

Baystars FC Parent & Player Handbook

“Making a positive impact on the lives of young athletes is the force that drives our organization. Winning’s great, but the lessons and skills learned while training and competing are the seeds for future success in sports and in life.”

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Welcome Players, Parents, Families & Friends

Welcome to Baystars FC! We sincerely hope your involvement in our soccer program will result in positive experiences and memories for you and your children. Baystars FC strives to provide our soccer players with a developmental environment and constructive athletic program. We hope to build our players' self-confidence while enhancing their awareness of the importance of cooperation, teamwork and fair play. We believe Baystars FC offers participants an opportunity to learn a few of life's important lessons, make lasting friendships, and understand the benefits associated with establishing and working toward the fulfillment of goals.

Since we all lead busy lives, we must prioritize the use of our time. You have already made a good choice by involving your family in Baystars FC. Together we can make soccer an enjoyable experience for our children. Much of our club's success depends upon the level of volunteer support the club receives from its parents. The club could not exist without your help. We hope parents will contribute their time and energy in supporting Baystars FC as a reputable soccer program.

Baystars FC values participant, spectator, and visitor safety. We encourage a respectful and enjoyable social environment for all of the club's members. During game day excitement, please remember we are all neighbors, and that soccer is supposed to be both a fun and, more importantly, constructive learning experience for our children. We ask that you remain supportive of your club and your team, respectful to referees, club officials, and other teams, and patient and understanding when concerns arise.

Thank you for being a member of Baystars FC and for your continued support in creating a successful soccer program. We are confident that by following the guidelines suggested in this handbook, you and your child athlete will have a rewarding and fun filled soccer season.

We look forward to seeing you on the pitch!

History & Mission

Mission: Our mission is to create a safe and positive soccer experience for all our players through a competitive atmosphere during games and practices. We will meet this mission by teaching all aspects of the game; physical, psychological, sportsmanship, technical skills and tactical understanding.

History

- 1987: Baystars FC was founded as a travel club
- 1991: Baystars FC, based in the Middle Peninsula area of Virginia, was established with a boys' team playing in the SEVYSA
- 1991: Official jersey colors (Orange & White)
- 1996: Gloucester Baystars Football Club incorporated May 16th, 1996 as a 501c3 non-profit organization.
- 1999: Official jersey colors changed (Carolina Blue & White)
- 2000: Director of Coaching was hired
- 2003: Soccer fields built at Bethel and the Airport
- 2003: Affiliation agreement with WSC
- 2003 – 2007: Baystars/Peace Frogs tournaments
- 2008: Hired Club Administrator
- 2009: MOU with Gloucester County to build a road into Woodville Park (\$60,000 donated to the project)
- 2009: Completed additional soccer fields at Ark Park and Abingdon Park
- 2010: Athletic fields and sand soccer court completed at Woodville Park. A nearly \$500,000 entrance and service road for the park were constructed with grant and donated funds.
- 2012: Inaugural Surf & Turf SoccerFest at Woodville Park
- 2013: Inaugural Bird Day Bash at Woodville Park
- 2013: Baystars FC begins relationship with DC United
- 2014: Baystars FC President Chris Clifford is named VYSA Volunteer of the year for the State of Virginia and the Mid-Atlantic Region.
- 2014: Partner with Global Image Sports and Wolverhampton Wolves
- 2016: Baystars FC acquires 44 acres for future sports complex
- 2018: Baystars Academy established
- 2018: Baystars becomes full member of VYSA

The success of Baystars FC has been built on the hard work and cooperation of its players, coaches, parents and volunteers...the foundation for great things to come.

Club Contacts

Board Officers

President	Field Shepherd	hwlsjr17@cox.net
Vice-President	Brooke Wilson	dunawaybrooke@hotmail.com
Past-President	Pete LeBel	snappadog@aol.com
Treasurer	Mary Updike	baystarstreasurer@gmail.com
Secretary	Katie Duff	duffkatie123@gmail.com

Questions – Who do I ask?

Website: www.baystarsfc.com

Our website provides registration information, team information, club events, team and club news, volunteer opportunities, and many other useful pieces of information. If you are aware of a team or player accomplishment, we want to hear about it. Take a digital photo, include a brief caption and email it to the Club Admin at admin@baystarsfc.com

TEAM APP Phone Application:

Our Team App provides news, teams and rosters, club events, photos, schedules and more. Download Team App from the Apple or Google Play app store, sign up, and you will be sent an email to confirm your registration. Log into the App and search for Baystars FC. Choose your application access group.

Social Media: Baystars FC is on Instagram and Facebook: Another great way to keep up with club news and information. Please like us on Facebook!

- www.facebook.com/pages/Baystars-FC-Soccer-Club
- www.facebook.com/pages/Baystars-FC-Surf-Turf-Soccer-Fest

Mailing Address: PO Box 540 Gloucester, VA 23061

Your **Team Manager** is very important and the main contact for all relevant team information. The Team Manager is responsible for team coordinating a variety of activities. The Team Manager can answer questions dealing with non-coaching matters (game and practice times, schedules, directions, uniforms, fees, etc.). If your Team Manager does not know the answer, she or he will either find out or direct you to the proper person to ask. Team Managers cannot set or change Baystars FC policy. Team Managers will not be asked to resolve any player, parent or coaching issues, nor are they authorized to do so.

The **Club Administrator** deals with a large variety of off-field matters for the Club as a whole. The Club Administrator is the “go-to” person for all matters except coaching questions.

Coaching questions and on-field concerns are first directed to the coach assigned to your team. Next in line is the **Director of Coaching (DoC)**. The DoC will report to the Board of Directors if unable to answer a question or satisfy a concern. When questioning your child’s coach, please be observant of the coach’s schedule. Additional, if there are concerns about playing time and training techniques, we encourage waiting at least 24 hours after the game or session that prompted the concern.

Baystars FC Year at a Glance

January

Indoor season begins

February

Indoor games continue

Spring registration and practices begin

Optional President's Day Tournament

Season fees need-based scholarship application due (45 days prior to the spring season)

March

Club-wide work day

Spring season begins

Clean Gloucester Day

April/ May

Fall Registration Night

Spring season continues

Gloucester Daffodil Festival Parade participation

Healthy Living Day

Tryouts for the Fall season

June

Baystars FC Surf & Turf SoccerFest

Wolverhampton Wolves Player ID Camp

Optional Virginia Beach National Sand Soccer Tournament

July

Optional Conditioning Sessions

Season Fees need-based scholarship application due (45 days prior to Fall Season)

August

Club-wide work day

Fall practices begin

Season Kick-Off Tournament

September

Fall season begins

Team Pictures

Guinea Jubilee Parade

October

Fall season continues

Optional Virginia Presidents Cup Tournament

Columbus Day Tournament

Participation in the Haunted Trail at Beaverdam Park

Clean Gloucester Day

November

Fall season continues

Skills Day for Winter & Spring Season

Bird Day Bash

December

Indoor practices begin

Gloucester Holiday Parade

Participation Awards Ceremony

Expectations of the Player

- Be prepared for all training sessions and games by bringing:
 - Proper uniform for training and games
 - Proper inflated soccer ball of correct size and a water bottle
 - Proper shoes
 - Cleats for league games and practices
 - Indoor soccer shoes for indoor or futsal games and practices
 - Proper shin guards
 - Unaltered shin guards covered fully by socks are required for every game and practice
- Additional training sessions are optional and should be requested through your core team coach and approved by the DoC. Opportunities to train with different players, coaches and older age groups are great opportunities that players should embrace.
- Opportunities to guest play for team should be approved by your core team coach, guest team coach, and by the DoC.
- All players are required to attend and arrive 30 – 60 minutes prior to game kickoff for team warm-up (exact time up to coach's discretion).
- Players are expected to shake hands with opposition team members and thank game officials.
- Players are encouraged to participate in club events and activities such as yearly tryouts, fundraisers, community service projects, clinics, etc.
- Players are to be on their best behavior while representing Baystars FC during training sessions, games and tournaments.

THE BAYSTARS FC PLAYER WILL BE ACCOUNTABLE FOR HIS/HER ACTIONS. (See Player Code of Conduct)

Player Code of Conduct

In order to ensure the principles of sportsmanship, fair play, and mutual respect among players,

coaches, officials, and spectators, the following Player Code of Conduct has been established. It is the obligation of all program administrators, coaches, parents, and players to create an environment that promotes this objective. It is a privilege to play on a competitive traveling soccer team. Players are expected to conduct themselves at all times in a manner which positively represents Baystars FC and will not bring discredit upon the Club.

1. Play the game for the game's sake. Be generous when I win.
2. Be graceful when I lose. Good losers earn more respect than bad winners.
3. Be fair always, no matter the cost. Convey a positive attitude toward my teammates, coaches and trainers. My true strength of character is displayed on the field.
4. Obey the laws of the game. Never intentionally attempt to cause injury.
5. Work for the good of the team. Give 100% best effort at all times.
6. Accept the decisions of the officials with good grace. Show respect for the authority of the referee and do not speak directly to him/her for any other purpose than respectfully requesting instruction.
7. Believe in the honesty of my opponents. Treat other players as I would like to be treated. Understand that soccer is a game, and that the players on the other team are my opponents, not my enemies.
8. Conduct myself with honor and dignity. Always control my temper and not retaliate, even if I disagree with a decision. Displays of temper are not be tolerated on the field or in the playing area.
9. Never address remarks at opposing coaches, players, referees and spectators (except for genuine friendship, respect or in response to a question by a referee).
10. Attend all possible games and practices. I understand that I must contact my Head Coach or Team Manager if I am unable to attend practice. I further understand that unexcused absences from practices or games may result in loss of playing time.
11. Make all efforts to provide a 24-hour notice if I am unable to attend a game.
12. Arrive on time to all games and practices.
13. Practice on my own, come prepared to learn, and give my coaches and trainers my complete attention.
14. Help my parents and fans understand the laws of the game so they can watch and enjoy the game better.
15. Never use or possess tobacco, alcohol, or illegal/performance enhancing drugs.

Player/s Name (print) _____

Today's Date: _____

Player/s Signature _____

Procedures for Dealing with Violations of the Baystars FC Players Code of Conduct

Demonstrations of behavior in direct violation of the Code of Conduct will be dealt with by Baystars FC.

Violence or conduct in violation of the rules of the game including the combination of caution offenses by individual league rules that cause a player to sit out a game will be handled by Baystars FC in conjunction with the disciplinary standards set forth by the VSLI, VYSA, TASL, and US Club Soccer.

1. The DoC will Chair a Disciplinary Committee comprised of 2 Club Board Members.
2. Baystars FC, at its discretion, may recommend that a player be suspended from participation in league activities while investigating and contemplating any action.
3. The Disciplinary Committee will verify details of the complaint, including interviewing the person or persons who have made the complaint, as well as any witnesses who may have observed the incident.
4. The Disciplinary Committee will contact the player & parent involved within 2 days asking for his/her version of the incident. The player & parent will have 2 days to respond.
5. The Disciplinary Committee will meet within 2 days to determine if disciplinary action should be taken.
6. If the allegation is determined to be accurate the player, parent & coach will be notified verbally and in writing of the Committee's decision. Based on the nature and severity of the offense, and depending on whether this represents a repeat offense, disciplinary actions may range from:
 - a) Official warning / clarification of expected conduct
 - b) Partial game suspension
 - c) Full Game suspension
 - d) Multiple game suspension
 - e) Suspension for the remainder of the Fall and/or Spring Season
 - f) One-year suspension
 - g) Permanent ban from Baystars FC

The penalties will be issued based upon the judgment of Disciplinary Committee in the overall best interests of the athlete, the sport, and the club.

Parent Code of Conduct

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and

good citizenship. The highest potential of sports is achieved when competition reflects these Six Pillars of Character. I therefore agree:

1. I will remember that children participate to have fun. The game is for youth, not adults.
2. I will communicate with my child's coach about any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will make every effort to have my child attend practices and games and will communicate with my child's coach or manager if my child will be late or absent.
4. I will learn the rules of the game and the policies of the league. Knowing the rules of the game will help with development and will help to minimize disagreements.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players (on both teams), coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage behaviors/practices that endanger the health or wellbeing of the athletes.
8. I will explain to my child to play by the rules and resolve conflicts without hostility or violence.
9. I will explain to my child to treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will explain to my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will not ridicule or yell at my child, or others, for making a mistake or losing a competition.
12. I will be welcoming to all team families on and off the field. Minimize gossip and criticism of teammates, other players and coaches.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
15. I will demand a playing environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at games.
16. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
17. I acknowledge that the coach of my child's team is responsible for my behavior and I will therefore respect the coach's authority.

Parent/s Name (print) _____ Today's Date: _____

Parents/s Signature _____

Procedures for Dealing with Violations of the Baystars FC Parents Code of Conduct

In the event that a parent violates the Code of Conduct, or engages in behavior at practices or games that the Coach deems inappropriate and detrimental to any of the players, officials or the team as a whole, the Coach may take any of the following actions:

1. Immediate removal of the player of that parent from the practice or the game.
2. Removal of the offending parent from the practice or game sideline.

Demonstrations of behavior that are in direct violation of the Code of Conduct will be dealt with by Baystars FC in conjunction with disciplinary standards set forth by VSLI, VYSA, TASL, and US Club Soccer.

1. The DoC will Chair a Disciplinary Committee comprised of 2 Club Board Members.
2. Baystars FC, at its discretion, may recommend that a parent be suspended from attending or participation in team activities while investigating and contemplating action.
3. The Disciplinary Committee will verify details of the complaint, including interviewing the person or persons who have made the complaint, as well as any witnesses who may have observed the incident.
4. The Disciplinary Committee will contact the parent involved within 2 days asking for his/her version of the incident. The player & parent will have 2 days to respond.
5. The Disciplinary Committee will meet within 2 days to determine if disciplinary action will be taken.

If the allegation is determined to be accurate the parent & coach will be notified verbally and in writing of the Committee's decision. Based on the nature and severity of the offense, and depending on whether this is a repeated offense, disciplinary actions may range from:

- a) Official warning / clarification of expected conduct
- b) Partial game suspension
- c) Full Game suspension
- d) Multiple game suspension
- e) Suspension for the remainder of the Fall and/or Spring Season
- f) One-year suspension
- g) Permanent ban from Baystars FC

The penalties will be issued based upon the judgment of Disciplinary Committee in the overall best interests of the athlete, the sport, and the club.

Coaches Code of Conduct

Coaches are key to establishing and upholding the ethics in soccer. Their concept of ethics and their attitude directly affect the behavior of players under their supervision. Coaches are, therefore, expected to pay particular care to the moral aspect of their conduct. Coaches have to be aware that almost all of their everyday decisions and choices of actions have ethical implications.

It is natural that winning constitutes a basic concern for coaches. This code is not intended to conflict

with that. However, the code calls for coaches to disassociate themselves from a win at-all-costs attitude. Increased responsibility is requested from coaches involved in coaching young people. The health, safety, welfare and moral education of young people are a first priority, before the achievement or the reputation of the club, school, coach or parent.

1. Coaches must respect the rights, dignity and worth of every person and treat each equally within the context of the sport, regardless of gender, place of origin, race, sexual orientation, political belief or economic status.
2. Coaches must place the well-being and safety of each player above all other consideration, including the value of winning.
3. Coaches must adhere to all guidelines laid down by governing bodies.
4. Coaches must direct comments or criticism at performance rather than the athlete.
5. Coaches must not exert undue influence to obtain personal benefit or reward.
6. Coaches must encourage and guide players to accept responsibility for their behavior and performance.
7. Coaches must ensure that the activities they institute are appropriate for the age, maturity, experience and ability of the players.
8. Coaches must cooperate fully with other specialists (e.g. other coaches, officials, sports scientists, doctors, physiotherapists) in the best interests of the player.
9. Coaches must always promote the positive aspects of the sport (e.g. fair play) and never condone violations of the Laws of the Game, behavior contrary to the spirit of the Laws of the Game or relevant rules and regulations, or the use of prohibited substances or techniques. They must promote the concept that soccer is merely a game, and that players and coaches on other teams are opponents, not enemies.
10. Coaches must consistently display high standards of behavior and appearance. They must teach and practice good sportsmanship and fair play by personally demonstrating commitment to these virtues.
11. Coaches should not use or tolerate inappropriate language.
12. They should maintain control of their emotions and avoid actions and/or gestures that may be interpreted as hostile and humiliating.
13. Coaches must regularly seek ways of increasing professional development and continuing coaching education.
14. Coaches must respect the coaches and players of the opposing team before, during, and after the game. They should teach each player, especially through personal example, to be humble and generous in victory and proud and courteous in defeat.
15. Coaches must respect the game officials at all times. They should refrain from questioning game officials' decisions or challenging their authority.
16. Coaches must ensure that fans of his or her team exhibit sportsmanship and maturity and assist league and game officials in maintaining control of spectators during games.

Coaches Name (print) _____

Today's Date: _____

Coaches Signature _____

Procedures for Dealing with Violations of the Baystars FC Coaches Code of Conduct

In the event that a coach violates the Code of Conduct, or engages in behavior at practices or games that the referees, parents, players, or other coaches deems inappropriate and detrimental to any of the players, parents, officials, or the team as a whole Baystars FC may remove the coach from the practice or game sideline.

Repeated demonstrations of behavior that is in direct violation of the Coaches Code of Conduct will be dealt with by Baystars FC. Violence or conduct in violation of the Coaches Code of Conduct will be handled by Baystars FC in conjunction with the disciplinary standards set forth by the VSLI, VYSA, TASL, and US Club Soccer.

1. The DoC will Chair a Disciplinary Committee comprised of 2 club members.
2. Baystars FC, at its discretion, may recommend that a parent be suspended from participation in league activities while investigating and contemplating any action.
3. The Disciplinary Committee will verify details of the complaint, including interviewing the person or persons who have made the complaint, as well as any witnesses who may have observed the incident.
4. The Disciplinary Committee will contact the parent involved within 2 days asking for his/her version of the incident. The player & parent will have 2 days to respond.
5. The Disciplinary Committee will meet within 2 days to determine if disciplinary action will be taken.

If the allegation is determined to be accurate the coach will be notified verbally and in writing of the Committee's decision. Based on the nature and severity of the offense, and depending on whether this represents a repeat offense, disciplinary actions may range from:

- a) Official warning / clarification of expected conduct
- b) Partial game suspension
- c) Full Game suspension
- d) Multiple game suspension
- e) Suspension for the remainder of the Fall and/or Spring Season
- f) One-year suspension
- g) Permanent ban from Baystars FC

The penalties will be issued based upon the judgment of Disciplinary Committee in the overall best interests of the athlete, the sport, and the club.

Registration, Payments, and Fees

1. Baystars FC registration takes place following the Spring Tryouts.
2. Baystars FC fees can be found on the website.
3. The first payment of \$100 (non-refundable) is required upon acknowledging of the Codes of Conduct when completing registration online. In case of injury, a partial refund will be

considered on a case-by-case basis.

4. Placement on the roster is not complete until the Codes of Conduct paperwork and \$100 Commitment Fee are completed.
5. Checks should be made payable to Baystars FC, mailed to PO Box 540 Gloucester, VA 23061.
6. "Payment due" reminder emails will be sent one time per month.
7. Checks returned for insufficient funds will be charged a \$30 fee.
8. Baystars FC reserves the right to invoke the "*no pay no play*" policy when the player is not in good financial standing. Players will be ineligible to participate in Baystars team practices, games and tournaments until payment is received. We realize that emergencies can arise that may result in a financial strain on the family, and in order to keep the player from being ineligible, parents must contact the club administrator.
9. Payment plans are offered for season fees and can be found on the website.
10. Scholarship applications for season fees can be found on the club website. Complete applications are due 45 days prior to the start of a season.
11. Scholarship recipients are required to complete 3 hours of volunteer service to the club per every \$100 of assistance.

Season fee include, but not limited to:

1. Tournaments fees
2. League play and fees
3. Practice sessions
4. VYSA/US Club soccer state fees
5. Field lighting
6. County Park Ranger attendant fees
7. Player passes
8. Insurance
9. Background checks for club staff
10. Coach Training
11. Coach Certification
12. Coaching Fees
13. Guest coaches at practices
14. Administrator Fees
15. Team equipment
16. Field Maintenance (Goals, nets, flags, paint, equipment)
17. Field cutting and seeding
18. Accountant
19. Advertising
20. Bird Day Bash & Surf n Turf

Exclusions:

1. Indoor League and Tournaments
2. Camps
3. Uniforms (Typically cycled every 2 years)
4. Personal travel expenses

Uniforms

The uniform kit is not included in the registration fee. Players will purchase a uniform kit composed of 2 jerseys, 1 short, and 1 pair of socks.

Travel & Tournaments

Travel is a big component of our program. Traveling allows our players to compete against a wide variety of teams and participate in higher quality games than can be had if we continuously played against our neighbors. Another benefit of travel is the team and Club bonding that naturally occurs as players and their families spend off- field time together.

A tournament is included in the Baystars FC player fee. The DoC and Board will determine which tournament to participate in. Baystars teams may participate in additional tournaments if they do not conflict with league games. Baystars FC encourages older teams U15 and above to participate in College Showcases so players can gain exposure to college coaches.

Volunteer Opportunities

Volunteers allow us to provide a successful soccer experience for our players. Every parent is encouraged to volunteer for the Club. Many opportunities exist, such as:

1. Surf & Turf SoccerFest and Bird Day Bash Committees: At these tournaments, volunteers staff the concessions stand, direct traffic/parking, field marshals, referee, register teams, etc.
2. Fundraising/Marketing
3. Building and participating in skits for the Haunted Trail at Beaverdam Park
4. Building floats for the Christmas and Daffodil Parades
5. Field Maintenance: Field Day prior to the Fall & Spring seasons, revitalization of the fields and goals for the upcoming season: Woodville Park & Bethel Complex
6. Team Managers: Each team has a manager who takes care of the team. The manager handles player cards and game papers, conducts communications for the team and works closely with the Team Coach and Club Administrator.
7. Coaches Wanted: If you enjoy working with kids, love the beautiful game, believe in and can teach good sportsmanship, we can provide the rest. To sign up for coaching, contact our DoC.

***All volunteers are required to complete a background check and additional trainings.*

Fundraising

Baystars FC is a non-profit 501(c)(3) organization. Registration fees cover the majority of operating expenses. The remaining operating costs, capital equipment and scholarship fund are covered by our fundraising activities.

Baystars FC teams are encouraged to raise funds in order to lower team expenses. Fundraising monies may be utilized to cover the cost of travel, tournaments, team parties, and other expenses as

determined by individual teams.

Fundraising Policy, Procedures, and Pre-Approved Activities can be found on baystarsfc.com.

Safety

Safety Reminders:

1. Your child is your responsibility right up to the beginning of practice and immediately on conclusion of the session. Please be prompt on both ends. Make note that tournaments require additional responsibilities.
2. Establish the “Buddy System” with your child and another player when traveling and using restrooms at games and training. This pertains more to the U11-U16 age groups.
3. Become familiar with your team’s players and parents, the club’s coaches and DoC.
4. Make notice of poor field conditions. Please report any dangerous field conditions, including away fields, to a Baystars FC representative.
5. Parents and chaperones are responsible for their respective players when traveling.
6. Be aware of your surroundings. Do not become complacent.
7. Adhere to the weather policy.
8. Hydrate...hydrate....hydrate

Insurance coverage and Medical injuries

GENERAL INSURANCE INFORMATION

Baystars FC is a member of VYSA (Virginia Youth Soccer Association) As a benefit of membership, soccer players, coaches, officials and other registered members receive the protection of Bollinger's Soccer Insurance Program for their soccer activities.

Who is Covered?

Under the **General Liability** policy, the following are covered as Named Insureds: the Association and its member teams and leagues; all registered players and players participating in try-outs; all member coaches and officials; volunteers of the team or league and other participants affiliated with the Association. The **Accident Policy** covers: all registered players and players participating in try-outs; member coaches and officials; volunteers and other participants directly affiliated with the Association. Covered Activities Registered members and volunteers are covered when participating in the following covered activities:

- Scheduled games, team practice sessions and sponsored activities, provided that they are under the direct supervision of a team official; or tournaments sanctioned by the Association, as a member of a contestant team.
- Group travel directly to or from such scheduled practices, games or sponsored activities is covered under the Accident policy. The Liability policy provides Hired/Non-owned auto liability

only for the official business of the Association.

- No coverage is provided under the Liability policy for parents, coaches or volunteers using any automobile to transport team members or volunteers to any practice, game or activity.

Parent / Athlete Concussion Information

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- Most concussions occur without loss of consciousness
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

What are the signs and symptoms of concussion? Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Signs observed by coaching staff: Appears dazed or stunned, is confused about assignment or position forgets an instruction, is unsure of 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 hit or fall, can't recall events after hit or fall. Headache or “pressure” in head.

Signs reported by athlete: nausea or vomiting, balance problems or dizziness, double or blurry vision, sensitivity to light or noise, feeling sluggish, hazy, foggy, or groggy. Concentration or memory problems, confusion, just not “feeling right” or “feeling down”.

Concussion Danger Signs: In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea

- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

Why should an athlete report their symptoms? If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

What should you do if you think your athlete has a concussion? If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

It's better to miss one game than the whole season.

For more information visit: www.cdc.gov/Concussion
(Watch the "Heads Up" video while visiting the CDC Website.)

Dangerous Weather Guidelines

Lightning: What You Need to Know

- NO PLACE outside is safe when thunderstorms are in the area!!
- If you hear thunder, lightning is close enough to strike you.
- If thunder is heard during practice or a game, players will immediately move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Players will stay in safe shelter at least 30 minutes after the last sound of thunder.

Last Resort Outdoor Risk Reduction Tips

If you are caught outside with no safe shelter anywhere nearby the following actions may reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- Never lie flat on the ground
- Never shelter under an isolated tree
- Never use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (standing ground water, barbed wire fences, power lines, windmills, etc.)

*Visit the National Weather Service <http://www.lightningsafety.noaa.gov/tips.shtml> website for more information on lightning safety.

Every effort is made to hold practices and games as scheduled; in the event of inclement weather the following procedures will be used:

- Baystars FC will update teams and players within our club about possible cancellations.
- Check the VSL website and rainout numbers for League updates accordingly.
- www.vasoccerleague.com/home/
- VSL RAIN HOTLINE: 757-886-5092
- A referee may suspend or terminate a match due to weather conditions; i.e., lightning, rain, fog, fields becoming unplayable in the opinion of the referee, etc. before or during a match. Under these conditions, the referee's decision is final. If at least one half of the match has been played, the match shall be deemed complete and the score shall stand.
- If a session or game is cancelled or postponed due to lightning, all players and parents must go to their cars immediately and wait for notification from your coach or manager.
- In the event a training session is cancelled due to weather, individual team coaches may provide additional training sessions if facilities are available.

Heat Illness (Heat Exhaustion, Heat Cramps)

- Remove from training and source of heat
- Cool in a shaded area using ice towels
- Provide access to fluids/electrolytes and encourage rehydration

Exertional Heat Stroke

- Is a medical emergency
- Immediately call EMS (911) and prepare hospital for heat related emergency
- Athlete may have confusion or altered mental status and a rectal temperature >104°F

- Remove excess clothing/equipment and immediately begin cooling the athlete by placing them in an ice-water-tub.
- If no tub is present, rotate cold wet ice towels (every 2-3 minutes over the
- entire surface of the body or as much as possible

Baystars FC follows the [U.S. Soccer Heat Guideline recommendations](#),

Questions regarding any safety related topic, can be directed to the Safety Officer, Joe Lenderman, at joefirestopper@gmail.com.

Links and Resources

The following is a list of resources for Baystars FC families:

[Club website](#)

[Schedules, fields, weather etc.](#)

[Virginia Youth Soccer Association](#)

[Rules or Laws of the game](#)