



YOUTH ATHLETICS

PARENT/PLAYER HANDBOOK

WHERE OUTLAWS COME TO PLAY!

SISTERS PARK & RECREATION DISTRICT
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WWW.SISTERSRECREATION.COM

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Dear Parents/Guardians & Players,

Sisters Park & Recreation District welcomes you to our youth athletics program! Our goal is for all players and their parents/guardians to have a memorable experience. SPRD's youth athletic programs are designed to be recreational with a focus on fundamental skill development, participation, teamwork, sportsmanship, and FUN!

SPRD believes parents/guardians are an integral part of this experience for their players, which is why we have developed the Parent/Player Handbook. This handbook has been developed as a guide and reference tool to help inform and better serve parents/guardians and players. If you have any questions, please contact our youth athletic staff at the contact information provided.

Thank you for choosing SPRD, we look forward to having a fantastic season!

Sincerely,

*Sisters Park & Recreation District
Recreation/Athletics Team*

District Information

District Mission

Sisters Park & Recreation District will provide our community with exceptional recreation opportunities that enhance livability.

Contact Information

District Office

sprd@sistersrecreation.com
541-549-2091

Recreation/Athletic Coordinator

Kassidy Vaughan, CYSA
kassidy@sistersrecreation.com
541-549-2091

Deputy Director

Jared Lustig, CPRP, CYSA
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Stay Informed

District Website

The district uses its website (www.sistersrecreation.com) as a tool to disseminate information to district residents and program participants. It can be a valuable tool for coaches and parents to access information about our programs.

TeamSideline

The district uses its TeamSideline website (www.teamsideline.com/sistersrecreation) to manage its athletic programs, including schedules, rosters, rules, and program communication.

Newsletter

The district sends out a monthly digital newsletter to keep district residents informed of upcoming programs and events. Visit www.sistersrecreation.com to subscribe.

Social Media

The district uses social media to keep district residents informed and up to date on programs, events, and other important announcements.

Facebook: www.facebook.com/sistersrecreation

Instagram: @sistersrecreation

Our Philosophy

Sisters Park & Recreation District believes youth athletic programs benefit the Sisters community and serve as an important part of the physical, social, emotional, and mental development of children. SPRD youth athletic programs are designed to be recreational and promote a non-competitive approach to youth sports. Our programs strive to create a safe, fun, and positive experience with an emphasis on participation, instruction, teamwork, and sportsmanship. Through the combined efforts of staff, coaches, and parents, Sisters Park & Recreation District is committed to providing an exceptional experience for all participants and believes this can be accomplished through the following actions:

SAFETY & FUN

We are committed to creating a safe, fun, and positive environment for all participants that allows each participant to thrive and enjoy their experience in our programs.

EVERYONE PLAYS

We are committed to promoting participation through fair play and equal playing time for all participants to maximize their experience and strive to create a lifelong love of sport.

SKILL DEVELOPMENT

We are committed to promoting instruction and learning over competition through individual and team development that focuses on the fundamental skills of each sport and improving each participant's personal skill level.

TEAMWORK

We are committed to creating a strong sense of team and a positive environment where all participants feel valued, contribute to and learn to work collaboratively with others.

SPORTSMANSHIP

We are committed to instilling good sportsmanship in all participants through fair play, encouragement, and hard work with an emphasis on each child having fun, doing their best, and focusing on the overall experience rather than the outcome of games.

National Alliance for Youth Sports

Sisters Park & Recreation District is a proud member organization of the National Alliance for Youth Sports (NAYS). We have partnered with NAYS to educate, equip, and empower youth sports leaders, volunteers, and parents so all children can enjoy the lifelong benefits of sports. NAYS, a nonprofit 501(c)(3) organization, partners with more than 3,000 community-based organizations and has trained more than four million adults since 1981. For more information about NAYS, visit www.nays.org.



Annual Sports Calendar

Sport	Grades	Registration Period [†]	Season
Youth Basketball	K-5	August - November/December	January - March
Youth Football*	1-6	March- July	August - October
Youth Soccer	K-5	March- July	September - October
Middle School Soccer*	6-8	March- July	September - October

*Sisters Park & Recreation District partners with other local parks & recreation agencies to offer these programs; teams practice in Sisters and may play games in other surrounding Central Oregon communities.

[†]Please refer to the district recreation guide for specific program registration dates and deadlines.

Program Information

Player Eligibility

Participants must be registered with the district for the program to be eligible to participate. Registration fees must be paid at the time of registration. Participants who are not registered are ineligible to participate in both practices and games.

Financial Assistance

The district believes youth athletics should be accessible to all. The district offers scholarships to qualifying in-district families to assist with offsetting the cost to participate in its programs. More information on the district's scholarship program and how to apply is available on the [district's website](#). For additional assistance, please contact the district office at (541) 549-2091.

Additional financial resources:

The organizations listed are not associated with SPRD. Parents/guardians are responsible for contacting these organizations regarding additional financial assistance.

- Every Kid Sports www.everykidsports.org (541) 508-3966
- All Kids Play www.allkidsplay.org (847) 749-5021

Refunds

The district does not provide refunds for any youth athletic programs after the established registration deadline has passed. If registration is extended, the original registration deadline shall be used. Exceptions may be made in extenuating circumstances on a case-by-case basis as determined by the program supervisor. Additional documentation may be requested in such instances.

Insurance

The district maintains general liability insurance; it is recommended that all participants be covered under a personal medical or accident insurance policy in the event of personal injury.

Alcohol, Tobacco, and Other Drugs

- The district prohibits the possession and consumption of alcohol, tobacco, and other drugs on district property and during all district programs. This includes smoking, vaping, and other electronic or battery-operated devices which allow a substance to be inhaled. This policy extends to all participants, coaches, parents, and spectators.

- Individuals found to violate this policy will be asked to leave the premises immediately and may be banned from district facilities and future programs. Law enforcement may be contacted at the discretion of district staff if necessary.

Volunteer Coaches

The district uses volunteer coaches for all youth athletic programs. Volunteer coaches are vital to the success of our youth athletics programs and our programs would not be possible without them. All volunteer head coaches are required to complete the volunteer coach application process and must complete the following requirements and training:

1. [SPRD Volunteer Application](#)
2. Criminal Background Check
3. Attend Coaches Meeting
4. DHS Mandatory Reporting
5. Coach's Code of Conduct
6. NAYS Coach Certification
 - a. Coaching Youth Sports
 - b. Sport-Specific Training
 - c. Basic Youth Sports Safety & First Aid
 - d. Concussion Training

Exception - Returning volunteer coaches may be exempt from certain trainings. The program coordinator will inform returning coaches of all trainings they are required to complete before the start of each season.

Player Skill Assessments

Player skill assessments may be conducted before the start of or during the first week of each program to assist program staff in determining each participant's current skill level. Skill assessments are conducted by program staff with the help of volunteer coaches. All assessment results shall remain confidential and be shared only as needed and as determined by program staff.

Team Selections

Teams will be divided at the discretion of the program coordinator using the results from player skill assessments. It is the district's goal to create teams that are fair and balanced in terms of both age and physical ability. To maintain this balance, the district does not guarantee special requests for coaches, practice days, and/or team placements but will consider these on a case-by-case basis.

Playing Time

- The district requires all participants to receive **fair and equal playing time** regardless of skill or ability.
- Playing time may be reduced at the volunteer coach's discretion under the following circumstances:
 - Repeated absences from practice with or without notice from the parent/guardian.
 - Repeated behavioral issues.
 - Player safety.
- Before playing time may be reduced, volunteer coaches must:
 - Work collaboratively with the parent/guardians to resolve the situation. Coaches should notify the program coordinator in all such instances.
 - Work with the program coordinator to resolve the situation.

Playing Rules

- Playing rules for each sport will be provided to coaches at the coaches' meeting.

- Rules will be posted on the [SPRD TeamSideline](#) for coaches and parents to reference.
- Coaches should review the playing rules with their teams before the first game.
- Any questions or concerns regarding playing rules should be directed to the program coordinator.

Locations

- Coffield Community Center [1750 W. McKinney Butte Rd.](#)
- Sisters Community Recreation Center [611 E. Cascade Ave.](#)
- Sisters Elementary School [2155 W. McKinney Butte Rd.](#)
- Sisters Middle School [15200 McKenzie Hwy.](#)
- Sisters High School [1700 W. McKinney Butte Rd.](#)

TeamSideline & Team Sites

The district uses TeamSideline (www.teamsideline.com/sistersrecreation) to manage its athletic programs, including practice and game schedules, rosters, rules, and program communication.

All parents/guardians will have access to a designated TeamSideline Team Site. Team Sites allow coaches to communicate directly with their team's parents/guardians, view practice and game schedules, and track practice and game attendance. Parents/guardians are encouraged to download the TeamSideline mobile application to assist volunteer coaches with team communications.

Practice Schedules

- Practice locations and times are determined by the district based on facility availability; specific team practice times will be determined by the district based on each coach's availability.
- Practice schedules will be distributed at least one week before the first week of practices to coaches.
- Coaches are responsible for contacting all parents/guardians after team selections have been completed with their practice schedule. Practice schedules are also available through TeamSideline and Team Sites.
- Coaches must contact the program coordinator if there are any changes to their practice schedule, including cancellations, change of day/time, etc.

Game Schedules

- Game locations and times are determined by SPRD based on facility availability.
- Game schedules will be distributed no later than the first week of practices to coaches.
- Coaches are responsible for contacting all parents/guardians after game schedules have been released. Game schedules are also available through TeamSideline and Team Sites.
- All teams will be limited to one (1) game per week unless the district needs to reschedule games due to cancellation. Teams may be required to play a double-header, if necessary, as determined by district staff.

Scoring & Standings

- Scoring will not be kept unless explicitly stated in the playing rules.
- **NO** standings will be kept. Please keep in mind that SPRD youth athletic programs are designed to be recreational with a focus on participation and instruction, not competition.

Uniforms

- The district provides uniforms for all participants. With the exception of tackle football, uniforms may be kept by each participant at the end of the season. Tackle football uniforms must be returned at the end of each season; if a uniform is not returned, the parent/guardian will be billed for the current replacement value of the uniform.
- Uniforms will be distributed to coaches before the first game.

- Coaches are responsible for distributing uniforms to their teams. If there are any uniform issues, coaches should contact the program coordinator.
- Participants must wear the uniforms provided on game days; no alterations or modifications are allowed to uniform during the season.
- All uniform bottoms (shorts or pants) must have **no pockets**.
- Personal safety equipment must be worn by each player as designated in the playing rules (e.g., helmets, shoulder pads, mouthguards, shin guards, etc.)
- Parents/guardians are responsible for providing any individual sport-specific equipment outlined in the playing rules (e.g., cleats, shin guards, mouthguards, etc.)
- Proper footwear must be worn as specified in the playing rules.
- **No baseball caps/billed hats** are allowed to be worn during practices or games.
- **No jewelry** is allowed to be worn during practices or games.

Equipment

- The district provides each volunteer coach with basic sports equipment (balls, cones, pinnies, pump, whistle, first aid kit, etc.) to conduct team practices.
- Coaches are responsible for returning all district equipment loaned to them within two weeks after the final game.
- If equipment is not returned during this timeframe, coaches will be billed for the current replacement value of the equipment; if equipment is returned the balance will be removed.

Pictures

- The district will schedule a designated photographer for team and individual pictures each season.
- Teams are required to use the district's designated photographer for team and individual pictures.
- Coaches will be provided with several dates/times to choose from and will be filled on a first-come, first-served basis.
- Pictures are optional and not included in registration fees; photos are purchased directly through the designated photographer.

Transportation

- The district does not provide transportation to youth athletic programs; it is the responsibility of parents/guardians to transport participants to and from practices and games.
- The district prohibits volunteer coaches from transporting participants, other than their own, to and from practices and games.

Program Evaluations

The district values and encourages feedback on all programs. The district provides volunteer coaches will an opportunity to provide formal feedback through its *Youth Athletic Volunteer Coach Survey* at the end of each program. The district uses this information to learn how it is doing, how it can improve, and inform decision on future programs.

Parent/Guardian Information

Parents are an important part of their child's youth athletic experience. SPRD encourages parents to be involved with their child's team and take an active and positive role as a coach, team parent, or official. If you are interested in learning more about how you can be involved, please speak with your team's coach, or contact the program coordinator. We love to have parents involved!

Parent/Guardian's Role

Parents are vital to the success of SPRD youth athletics. As a parent, it is your role to become familiar with the district's program philosophy, and parent expectations, and to understand the important role you play as a youth sports parent in your child's physical and mental development. The parent's primary role is to:

- Get your child to practice and games on time.
- Be a positive role model and demonstrate good sportsmanship.
- Motivate your child to be engaged and participate.
- Help your child through practice and assist the coach as needed.
- Provide positive support and feedback.
- Learn the rules of the game.
- Focus on LEARNING, PARTICIPATION, EFFORT & FUN!

Communication

- Parents are expected to communicate with coaches and district staff on all issues related to youth athletics.
- Parents are expected to inform their coach if their child will **not** be at practice or games.
- Parents are encouraged to ask their coach if they can help and assist with the team.
- Parents are expected to discuss issues and concerns with their coach in a related to their child in a private setting. Coaches and parents are encouraged to wait 24 hours prior to discussing issues and concerns unless it is a matter of safety. Do not discuss issues and concerns in a crowd or in front of other parents or players; do not confront your coach before or during practice or games.
- Parents are expected to discuss issues and concerns about their coach, program philosophy, and program policies with the program coordinator. Parents should wait 48 hours before contacting the program coordinator to discuss their concerns unless it is a matter of safety.
- Work collaboratively with the coach on disruptive behavior and disciplinary issues related to **YOUR** child.

Parent Expectations

To create the best possible experience for all youth involved in our programs, it takes the cooperation of everyone involved, including players, coaches, officials, parents, and league administrators. For our youth athletic programs to be successful and provide a positive and enjoyable experience for all, SPRD has adopted and implemented the following guidelines. Parents have the following responsibilities and expectations when participating in an SPRD youth athletic program:

- Ensure your child gets the most out of their playing experience. Show your unwavering support, including positive reinforcement of your child's performance and effort. Enjoy watching your child and others participate and learn. Focus on LEARNING, PARTICIPATION, EFFORT & FUN!
- Support your coach and their decisions. Coaches volunteer their personal time to spend with and teach **YOUR** child.

- Be a positive role model and show proper sportsmanship; be respectful of all players, coaches, parents, officials, and staff.
- Make positive and encouraging comments to all players and teams.
- Refrain from negative comments and actions; never criticize a child for making a mistake. Mistakes are part of the learning process.
- Control your emotions.
- Discuss your child's experience with them. Ask if they are having fun. Why are they having fun? If not, why?
- Refrain from using alcohol, tobacco, and other drugs at all youth athletic programs.
- Report abusive or suspicious behavior to program administrators. Staff cannot be at all practices and games for all teams. It is essential for the safety of our programs and the children who participate in them for parents to speak up.

Disciplinary Actions

The following actions will be taken for any parent who violates parent expectations and/or program policies:

- *1st offense:* Verbal and/or written warning
- *2nd offense:* 1 to 2-week suspension from **ALL** district youth athletic programs.
- *3rd offense:* Suspension for the remainder of the season and up to one year from **ALL** district youth athletic programs.

Player Information

Player's Role

Players are the heart and soul of our youth athletic program! It is the role of each player to demonstrate good sportsmanship, follow instructions, have a good attitude, put forth their best effort, learn and HAVE FUN!

Player Expectations

To create the best possible experience for all youth involved in our programs, it takes the cooperation of everyone involved, including players, coaches, officials, parents, and league administrators. For our youth athletic programs to be successful and provide a positive and enjoyable experience for all, SPRD has adopted and implemented the following guidelines. Players have the following responsibilities and expectations when participating in an SPRD youth athletic program:

- Be present and on time for practice.
- Have a positive attitude and always give my best effort.
- Practice good sportsmanship and be respectful of other players, parents, coaches, and officials.
- Be a team player - support and encourage my teammates and other players.
- Encourage their parents to be involved.
- Learn and have FUN!

Parent/Guardian Code of Conduct

All parents/guardians are expected to adhere to the following *Parent/Guardian Code of Conduct*:

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Code of Conduct for Parents/Guardians:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Code of Conduct for Coaches.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I will remember that the game is for youth - not for adults.
- I will do my very best to make youth sports fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.

Enforcement

SPRD is dedicated to providing a youth sports experience that is positive, safe, and provides learning opportunities for all participants. In the event a parent/guardian violates the *Parent/Guardian Code of Conduct*, the following actions may be taken depending on the severity of the infraction:

- Verbal discussion and warning
- Written warning
- Probation
- Suspension (single-game or multi-game) and meeting with SPRD staff.
- Seasonal suspension and meeting with SPRD staff.
- Indefinite suspension

Player Code of Conduct

All players are expected to adhere to the following *Player Code of Conduct*:

I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following this Players' Code of Conduct:

- I will encourage good sportsmanship from fellow players, coaches, officials, and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials, and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment that is free from drugs, tobacco and alcohol and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it is important to me.
- I will do my very best in school.
- I will remember that sports participation is an opportunity to learn and have fun.

Enforcement

SPRD is dedicated to providing a youth sports experience that is positive, safe, and provides learning opportunities for all participants. In the event a player violates the *Player Code of Conduct*, the following actions may be taken depending on the severity of the infraction:

- Verbal discussion and warning
- Written warning
- Probation
- Suspension (single-game or multi-game) and meeting with SPRD staff.
- Seasonal suspension and meeting with SPRD staff.
- Indefinite suspension

Emergency Procedures

Medical Emergencies

- For injuries and/or accidents that require more than basic first aid, volunteer coaches should **call 9-1-1** for professional medical assistance.
- If medical transportation is required, the parent/guardian is responsible for any costs incurred.
- If 9-1-1 is called, coaches must notify the program coordinator immediately.
- Parents/guardians should notify the district of any pre-existing medical conditions (e.g., allergies, medications, physical limitations, etc.) at the time of registration. The district will inform coaches of any conditions to assist professional medical personnel in the event of an injury or accident.

Concussions

Concussions are a risk while playing any youth sport. All program staff and coaches are required to complete annual concussion training and take the appropriate steps should a concussion occur.

Concussion Procedures

1. All district staff and volunteer coaches are required to complete concussion training through the NAYS/CDC Heads Up program.
2. All parents will receive a [concussion fact sheet](#) at the beginning of each sports season.
3. Additional information for parents and athletes on concussions is available through:
 - a. [NCYS STOP Sports Injuries](#)
 - b. [NFHS Concussion in Sports Training](#)
 - c. [CDC HEADS UP to Youth Sports - Parent website](#)
4. In the event of a head injury during a practice or game:
 - a. Coaches will treat all head injuries, whether in practice or game as if they are concussions.
 - b. For serious head injuries, 9-1-1 will be called for professional medical assistance.
 - c. If a concussion is suspected, the player should be removed from the field of play immediately, monitored, and not allowed to return the rest of the day. **“When in doubt, hold them out.”**
 - d. Parents will be contacted immediately and informed of the head injury.
 - e. Coaches must complete an *Accident/Incident Report* and submit it to the program coordinator as soon as possible and within 24 hours of the injury.

Return to Play Procedures

- If a concussion incident occurs, a player will not be allowed to return to practice or games until they have received written clearance to resume activity from a qualified medical professional.
- The parent/guardians must provide documentation to the program coordinator.
- The program coordinator will inform the participant’s coach that the player has been cleared to resume activity.

Inclement Weather

Delays/Cancellations

The district reserves the right to delay or cancel practices and games at its discretion for the safety of all participants and spectators.

- All efforts will be made to reschedule games in a timely manner.
- Practices may be rescheduled at the discretion of the district.
- The district will make all final decisions regarding program delays/cancellations.
- The district will make every effort to communicate delays/cancellations no later than 2:30 pm on weekdays and 7:00 am on weekends.
- All delays/cancellations will be communicated to volunteer coaches and parents/guardians via email and posted to the [SPRD TeamSideline](#) page.
- Coaches are responsible for contacting their team's parents/guardians to inform them of any delays/cancellations.
- Coaches and parents/guardians are responsible for checking any delays/cancellations.

Excessive Heat

The district is dedicated to the health and safety of all program staff, participants, coaches, parents/guardians, and spectators. During times when the local heat index is 80F or greater, the district and volunteer coaches must take the following actions to reduce heat exposure.

Heat Index	Recommendations/Actions
< 80F	<ul style="list-style-type: none">• Heat index at or below this level provides little danger from heat.• Programs shall operate as normal; no actions are recommended.
80-89F	<ul style="list-style-type: none">• Coaches are encouraged to substitute frequently and remind players to hydrate frequently; coaches should ensure players have access to shade.• Players should have a water bottle for all practices and games.• No change recommended in practice or game duration.• Monitor players carefully and hydrate frequently.
90-104F	<ul style="list-style-type: none">• Coaches and officials should monitor players and substitute players frequently; coaches should ensure players have access to shade.• Players should have a water bottle for all practices and games.• Coaches should provide additional breaks, including a mandatory 10-minute water break for all players following a maximum of 30 minutes of play.• Intensity and duration of programs should be reduced at the discretion of the site supervisor or coaches.• Monitor players carefully and hydrate frequently.
≥ 105F	<ul style="list-style-type: none">• SPRD will cancel all outdoor youth athletics.

Air Quality

The district is dedicated to the health and safety of all program staff, participants, coaches, parents/guardians, and spectators. During times when local air quality moves to an *Unhealthy* or *Hazardous* rating, the district will take actions to reduce exposure under its [AQI Policy](#).

AQI Value	Recommendations/Actions
0-50	<ul style="list-style-type: none"> Air quality is satisfactory and air pollution poses little or no risk. Programs shall operate as normal; no actions recommended.
51-100	<ul style="list-style-type: none"> Air quality is acceptable; there may be a risk for some people, particularly those who are unusually sensitive to air pollution. Programs shall operate as normal; coaches should monitor players, provide modifications, and increase rest periods as needed. Players with asthma should have a rescue inhaler readily available and consult with their healthcare provider. Players with respiratory illness, asthma, lung, or heart disease should monitor symptoms and reduce or cease activity if symptoms arise.
101-150	<ul style="list-style-type: none"> Members of sensitive groups may experience health effects; the public is less likely to be affected. Programs shall be modified; coaches should reduce physical intensity and duration, take additional breaks, and move inside if possible. Players with asthma should have a rescue inhaler readily available and consult with their healthcare provider. Players with respiratory illness, asthma, lung, or heart disease should monitor symptoms and reduce or cease activity if symptoms arise; coaches should provide additional breaks. Programs may be canceled at the discretion of the district.
151-200	<ul style="list-style-type: none"> Some members of the public may experience health effects; members of sensitive groups may experience more serious health effects. SPRD shall cancel all outdoor youth athletics.
> 201	<ul style="list-style-type: none"> Health alert/warning; the risk of health effects is increased for everyone; everyone is more likely to be affected. SPRD shall cancel all outdoor youth athletics.

Thunder/Lightning

- The district will suspend all youth athletic programs for 30 minutes from the last sound of thunder or flash of lightning before resuming play. Any subsequent thunder or lightning will reset the clock and another 30 minutes must pass before play can resume.
- All players, coaches, and spectators should seek immediate shelter.
- If it is deemed play will not resume within one hour of the initial delay, all play will be canceled for the day.

Field Conditions

The district will cancel play whenever field conditions are deemed hazardous and could result in injury to participants or damage to fields. Program staff will inspect and assess the playability of all fields before use and during inclement weather for possible hazards and notify coaches and parents as needed.

Coaches should report any questionable or unsafe field conditions if there is a concern to the program coordinator ASAP and wait for further direction before resuming play.

Harassment, Intimidation & Bullying Policy

Sisters Park & Recreation District is committed to a safe environment free from harassment, intimidation, or bullying for all participants, employees, volunteers, and patrons. Harassment, intimidation, and bullying means any intentional written, verbal, or physical act when such act:

- physically harms a participant or damages the participant's property; or
- has the effect of substantially interfering with an individual's participation; or
- is severe, persistent, or pervasive such that it creates an intimidating or threatening learning/recreational environment; or
- has the effect of substantially disrupting the orderly operation of the program and/or the district.

Harassment, intimidation, or bullying can take many forms including slurs, rumors, jokes, innuendos, demeaning comments, cartoons, pranks, gestures, physical attacks, threats, or other written, oral, or physical actions. "Intentional acts" refers to the individual's choice to engage in the act rather than the ultimate impact of the action.

Counseling, corrective discipline, and/or referral to law enforcement will be used to change the behavior of the perpetrator and mediate the impact on victims. This includes appropriate intervention, restoration of a positive climate, and support for victims and others impacted by the violation. False reports or retaliation for harassment, intimidation or bullying also constitutes a violation of this policy.

Any violation of this policy should be immediately brought to the attention of the coach and program coordinator. If the violation is not resolved by the coach or program coordinator to the satisfaction of the complainant, a formal written complaint to the program supervisor or executive director should be submitted. If the program supervisor or executive director fails to resolve the issue to the satisfaction of the complainant, the matter shall be referred to the board of directors. This will result in a meeting that includes the complainant, program supervisor, executive director, and one or two board members.

The district will investigate all complaints and, if warranted, will develop an approved conduct plan for the perpetrator. The perpetrator will be required to agree to the conduct plan as evidenced by signature. A minor child will be required to have a parent or guardian participate in this process.

The district reserves the right to immediately remove any perpetrator from participation in district activities and programs without recourse if the safety and well-being of others is at issue.

Concussion Information

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no “concussion-proof” helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don't feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to or after a hit or fall
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

Symptoms Reported by Children and Teens

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise

Talk with your children and teens about concussion

Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that it's better to miss one game than the whole season.

Concussions affect each child and teen differently

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What are some more serious danger signs to look out for?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

What should I do if my child or teen has a possible concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

For more information and to learn more about concussions, please visit www.cdc.gov/headsup.

Parent/Guardian & Player Acknowledgement Form

I acknowledge that I have received a copy of the Sisters Park & Recreation District's:

- *Parent/Player Handbook*
- *Parent Code of Conduct*
- *Player Code of Conduct*
- *Concussion Information*
- *Harassment, Intimidation & Bullying Policy*

Further, I understand that it is my responsibility to read and understand the contents of the *Parent/Player Handbook* and discuss all relevant content with the program participant, including the *Player Code of Conduct*, *Concussion Information*, and *Harassment, Intimidation & Bullying Policy*. I understand and agree to abide by and uphold all guidelines, rules, policies, procedures, and expectations established by the Sisters Park & Recreation District. I understand that failure to abide by and uphold all guidelines, rules, policies, procedures, and expectations established for parents/guardians and players may result in removal and dismissal from the program and may prevent me and/or my child from future program participation with the district.

Parent/Guardian Full Name (please print)

Participant Full Name (please print)

Parent/Guardian Signature

Date