

All Clubs Code of Conduct - CYSA Clubs

Zero Tolerance Policy

7th Ave Soccer Park is a Tobacco Free, Alcohol Free and Profanity Free Facility

PARENTS: BE THERE, BE POSITIVE AND BE A PART OF THE TEAM

Parents (& guests) should be supportive of the players, coaches, and referees.

*If a parent or guest should have a problem with other players or referees, the parent should address their complaint to the coach.

Parents/guests may not interact with the game official.

*If a parent or guest should have a problem with a coach, then they should fill out an incident report and email it to the Clubs President (A link to the incident/praise forms and contact information is found on CYSA website www.cowlitzyouthsoccer.com).

Parents are encouraged to offer assistance to the coach:

*by setting up treats for games and celebration at end of season

*picking up items left behind at practices and/or games and return to player or parent.

Parents should ensure that players are on time to practice, on time and prepared for games and contact the coach if/when player(s) will be absent.

Parents (& guests) shall conduct themselves in a sportsman like manner at practices and games. Regardless of the skill level of your child or the success of your team - go to the games. Criticizing your player, teammates, the other team or the officials during the game creates a negative environment that make it difficult to perform well. Although it's good to be positive, it's good not to overdo it. Players should not confuse your voice with the Coach and/or Ref. The coach is directly responsible for the management of the sideline, including you and all other parents, family members and friends. It is within the rights of a coach, official or club representative to ask parents or guests to leave if behavior warrants it. Failure to comply will be handled by the Clubs President. If you criticize the game officials, you are teaching your children that it is okay to challenge the official. This is not okay and can result in your child receiving a yellow or red card.

COACHES: TEACH SKILLS, DRILLS AND GOOD SPORTSMANSHIP

At all times when a coach is dealing with their players, parents, referees, or other coaches, they shall conduct themselves in a professional manner. Always remember that players participate for pleasure and enjoyment ...winning is only part of the fun. Never use negative ridicule or yell at players for making a mistake or not winning. Be considerate and reasonable in your demands on players' time, energy and enthusiasm.

Continued on back...

All Clubs Code of Conduct - CYSA Clubs, continued

COACHES: TEACH SKILLS, DRILLS AND GOOD SPORTSMANSHIP

If a coach should have a problem with a referee or parent, they should fill out an incident report and email it to the Clubs President (A link to the incident/praise forms and contact information is found on CYSA website www.cowlitzyouthsoccer.com).

Coaches are responsible for the language and actions of their parents and guests on the sidelines. Parents and guests should be aware that their actions directly affect the entire team. Referees have the right to end a game if coach, parents or guests cannot abide by these rules. Coaches have the right to ask parents and/or guests to leave the game or practice if parent or guest cannot abide by these rules.

Display control, respect and professionalism to all involved within the sport. This includes opponents, coaches, officials, administrators, the media, parents and other spectators. Encourage players to do the same, be a great role model. Always show concern toward sick or injured players (of either team). Follow the advice of a trained medical trainer when determining whether an injured child is ready to recommence training or competition. Any physical contact with a player should be appropriate to the situation and necessary for the player's skill development or medical care. Respect the rights of all participants regardless of their gender, ability, cultural background or religion.

LET THE PLAYERS PLAY

LET THE COACHES COACH

LET THE REFEREE REF

LET THE FANS CHEER FOR THE PLAYERS!!!

Concussion Information Sheet

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
- 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. And 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/>

Washington Youth Soccer Association

Barriers To Abuse

1. Washington Youth Soccer has adopted the following policies to provide security for our members. These policies are primarily for the protection of our youth members; however, they also serve to protect our adult members from false accusations of abuse.

- a. One-on-one contact between adults and youth members is prohibited. In situations that require personal conferences, such as a coach's conference, the meeting is to be conducted in view of other adults and or youths. It is understood that Programs like TOPSoccer require physical contact between soccer buddies and participants to enable safe participation in the activities.
- b. Separate accommodations for adult team staff/official and youth members are required. When traveling, no youth is permitted to sleep in the room of an adult other than his or her own parent or guardian. (Temporary guardian as coordinated by a parent)
- c. Inappropriate use of cameras, imaging, and digital devices is prohibited. While most members use cameras and other imaging devices responsibly, it has become very easy to invade the privacy of individuals. It is inappropriate to use any device capable of recording or transmitting visual images in locker rooms, restrooms, or other areas where privacy is expected by participants.
- d. No hazing. Physical hazing and initiations are prohibited and may not be included as part of any soccer activity.
- e. No bullying. Verbal, physical, and cyber bullying are prohibited in soccer.
- f. Discipline must be constructive. Discipline used in player or team management should be constructive and reflect US Youth Soccer values. Corporal punishment is never permitted.
- g. Appropriate attire for all activities. Proper clothing for activities is required. For example, revealing bathing suits, or clothing, or clothing with foul/offensive language, violent pictures, are not appropriate as part of youth Soccer.
- h. Members are responsible to act according to the US Youth Soccer code of conduct. All members of Washington Youth Soccer are expected to conduct themselves in accordance with the principles. Physical violence, theft, verbal insults, drugs, and alcohol have no place in any soccer program and may result in the revocation of membership. Sexual abuse is prohibited.

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Barriers To Abuse, continued

2. Digital Privacy and Social Media Guidelines

a. A key ingredient for a safe and healthy youth soccer experience is the respect for privacy. Advances in technology are enabling new forms of social interaction that extend beyond the appropriate use of cameras or recording devices (see Washington Youth Soccer's Barriers to Abuse). Sending sexually explicit photographs or videos electronically or "sexting" by cell phones is a form of texting being practiced primarily by young adults and children as young as middle-school age. Sexting is neither safe, nor private, nor an approved form of communication and can lead to severe legal consequences for the sender and the receiver. Although most members use digital devices responsibly, educating them about the appropriate use of cell phones and cameras would be a good safety and privacy measure.

b. The "three R's" of Youth Protection The "three R's" of Youth Protection convey a simple message for the personal awareness of our youth members:

- i. Recognize situations that place you at risk of being molested, how child molesters operate, and that anyone could be a molester.
- ii. Resist unwanted and inappropriate attention. Resistance will stop most attempts at molestation.
- iii. Report attempted or actual molestation to a parent or other trusted adult or youth official. This prevents further abuse and helps to protect other children. Let the player know he or she will not be blamed for what occurred

Washington Youth Soccer Association

Medical Waivers

Waiver/Release for Communicable Diseases Including COVID-19

ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT

In consideration of being allowed to participate on behalf of **Longview Soccer Club** and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS **Longview Soccer Club** their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Washington Youth Soccer Association

Medical Waivers, continued

WA Youth Soccer Medical Release

Recognizing the possibility of injury or illness, and in consideration for the Washington Youth Soccer and members of Washington Youth Soccer accepting my son/daughter as a player in the soccer programs and activities of Washington Youth Soccer and its members (the Programs), I consent to my son/daughter participating in the Programs. Further, I release, discharge, and otherwise indemnify Washington Youth Soccer, its member organizations and sponsors, their employees, associated personnel, and volunteers, including the owner of fields and facilities utilized for the Programs, against any claim by or on behalf of my player son/daughter as a result of my sons/daughters participation in the Programs and/or being transported to or from the Programs, which transportation I authorize. My player son/daughter has received a physical examination by a physician and has been found physically capable of participating in the Programs. I have provided written notice, which was submitted in conjunction with this release and attached hereto, setting forth any specific issue, condition, or ailment, in addition to what is specified above, that my child has or that may impact my child's participation in the Programs. I give my consent to have an athletic trainer and/or doctor of medicine or dentistry provide my son/daughter with medical assistance and/or treatment and agree to be responsible financially for the reasonable cost of each assistance and/or treatment

Washington State Referee Committee - Policy on Safety 4/2012

Statements in this document expand and clarify referee powers and duties concerning safety. These statements do not alter or conflict with any Laws of the Game or other instructions from USSF or FIFA. These statements are endorsed by the Washington State Referee Committee, Washington Youth Soccer Association and Washington Adult Soccer Association. These instructions are policy and will be followed by all USSF Certified Referees in the State of Washington and will be implemented in all USSF Sanctioned youth games.

Article 1 Concussions:

If the referee suspects a participant in their youth game is suffering from a concussion:

- 1)** The referee must immediately stop play if the ball is still in play.
- 2)** The participant must leave the field, with assistance if necessary, before play can be resumed.
- 3)** The referee MUST advise both the coach and player that by Washington State Law, future participation in sports requires that they cannot return to play until the athlete has been evaluated by a licensed health care provider and receive a written clearance to play.
- 4)** Once off, the participant is no longer a player, substitute or substituted player; and the athlete is disqualified from further participation in this game.
- 5)** At the conclusion of the game, the referee MUST file a report with the appropriate State Association containing all the details of the incident and data to clearly identify the participants involved. The referee MUST also confirm that both the coach and player have been informed about the return to play requirements of Washington State Law.
- 6)** Referees are in no way responsible for the events that may have occurred prior or following games where they are not assigned official.

Washington Youth Soccer Association

Medical Waivers, continued

WA Youth Soccer - Sudden Cardiac Arrest Awareness

What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

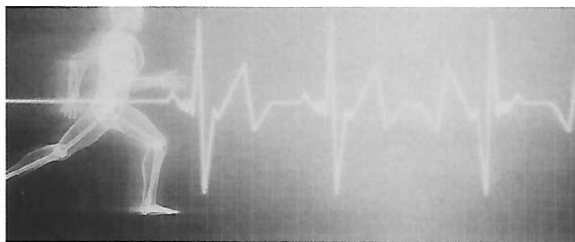
What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Please see the back of this sheet for more information before signing.



Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



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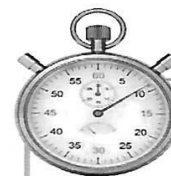
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Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second Counts!**

UW Medicine
Center For Sports Cardiology
www.uwsportscardiology.org



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION



SCA Awareness
Youth Heart Screening
CPR/AED in Schools

www.nickoftimefoundation.org

Washington Youth Soccer Association

Miscellaneous Waivers

WA Youth Soccer - Player Photo/Video Release

We consent to Washington Youth Soccer taking photographs, video recordings, and/or sound recordings in documenting the activities of Washington Youth Soccer programs and services. We hereby grant Washington Youth Soccer and their affiliates? permission to use the negatives, prints, motion pictures, video/audio tapings, or any other reproduction of the same for Washington Youth Soccer and its affiliates? educational and promotional purposes in manuals, on flyers/posters, internet, or other publications.

We further grant Washington Youth Soccer the right to use the player?s name, picture and/or likeness in printed, broadcast and or other material concerning the programs provided such use is related to the player?s status as a participant in Washington Youth Soccer and affiliates sanctioned programs.

WA Youth Soccer – Positive Coaching Alliance

Washington Youth Soccer and Sounders FC are committed to the principles of the Positive Coaching Alliance (PCA). We ask that you create a positive culture and community with us.

These principles are:

1. I will focus on the goal of using sports to teach life lessons and leave the goal of winning to players and coaches.
2. I will use positive encouragement to fill the "emotional gas tanks" of my children, their teammates, and coaches.
3. I will honor the game by having respect for R.O.O.T.S – The Rules, Opponents, Officials, Teammates, and Self.
4. If I disagree with an official's call, I will honor the game and be silent.
5. I will refrain from saying anything negative about my child's coach in my child's presence so that I don't negatively influence my child's motivation and overall experience.
6. I will engage in "no-directions cheering", limiting my comments during the game to encourage my child and other players on both teams.
7. Thank you for taking the PCS parent pledge. Remember, there are only six words your player wants to hear after any practice or game:

I Love To Watch You Play!!!!