

# North Seattle Lacrosse Safety and Conduct Code

## Safety:

Guidelines have been established to protect players and others from injury and/or illness. The conditioning, proper techniques and safety procedures that are part of each activity will be explained to the players by their coaches, and instructions should be followed by the players. Travel to and from games is under the supervision of the parents. Lacrosse insurance is a secondary only medical policy. *All players are required to carry primary medical insurance coverage.* The coaches will discuss specific guidelines; however, more general guidelines are as follows:

- Make certain that all equipment fits properly and has no defects. Please show up to the games and practices with the required equipment including an athletic cup. Soccer, football, or baseball shoes must be worn. No metal spikes.
- Advise your coach or an adult supervisor of any illness or prolonged symptoms of illness.
- Advise your coach immediately if you are injured.
- Be certain to warm up before exercising and cool down afterwards.
- Be alert for any physical hazards on the field and in all areas of participation.

## Player and Parent Conduct Code:

Because of the public nature of athletics, youths that participate in lacrosse are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their team and community. It is only through the observance of these high personal standards for conduct that individuals and teams can attain maximum achievement, show their commitment to excellence in health and conditioning, and fulfill their responsibilities as leaders by setting a positive example among other players. The players are to promote physical, mental, moral, social and emotional well being of all the individual participants on our team as well as the opposing team.

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|---------------------|-----------------------------|
| * Positive attitude | * No inappropriate language |
| * Teamwork          | * Cooperation               |
| * No fighting       | * Listen to your coach      |

Parents can have a positive influence by being supportive and respectful to all the team players, coaches, and to the game referees. Please don't hesitate to ask questions.

We understand the importance of safety and the code of conduct and how it relates to playing lacrosse. I will be certain to ask my coach about specific guidelines for lacrosse.

Player's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_