



Collingwood United Soccer Club

Code of Conduct Player

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 Player

Commitment

- Please advise your coach of any absence in advance.
- Arrive to games and practices on time.
- Give your best effort all the time be it practice or game situations.
- Play for your own enjoyment, not just to please your parents/guardians, teachers or coaches.
- Winning is only part of it. Having fun, improving skills, making friends and doing your best are also important.
- Remember that coaches and officials are there to help you. Cooperate with them.

Know Your Subject

- Know and understand the laws of the game. Play within the laws of the game.
- Honour all laws of the game especially those which forbid abusive language and sexual or racist remarks.

Respect

- 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.
- Game officials are not to be verbally and/or physically abused in any manner whatsoever.
- Players are not to be verbally and/or physically abused in any manner whatsoever.

Enthusiasm

- Assume the best of each other.
- Participate actively in games and practices without disruption.
- Maintain a positive attitude at games and practices.
- Co-operate with your teammates and opponents for without them you don't have a game.
- Cheer all good plays, both for your team and the opponents.

Personal Conduct

- Wear your uniform proudly.
- Play by the laws of the game.
- Work equally hard for yourself and your team.
- 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.

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 you might have a concussion, you 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 risk of more severe, longer lasting symptoms, and increases your risk of other injuries.
- If you have a suspected concussion, you will be removed from sport and will not be able to return to training, practice or competition until you 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, including self-reporting
- You will tell a coach, official, team trainer, parent or another adult you trust if you experience **any** symptoms of concussion. You will not hide your symptoms.
- If someone else tells you about concussion symptoms, or you see signs they might have a concussion, you will tell a coach, official, team trainer, parent or another adult you trust so they can help.
- You have a commitment to share any pertinent information regarding incidents of removal from sport with your school and other sport organizations which you participate in to aid in your recovery.

Recovery

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