

# Code of Conduct Parent or Guardian

#### Introduction

Everyone involved in sports – from parents and supporters to athletes, officials and coaches can and should lead by example. The easiest way to do this is to respect the written and unwritten laws of the game. This Code of Conduct is intended to honour and abide by the OSA Code of Conduct and CUSC Constitution.

# Responsibility of a Parent or Guardian

#### Commitment

- Please advise the coach of any of your child's absences in advance.
- Please make sure that your child is on time for games and practices.
- Encourage your child to play by the laws of the game and respect all those involved with the game.
- Set an example for your child with respect to sportsmanship and behaviour.

# **Know Your Subject**

- Do not coach players with messages that conflict with direction provided by the coaches.
- Consider the physical safety of team players at all times.
- Remember children play for their enjoyment, not yours.

#### Respect

- Respect the role of coaches for being fully responsible for coaching during games. Do not interfere, let them
  do their job.
- Ask questions about coaching strategies before or after games, not during.
- Act in a sporting manner at all times.
- Display respect for all team coaches, players, parents, supporters and game officials.
- Decisions of game officials will be accepted absolutely.
- Avoid any altercations, physical and/or verbal, with persons involved with the game including game officials, coaches, players, parents and other supporters.

#### **Enthusiasm**

- Assist in making playing in the CUSC a pleasant experience for all involved by volunteering whenever possible.
- Applaud good plays by your team and the opposing team.
- Support your child and team, both on and off the field.

#### **Personal Conduct**

- Provide smoke-free, vape-free, alcohol-free, drug-free cheering before and during all games and practices.
- Provide only positive comments to all players and supporters (home and visitors).
- Avoid improper conduct.
- Control your temper. Abusive or foul language and/or violent conduct directed towards any persons involved in the game will not be tolerated.
- Turn defeat into victory by emphasizing the value of honest effort, skill improvement and fair play.
- Team emails are to be used for information purposes only.

#### Concussions

### **Understanding**

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to the head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- You do not need to lose consciousness to have had a concussion.
- If you think your child might have a concussion, they should stop participating in any further training, practice or competition immediately. Continuing to participate in further training, practice or competition with a possible concussion increases your child's risk of more severe, longer lasting symptoms, and increases the risk of other injuries.
- If your child has a suspected concussion, they will be removed from sport and will not be able to return to training, practice or competition until they undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return.

# Reporting

- You have a commitment to concussion recognition and reporting.
- You will tell your child's coach, trainer or other official, if your child experience any symptoms of concussion.
   You will not hide their symptoms.
- If someone else tells you about concussion symptoms, or you see signs others might have a concussion, you will tell a coach, trainer or other official, so they can help.
- You have a commitment to share any pertinent information regarding incidents of removal from sport with your child's school and other sport organizations which they participate in to aid in your recovery.

# Recovery

- You will take the time your child needs to recover, because it is important for their health.
- You understand your commitment to supporting the CUSC Return to Sport protocol.
- You understand your child will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- You will respect coaches, team trainers, officials, health-care professionals, and medical doctors and nurse practitioners, regarding your child's health and safety.

# **Conclusion**

This Code of Conduct should be supplemented with a high degree of common sense and keeping the best interests of the players and the game in mind. Please read this Code of Conduct and embrace its content and spirit. Violation of the guidelines may result in disciplinary actions that could include, but are not limited to, verbal and/or written warnings, as well as coach, parental, and in extreme cases, player suspension.

Let's make participation in soccer FUN for everyone.