

**Waterloo Leisure Services
 Coaches Guide**

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Introduction To The Waterloo Leisure Services Department

Mission Statement

The City of Waterloo Leisure Services Department is dedicated to improving the quality of life for all citizens by providing the best possible recreational activities, special events, facilities, and services that encourage lifelong learning, fitness and fun. The department strives to provide an enjoyable outdoor environment with top quality parks, preserves, golf courses, recreational trails, and a healthy urban forest resource.

Philosophy

It is our philosophy that the enjoyment of the game is what is important to our most valued customers, the children! When the game ceases to be fun, it ceases to be a game. All of our programs feature a competition as a child advances to the next age group, we urge and insist coaches not put pressure on children to win, but attempt to teach them to play to the best of their ability. A successful season is not based on how many games are won, but one where a child improves their skills, learns new skills and is excited to play again next year! Adults should make every effort to set a proper example of exemplary sportsmanship by their actions. We strive for our most important customer to have a fun and exciting season!

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Job Description

As a volunteer coach you are the most important person in our organization. You determine the kind of experience our athletes have with sports. We are committed to the principles of Positive Coaching. We expect our coaches to be "Double Goal Coaches" who want to win and help players learn "life lessons" and positive character traits from sports. Coaches should model and teach their players to honor the game. The Waterloo Leisure Services Department would like all of our volunteer coaches to teach the elements of ROOTS. ROOTS respect for: Rules, Opponents, Officials, Teammates, and one's Self.

Standards For Youth Sports

Standard #1 - Proper Sports Environment

Parents must consider and carefully choose the proper environment for their child, including the appropriate age and development for participation, the type of sport, the rules of the sport, the age range of the participants and the proper level of physical and emotional stress.

Standard #2 - Programs Based On The Well-being Of Children

Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children.

Standard #3 - Drug, Tobacco & Alcohol-free Environment

Parents must encourage a drug, tobacco and alcohol-free environment for their children.

Standard #4 - Part Of A Child's Life

Parents must recognize that youth sports are only a small part of a child's life.

Standard #5 - Training

Parents must insist that coaches be trained and understand the philosophy of the Waterloo Leisure Services Department on youth sports.

Standard #6 - Parents' Active Role

Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league administrator and/or caring parent.

Standard #7 - Positive Role Models

Parents must be a positive role model exhibiting sportsmanlike behavior at games, practice, and home while giving positive reinforcement to their child and support to their child's coaches.

Standard #8 - Parental Commitment

Parents must demonstrate their commitment to their child's youth sports experience by annually signing a parental code of ethics.

Standard #9 - Safe Playing Equipment

Parents must insist on safe playing facilities, healthful playing situations and proper first aid applications, should the need arise.

Standard #10 - Equal Play Opportunity

Parents, coaches, and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.

Standard #11 - Drug, Tobacco & Alcohol-Free Adults

Parents as coaches, fans, and league administrators must be drug, tobacco and alcohol-free at youth sports activities.

Expectations

Coaches Code Of Conduct

- Treat each player as an individual, remembering the large range of emotional and physical development of children within the same age group.
- Conduct organized practices that are both fun and challenging for all players.
- Lead by example in demonstrating exemplary sportsmanship at all times.
- Provide an environment for your team free of drugs, tobacco, and alcohol, and refrain from their use at all events.
- Be as knowledgeable as possible in regard to the rules and necessary skills of each sport you coach.
- Always remember the game is for the children!

Parents Code Of Conduct

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, league administrators, and officials at every contest and practice.
- Place the emotional and physical well-being of your child ahead of your personal desire to win.
- Give full support to coaches and officials working with the children to encourage a positive experience for all parties involved. If you are not a coach, do not attempt to undermine the coach by continuously “coaching “ from the sidelines.
- Demand an environment free of drugs and alcohol and refrain from the use of obscene and/or profane language.
- Always attempt to make the game fun for your child.
- If you have an issue to discuss with the coach, set up a time to discuss the topic rather than approach the coach during or directly after a game or practice.
- Insist that you and your child treat all players, coaches, fans, officials and league administrators with respect.
- Help your child enjoy the youth sports experience by volunteering to coach, providing transportation to other team members, or bringing game treats.
- Except for in the case of serious injury, there is never a reason for a non-coaching parent to enter the field of play.

Players Code Of Conduct

- Demonstrate good sportsmanship and encourage the same sportsmanship from fellow players, coaches, officials, administrators and parents.
- Attend every game and practice or notify your coach well in advance if you can't make it.
- Listen and learn from your coaches.
- Treat all coaches, players, officials and league administrators with respect.
- Understand that your teammates are counting on you to be at games and practices in order to ensure a good practice and to avoid the forfeiture of games.
- You deserve to have fun during your sports experience and need to alert your parents, guardian or coach if it ever stops being fun.
- You deserve to play in an environment free of drugs, tobacco and alcohol.
- Encourage your parents to be involved with your team in some capacity because it is important to you.
- Always remember that sports are an excellent opportunity to learn and have fun.

