on good grades, good attendance, and promptness at school. It is the duty of the parents to see that their child is working in the classroom.
- Ensure your child arrives promptly and on time to all team events.
- Do not offer excuses for your child if he/she is not playing. There is usually a reason for it. Encourage your child to work hard and do his/her best.
- Let the coach be the coach. Do not put down the coaches. Do not coach from the sidelines and be a know-it-all. Remember the coach represents the "authority", the "teacher", etc. If there is a concern about a certain situation or coach, address the issue directly by contacting the head coach and scheduling a meeting (see 24-hour Rule below). If you constantly bad-mouth your child's coaches, how can you expect him to respect and play for them?
- Do not maliciously criticize, badger, harass or threaten a coach, official, player, another parent, spectator, opponent, etc. Refrain from inappropriate language, insulting remarks, threats, or any other form of disorderly conduct, and discourage its use by others.
- Eligibility requirements, such as age and previous level of participation, must be followed.
- Do not use or be under the influence of alcohol or illegal drugs before or during any practice, game.
- Inform the coach, as far in advance as possible, when your child will miss a practice or game.
- Parents should lend a helping hand with the team and team events when asked.

### Parent Code of Conduct ~ 24-Hour Rule

Lacrosse is an emotional sport. The physical battles that players fight for control of the ball can spill on to the bench and stands and create strong reactions from coaches. This intense emotional aspect of lacrosse is one of the reasons it makes exciting entertainment. For parents, it is important to separate game emotions from the best interests of their child's sports development. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to "cool off", compose themselves and put the provoking incident or situation that occurred in perspective. If there is a concern about a certain situation or coach, **this rule requires the parent to wait 24-hours then address the issue directly by contacting the head coach and scheduling a face-to-face meeting.**

### **Parent Code of Conduct ~ Violations**

Violations of the Parents Code of Conduct are subject to review and disciplinary actions by the Board of Directors. During practices, games and team events, inappropriate and disruptive behavior including but is not limited to those described below, may result in, for a 1<sup>st</sup> offense, removal from the field/park and, for a 2<sup>nd</sup> offense, removal of the player from the program. Understand that this code of conduct governs actions from the time you arrive at any practice, game or team event to the time you leave.

- Using obscene or vulgar language in a boisterous manner to anyone at any time.
- Taunting of players, coaches, officials or other spectators by means of baiting.
- Ridiculing, threat of physical violence or physical violence.
- Abusing or destroying field space.
- Disregarding or violating facility imposed rules.

### **Parent Code of Conduct ~ Parent Attendance**

For the safety of our players we ask that at least one parent/adult attend all games and practices.

### **Honoring The Game**

Honoring the Game gets to the ROOTS of positive play, where ROOTS stands for *respect for Rules, Opponents, Officials, Teammates, and one's Self*.

- Rules: We don't bend the rules to win.
- Opponents: A worthy opponent is a gift that forces us to play to our highest potential.
- Officials: We treat officials with respect even when we disagree.
- Teammates: We never do anything that would embarrass our team on or off the field.
- Self: We live up to our own standards regardless of what others do.

### **Here's how you can help:**

1. Let your child know that you want him/her to Honor The Game. Discuss the meaning of each element of ROOTS with your athletes.
2. Be a good role model. Honor the Game when you attend games. Cheer both teams when good plays are made. If, in your opinion, an officiating mistake is made, be silent! Use this as an opportunity to think about how difficult it is to officiate a game perfectly.
3. Encourage other parents to Honor the Game.

## **Personal Property Policy**

When players or adults bring personal property to team activities or team functions they do so at their own risk and are responsible for the safeguarding of that property. Personal property includes, but is not limited to lacrosse equipment, mobile devices, computers, cameras, and video recording equipment. It is our policy to respect the property of others. Defacing, destroying, or removing the property of others is a violation of this policy and such incidents will be subject to the review by the CYL Board of Directors and liability by the player and parent.

## **Player Code of Conduct**

The Cambridge Youth Lacrosse program provides a positive environment for youth athletes to play and enjoy lacrosse. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team, their parents and their organization. Players are required to review and sign a Player Code of Conduct before the season starts. This form is kept on file.

### **Players must follow these essential elements of the Code of Conduct:**

- Abide by and follow the Cambridge Youth Lacrosse Program, Newtown and US Lacrosse rules.
- Compete intensely on the field, but demonstrate fair play and good sportsmanship ahead of my own personal desire to win.
- Commit to excellence. Always give your best effort and try as hard as you can. Be the best that you can be at your earned position so that the team can be successful.
- Achieve good grades, good attendance and promptness at school. Do your best in school and be a responsible, hardworking student-athlete.
- Attend every practice and game that you can, and notify your coach as far in advance as possible if you cannot make a practice or game.
- Arrive to practices, games and team events on time and ready to go. You are responsible for bringing any equipment necessary for practice and games.
- Listen to coaching direction and is not disruptive during team events.
- Conduct yourself with honor, dignity and treat other players, coaches, officials, and fans with respect regardless of race, sex, or ability, and expect to be treated accordingly.
- Respect the authority of the referee, even though you may sometimes disagree with the call.
- Refrain from inappropriate language, insulting remarks, threats, or any other form of disorderly conduct, and discourage its use by others.
- Encourage my parents to be involved with my team in some capacity because it is important to me.
- Do not use drugs, tobacco or alcohol at any practice or game and will remind others on my team not to do so.

### **Player Code of Conduct Violations**

Participation in the CYL program is a player's choice and is a privilege. It is imperative that all players understand, accept and follow the Player Code of Conduct. The Cambridge Youth Lacrosse Board of Directors, its coaches and program coordinators have every right to revoke a player's privilege to participate for improper behavior. Poor behavior during practices, games, or tournaments may result in lost playing time and expulsion from the team. During practices, games and team events, inappropriate and disruptive behavior including but is not limited to those described below, may result in, for a 1<sup>st</sup> offense, removal from the field/park and, for a 2<sup>nd</sup> offense, removal of the player from the program. Understand that this code of conduct governs actions from the time you arrive at practice, game or team event to the time you leave.

- Using obscene or vulgar language in a boisterous manner to anyone at any time.
- Taunting of players, coaches, officials or other spectators by means of baiting.
- Ridiculing, threat of physical violence or physical violence.
- Abusing or destroying field space.
- Disregarding or violating facility imposed rules.

## **Release & Indemnity**

The parent/guardian of each player must unconditionally release and agree to indemnify and hold harmless Cambridge Youth Lacrosse, or any director, person, coach, volunteer or entity employed by or associated with Cambridge Youth Lacrosse from any and all claims for personal injury, death, property damage or any type of claim or damage (including, but not limited to, attorney's fees and litigation expenses) resulting from or arising out of the Player's participation in the sport of lacrosse or transportation to and from events with Cambridge Youth Lacrosse.

The parent/guardian must consent and grant to the coach or volunteers of Cambridge Youth Lacrosse with the express authority and discretion, but not the requirement, to provide any medical or emergency services needed by their Player during his participation in the sport of lacrosse with the parent/guardian being financially responsible for such services. The parent/guardian represents that their Player is physically and psychologically able and prepared to participate in the sport of lacrosse, and understands and accepts the fact that sports participation, including lacrosse, involves risk of injury and bodily harm, including but not limited to, paralysis and death. These risks are voluntarily and knowingly assumed by the parent/guardian.

## **Inclement Weather Policy**

The Cambridge Youth Lacrosse program has established this increment weather policy as part of our continued commitment to the health and safety of all lacrosse players in the program. We ask for full cooperation from parents, players, coaches and referees alike to ensure that no one gets injured during inclement weather. This weather policy is posted on our web site [www.cambridgeyouthlax.com](http://www.cambridgeyouthlax.com). The Cambridge Youth Lacrosse program is issuing this weather policy for the safety of your children. To insure that your children are safe, it is important that you are aware of the weather conditions during the time your child is involved playing lacrosse. If you have already dropped off your child and weather conditions have changed and there is lightning and thunder or a tornado watch, please return to practice or game field immediately to pick up your child.

### **Cancellation of Practices or Home Games due to weather conditions:**

The Cambridge Lacrosse Operations Director will advise all Head Coaches if a cancellation is required due to weather or field conditions a minimum of one (1) hour prior to a scheduled practice or home game. If the weather or field conditions change within one (1) hour of or during practice or a home game it is the Head Coach's responsibility to decide if a suspension or cancellation is required.

### **Practices or Home Games status will be based on the following:**

**1. Tornado or Severe Weather notification from the National Weather Service – Upon notification of a Tornado watch or warning all lacrosse activities will stop.** All coaches and players will gather at the safe location for a head count and further instructions. If a safe location is not present and people are caught by a sudden tornado event, all those affected should seek the lowest possible area, away from large objects which might fall over, e.g., trees, utility poles. All coaches and players should assume a crouching position with their head lowered and hands over their ears.

**2. Lightning (also see Emergency Plan for Lightning below) – The Head Coach has the responsibility to be the weather observer or shall designate a weather observer during practices and games.** The weather observer shall employ the "30-30 rule" as recommended by US Lacrosse. That is, when lightning is observed – one begins counting in seconds until one hears thunder. If one hears thunder in 30 seconds or less, the practice or game should be immediately suspended and all coaches and players should go quickly to shelter. Remain in shelter for 30 minutes past the last lightning observed. This "30-30" rule shall take precedent even if an opposing coach at an away game or referee ignores this rule. Our players, coaches and volunteers safety must come first.

**3. Heat, Cold, Wind – For practices –** If the Head Coach deems the weather conditions adverse for practice conditions or to the health and well being of the players he or she may cancel practice. **For Home Games –** The Lacrosse Operations Director will make the final decision to cancel home games based on input from the Head Coach, game site Facility Director, and/or referee. **For Away Games –** the decision will be made by the by that program's director or referee.

## **Emergency Plan for Lightning**

### **The emergency plan for lightning is comprised of five segments as follows:**

**1. Leaving the field of play (practice/game).** Rule books put the authority in the hands of the referee to make the call to leave the field in inclement weather. However, it is important that members of the coaching staff give appropriate input to the officials prior to the decision to seek safe shelter. At a practice, coaches are urged to use common sense to provide a safe environment for their charges.

**2. Outside weather observer.** A member of the coaching staff who has few responsibilities during practice/play, a member of the supervisory staff for the event, and other appropriate lacrosse related individuals shall advise the officials on the change of the weather. Parents, fans and like individuals with varied vested interests shall not be involved in this action.

**3. Local Forecast.** A member of the administrative staff, coaching staff or medical staff shall be assigned to monitor the weather forecast during the day. Changing weather conditions may make it necessary to bring in another individual to do the monitoring.

**4. Shelter.** When it becomes evident that shelter may be necessary, team officials should employ the "30-30 Rule." That is, when one sees lightning – one begins counting in seconds until one hears thunder. If one hears thunder in 30 seconds or less, go quickly to shelter. Keep in mind that this rule cannot prevent against the first lightning strike. And, outdoor activities which require moving large groups of people to a distant shelter will require more time than that allotted by the "30-30 Rule". Safe shelter shall be inside a substantial building, away from doorways, windows. Baseball/Softball dugouts are not appropriate. The shelter shall be able to keep the athletes and fans comfortable for up to 1 hour or more. While less than ideal, an enclosed motor vehicle will suffice. Avoid contact with the steering wheel, ignition, keys and/or radio. If one cannot get inside to a safe shelter, go to a lower elevation to minimize the risk. Stay away from fields, bleachers, trees, poles, light posts. Avoid unprotected open shelters, metal fences and structures. If still trapped outside where there is imminent risk of being struck, there are steps one may take. Imminent risk may be noted by the hair on arms and neck standing straight up, skin tingling, hearing a crackling sound. Move several feet away from another person and use the "lightning crouch" to minimize one's risk. Put the feet together, squat down, tuck the head and cover the ears. When immediate threat of lightning has subsided go to a safe shelter.

**5. Suspension of Play.** All athlete and fans shall remain in shelter for 30 minutes past the last lightning observed. US Lacrosse advises this waiting period.