

# 2011-2012 YOUTH SOCCER MANUAL





**YOUTH SOCCER PROGRAM 2011-2012**

**UNDER THE DIRECTION OF THE**

**TALLAHASSEE PARKS, RECREATION &  
NEIGHBORHOOD AFFAIRS DEPARTMENT**

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**TALLAHASSEE PARKS, RECREATION AND NEIGHBORHOOD  
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2011-2012**

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**TALLAHASSEE PARKS, RECREATION & NEIGHBORHOOD AFFAIRS**  
**DEPARTMENT SOCCER PHILOSOPHY**

The goal of the Tallahassee Parks, Recreation & Neighborhood Affairs Department is to provide a fun, exciting and satisfying recreation soccer program for as many children as possible.

In addition to teaching the physical skills and techniques of the game, we ask that you work with the social and emotional development of the children by emphasizing self-discipline, cooperation, responsibility and most of all, good sportsmanship.

Our rules are written to encourage participation and enjoyment by all, rather than a strictly competitive, win-at-all costs program. We hope that you will measure "success" not simply in terms of team victories, but also, in the real enjoyment of playing a wonderful sport and having a great time!

Here's to a good season for the kids.

### **ROLE OF THE VOLUNTEER COACH**

The Tallahassee Parks, Recreation & Neighborhood Affairs Department wants to thank you for accepting the responsibility of coaching one of our youth baseball teams. No program can be a success without good leadership.

Please make sure that **all** of your assistant coaches complete the Volunteer Coach form before providing **any** assistance; return these forms to your Supervisor immediately.

The sport will take many hours and you will serve without pay, but your job is important. You will be building the moral fiber, mental health and physical strength of young players who will be the citizens of tomorrow.

These players are at a most impressionable age and the training you give them, good or bad, will have a lasting effect on their young lives.

For some, playing on your team may be their only contact with organized sports. We know you will want them to remember it as a pleasurable and meaningful experience.

A successful experience for youth of this age in a developmental sports program is to have an opportunity to participate and enjoy (have fun) doing the activity. If each participant perceives the activity in this fashion they will be at the height of their "teachable" moments. This is when they are prepared and interested in learning about the activity and will strive to enhance their abilities and skills.

Please remember, "You can't make a youngster have fun." You must use your expertise to provide the atmosphere for enjoyment and the rest will follow.

Without your help, this program would not be possible. On behalf of the athletes, parents, and the Tallahassee Parks, Recreation & Neighborhood Affairs Department. THANKS!!!!

### **CODE OF CONDUCT**

As a Youth Soccer Coach, we encourage that at all times you will conduct myself as a mature adult and will follow these guidelines of good coaching:

1. No smoking on the field.
2. Reserve constructive criticism for a private moment.
3. Conduct all coaching from designated bench area.
4. Refrain from "running-up" a score against a weak opponent.
5. Refrain from using profanity.
6. Abide by the doctor's decision in all matters of a player's health and injuries and physical ability to play.
7. Never hit, strike or molest any player in any manner in a game or practice situation (Penalty will be removal from the program).
8. Never attempt to make a farce of the game by telling or teaching players unsportsmanlike strategies.
9. Strive always to make every youth activity serve as a training ground for life.
10. Never leave players unattended during or after practices or games. NOTE: If players are not picked up within 15 minutes of activity's conclusion, coaches must contact parents to reemphasize importance of doing so. If the problem persists (beyond a second occurrence) coaches must notify the Parks and Recreation Department and players may be restricted from further participation.
11. Abide by the Rules and Regulations and all decisions of the Tallahassee Parks, Recreation & Neighborhood Affairs Department.

### **YOUTH SOCCER PROGRAM**

Since 1975, the Youth Soccer program has continued to provide area youth with the opportunity to learn and play the world's most popular sport. The basic purpose of our youth soccer program is to develop healthy, law abiding

citizens through constructive leisure activity. The Tallahassee Parks, Recreation & Neighborhood Affairs Department offers 10 age group programs that range from age 5 to 18 as follows:

### **PEE WEE DIVISION**

6 and under coed (5-6 yr old)

The 6 and under division will have a maximum amount of 10 members per team and will field 6-man teams. The 6 and under will use a field of 30 x 20.

#### **Why small-sided games?**

- More time with the coach
- More efficient use of field space
- Children are physically more efficient in smaller space
- It takes less time to score a goal or advance to goal
- Greater success rate for the players
- Children are actively involved for a longer period of time

### **LOWER DIVISION**

8 and under coed (7-8 yr old)

***8 and under girls only (7-8 yr old)***

10 and under coed (9-10 yr old)

***10 and under girls only (9-10 yr old)***

The lower division teams will maintain squads of 10-12 players and field 8-man teams and the size of the field will be approximately 60 yd x 40 yd. These teams will play their games in the neighborhood parks or Tom Brown Park.

### **UPPER DIVISION** - (11 player teams)

11-13 coed

***11-13 girls only***

14-18 coed

***14-18 girls only***

Upper Division teams will consist of 13-15 player rosters and field teams of 11 players. The size of the field will vary according to the facility available, but will approximate regulation size. These teams may have to travel outside their neighborhoods to play their games.

**\*If any league does not have enough registrations to have 11 members on the field, the league administrator will determine to play Super 6 (6 versus 6) or keep the normal 11 per side (see appendix A).**

### **PEE WEE DIVISION: 6 and under**

A. Size of Field - 30 yards long and 20 yards wide.

- (1) Penalty Area – 10 yards wide; 5 yards deep
- (2) Penalty Spot –no penalty spot
- (3) Goal - 12 feet wide; 6 ½' feet high
- (4) Center Circle - 4 yards radius.

B. Length of Game - Four (4) eight minute quarters with a one (1) minute break between quarters and five (5) minute break at the half.

C. Time-outs - None, except for injury. Play is continuous except for out-of-bounds infractions, fouls, goals, and period endings. Play will stop only at the sound of the referee's whistle. The clock stops only for injuries, obvious delays of the game, and to end the period.

D. Number of on-the-field players - Each team will field six (6) players, but will be allowed to play with five if short of players.

E. No Goalies: There are no designated goalies for this age group nor they do wear separate jerseys. A coach may appoint a player to be a "goalie" but this person can't touch the ball with their hands.

F. Maximum number of players on a team roster - Ten players.

- G. Substitutions - Each player must participate in at least one full quarter each half. Substitutions are only allowed between the first three quarters or in case of injury. During the last quarter (4<sup>th</sup>) a coach may substitute any player at any time.
- H. Soccer Ball - 6 and under will use an official size #3 soccer ball.
- I. Equipment - (1) Sneakers or one piece sole composition style cleats. No screw-on or metal cleats allowed. (2) Team jerseys will be supplied by the Tallahassee Parks, Recreation & Neighborhood Affairs Department and must be visibly worn in the game. (3) Players are cautioned to dress warmly for games on cold days and may wear their team jersey over sweatshirts or jackets. (4) Additional uniform equipment is optional but coaches are asked not to pressure parents. **(5) Shin guards are required.**
- J. Referee - One (1) per game. The referee shall have complete authority over the game and players and may expel any player or coach from the field from using indecent language, unsportsmanlike conduct, or any violation of the rules.
- K. Each team will be asked to supply one volunteer (1) touch line judge to assist with out-of-bounds calls. The head coach will appoint one adult (14 yrs or older) prior to the beginning of the game. This person will meet with the opposing team's line judge and official before the start of the game. The only responsibility they have is to indicate when the ball is out of bounds and to point in the direction of who has possession. The park supervisors will supply each line judge with a flag.
- L. Start of Game - Flip of coin will determine which end of the field each team will defend. **The offensive team starts play by the ball kicked and moved forward.** After the initial contact the same player may not touch the ball again until another player (offensive or defensive) has touched the ball. Defensive team must line up at least **5** yards from the ball on the kick-off and on all free kicks. After 1<sup>st</sup> and 3<sup>rd</sup> Quarters, play resumes where the ball was stopped by the referee.
- M. Side Line (or "Touch line") out-of-bounds - The opposing team will kick-in at spot where the ball crossed completely over the sideline. The player will kick the ball to a teammate from a stationary location on the ground. All kick-ins will follow normal soccer rules where a goal can't be scored directly from a kick-in . The ball must be played by a teammate or someone on the other team before being scored. **All opponents must stand at least 2 yards from the point at which the kick-in is taken.**
- N. End Line Out of Bounds – The goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be four (4) yards away from the ball until it is in play.
- O. Fouls – no caution or send off shall be issued to players. If a child is being too rambunctious then the game official will ask the coach to make a substitution of that player to give the child a chance to calm down before returning. Fighting can result in suspension for the remainder of the season.
- P. Miscellaneous Items:
- There are no penalty kicks or off-sides
  - A team may not score directly from a kickoff or from a kick-in on the touchlines.
  - All free kicks shall be direct, this will keep the game flowing and the attention of the kids.
  - No slide tackles to be allowed in this age group
  - Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform and a medical alert must be taped and may be visible. Hair control devices may be worn on the head if made of a soft material.
- Q. Field Reservations  
For practice at night, we have set aside five locations to be used as practice sites: Messer North, Tom Brown, Meridian, Levy and Meadows.

**Times**

Tom Brown: two practice slots: 5:30-7:00 PM; 7:00-8:30 PM  
Messer North: two practice slots: 5:30-7:00 PM; 7:00-8:30 PM  
Meridian: two practice slots: 5:30-6:45 PM; 6:45-8:00 PM  
Levy: two practice slots: 5:30-7:00 PM; 7:00-8:30 PM

Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information

**Days**

Tom Brown: Monday-Thursday (Fields can't be reserved till after 11/28).

Messer North: Monday-Thursday (available 11/28)

Meridian: Monday-Friday (available 11/21)

Levy: Monday-Friday (available 11/21)

Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information

**How to reserve**

Tom Brown: call 509-3625 and speak to Paula Joyner

Messer North: call 509-3625 and speak to Paula Joyner

Meridian: contact Brian Smatt 891-3837 during the day

Levy: contact Gary Smith 509-4597.

Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information

**Fields Available**

Tom Brown: 5 fields per time slot

Messer North: 3 fields

Meridian: 3 fields

Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information

Levy: 2 fields, priority will be given to Levy Park/Springwood teams

**Notes:**

During December 19-through Jan. 2 there will be no reservations. Fields may used at Tom Brown, Meridian and Messer, however lights will not be available. Reservations will continue on Jan. 4. Teams practice on half fields. Please be courteous to others and share fields if necessary.

**LOWER DIVISION: 8 and under, 10 and under**

A. Size of Field - 60 yards long and 40 yards wide.

- (1) Penalty Area - 20 yards wide; 10 yards deep.
- (2) Penalty Spot - 6 yards from goal line
- (3) Goal - 18 feet wide; 6 feet high
- (4) Center Circle - 8 yards radius.

B. Length of Game - Four (4) ten minute quarters with a one (1) minute break between quarters and five (5) minute break at the half.

C. Time-outs - None, except for injury. Play is continuous except for out-of-bounds infractions, fouls, goals, and period endings. Play will stop only at the sound of the referee's whistle. The clock stops only for injuries, obvious delays of the game, and to end the period.

D. Number of on-the-field players - Each team will field eight (8) players, but will be allowed to play with six if short of players.

E. Maximum number of players on a team roster - Twelve players.

F. Substitutions - Each player must participate in at least one full quarter each half. Substitutions are only allowed between the first three quarters or in case of injury. During the last quarter (4<sup>th</sup>) a coach may substitute any player at any time.

G. Soccer Ball - Under 8 and Under 10 year old will use an official size #4 soccer ball.

H. Equipment - (1) Sneakers or one piece sole composition style cleats. No screw-on or metal cleats allowed. (2) Team jerseys will be supplied by the Tallahassee Parks, Recreation & Neighborhood Affairs Department and must be visibly worn in the game. (3) Players are cautioned to dress warmly for games on cold days and may wear their team jersey over sweatshirts or jackets. (4) Additional uniform equipment is optional but coaches are asked not to pressure parents. **(5) Shin guards are required.** Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform and a medical alert must be taped and may be visible. Hair control devices may be worn on the head if made of a soft material.

I. Referee - One (1) per game. Also each team will be asked to supply one (1) touch line judge to assist with out-of-bounds calls. The referee shall have complete authority over the game and players and may expel any player or coach from field from using indecent language or for unsportsmanlike conduct or any violation of the rules.

Any player receiving a "red" card shall be sent off the field for the remainder of that game and shall be ineligible to play in the next regularly scheduled game of his team. Any player receiving a second red card in one season shall

be suspended from the league for the remainder of the season. Fighting can result in suspension for the remainder of the season.

Any player accumulating a total of three (3) yellow cards during a season shall be required to sit out the next regularly scheduled game of his team. Three yellow cards shall be treated as equivalent to one red card.

- J. Start of Game - Flip of coin will determine which end of the field each team will defend. **The offensive team starts play by the ball kicked and moved forward.** After the initial contact the same player may not touch the ball again until another player (offensive or defensive) has touched the ball. Defensive team must line up at least 10 yards from the ball on the kick-off and on all free kicks. After 1<sup>st</sup> and 3<sup>rd</sup> quarters, play resumes from where the ball was stopped by the referee.
- K. Side Line (or "Touch line") out-of-bounds - All opponents must stand at least 2 yards from the point at which the throw-in is taken. Ball may be thrown in by any player. Player must throw ball in with both hands on the ball and the ball must be delivered from behind and over the head. Some part of both feet must be on the ground either on or outside the touch line. Players will have once chance to throw-in correctly without penalty. The second violation gives the ball to the opposing team at the point of infraction. **All opponents must stand at least 2 yards from the point at which the throw-in is taken**
- L. End Line Out of Bounds - (1) If the ball is last touched by the attacking team, it is a free goal kick for the defending team. This goal kick is taken from the corner of the penalty area, or the goal kick spot. Goal kicks must be kicked out of the penalty area to be in play. It is illegal to play the ball directly back to the goalkeeper unless the ball has first been put into play by clearing the penalty area. Violations result in a re-kick. The opposing side must remain at least 10 yards from the ball when a goal kick is taken. (2) If the ball is last touched by the defending team, the attacking team is awarded a free kick from the corner. The defending team must be no closer than 10 yards from the ball at the time the corner is taken.
- M. Fouls - (1) Major fouls include intentional handling of the ball (use of either hands or arms), use of hands to hold an opponent, push or strike an opponent. Also, use of feet to trip, kick, or jump at on opponent. In addition, use of the body to charge an opponent from the front or behind. After any of these fouls the referee awards a direct free kick to be taken at the point of infraction. The defending team must back off at least 10 yards from the ball. The kicker can score a goal directly from such a kick. **If a major foul is committed by the defending team in its own penalty area, the attacking team is awarded a Direct Free Kick at the edge of the penalty area nearest the point of infraction. The Defense must remain back 10 yards until the ball is in play.** (2) Minor fouls include obstructing an opponent, and "dangerous play". The referee awards an indirect free kick to the team fouled. The kicker cannot score a goal directly -- the ball must be touched by at least one other player (offensive or defensive) for a goal to be counted.
- N. \*Offside - A player is in an offside position when nearer the opposing team's goal line than the ball at the moment the ball is played, unless: 1) that player is in his team's own half of the field; 2) **that player is level with the second to last opponent, or last two opponents;** 3) the ball was last played by an opposing player; 4) the ball is received directly from a goal kick, corner kick, throw in, or dropped ball. The fact that a player is in an offside position does not necessarily cause the official to signal the violation. The player must be gaining an advantage or seeking to do so by being in an offside position. Offside shall be judged upon contact of the ball by the passer when the offender is involved directly in the play or is participating in play. Penalty for offside is an indirect free kick awarded to the defending team from the spot of the infraction. **For all 10 and below groups, it will only be called, "if flagrant."**
- O. Goal Keeper Rule: (1) A goalkeeper in his own penalty area, having released the ball after **six (6) seconds**, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. (2) While any player may enter the penalty area, the goalie may not be molested in any manner within that area once he has possession of the ball. (3) Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.
- P. Field Reservations  
For practice at night, we have set aside five locations to be used as practice sites: Messer North, Tom Brown, Meridian, Levy and Meadows.

#### Times

Tom Brown: two practice slots: 5:30-7:00 PM; 7:00-8:30 PM  
Messer North: two practice slots: 5:30-7:00 PM; 7:00-8:30 PM  
Meridian: two practice slots: 5:30-6:45 PM; 6:45-8:00 PM  
Levy: two practice slots: 5:30-7:00 PM; 7:00-8:30 PM  
Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information

#### **Days**

Tom Brown: Monday-Thursday (Fields can't be reserved till after 11/28).  
Messer North: Monday-Thursday (available 11/28)  
Meridian: Monday-Friday (available 11/21)  
Levy: Monday-Friday (available 11/21)  
Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information

#### **How to reserve**

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Levy: contact Gary Smith 509-4597.  
Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information

#### **Fields Available**

Tom Brown: 5 fields per time slot  
Messer North: 3 fields  
Meridian: 3 fields  
Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information  
Levy: 2 fields, priority will be given to Levy Park/Springwood teams

#### **Notes:**

During December 19-through Jan. 2 there will be no reservations. Fields may be used at Tom Brown, Meridian and Messer, however lights will not be available. Reservations will continue on Jan. 4. Teams practice on half fields. Please be courteous to others and share fields if necessary.

## **UPPER DIVISION - (11-13, 14-18)**

Field Size: 76' X 50' **(11-13)**

- A. **Size of Field** - 76 yards long and 50 yards wide.  
Penalty Area - 20 yards wide; 10 yards deep.  
Penalty Spot - 6 yards from goal line  
Goal - 21 feet wide; 7 feet high  
Center Circle - 8 yards radius.

### **(14-18)**

**Size of Field** – 110' X 60' 110 yards long and 60 yards wide

Goal Area: 20 yards wide by 6 yards deep  
Penalty Area: 44 yards wide by 18 yards deep. The goal area is part of the penalty area.  
Penalty Spot: 12 yards from the goal line  
Penalty Arc: radius of 10 yards about the penalty spot  
Goal: 24 yards wide by 8 feet high  
Center circle: radius of 10 yards about the center spot  
Corner area: 1 yard radius

- B. **Length of Game** - Four (4) twelve (12) minute quarters with one (1) minute break between quarters and five (5) minute break at half.
- C. **Soccer Ball** - Official regulation #5 size ball.
- D. **Number of on-field players** - Eleven (11) players on the field.
- E. **Number of players on team roster** - Sixteen players.
- F. **Substitutions** - Each player must participate in at least one full quarter each half. Substitutions are only allowed between the first three quarters or in case of injury. During the last quarter (4<sup>th</sup>) a coach may substitute any player at any time.
- G. **Equipment** - 1) Molded athletic shoes with rubber, nylon, plastic or aluminum cleats are recommended. Players will not be allowed to play with steel cleats or cleats with exposed steel parts, which might be hazardous to other players. (This will be determined by the game official. Sneakers are legal also. No bare feet.) 2) Team jerseys will be supplied by the Tallahassee Parks, Recreation & Neighborhood Affairs Department and must be

visibly worn in the game. 3) Additional uniform equipment is optional, but coaches should not ask players or parents to purchase other uniforms. **4) Shin guards are required.** 5) Players are cautioned to dress warmly for games on cold days. Team jerseys may be worn over sweatshirts or jackets. *Jewelry shall not be worn except for religious or medical medals. A religious medal must be taped and worn under the uniform and a medical alert must be taped and may be visible. Hair control devices may be worn on the head if made of a soft material.*

- H. Referee - Is the person in charge of play and may stop the game if he/she feels players and/or spectators are interfering with the normal conduct of the game. Referees decisions are final. The referee may eject a player from the game (red card); player may not re-enter for the remainder of the game and may not be substituted. Length of suspension will be determined by the league supervisor.
- I. Start of Game - Flip of a coin will determine which end of the field each team will defend. **The offensive team starts play by the ball kicked and moved forward.** After initial contact, the same player cannot touch the ball again until another player (offensive or defensive) has touched the ball. Defensive team must line up at least 10 yards from the ball on the kick-off and on all free kicks. After 1<sup>st</sup> and 3<sup>rd</sup> quarters, play resumes from where the ball was stopped by the referee.
- J. Time Outs - None, except for injury. Play is continuous except for out of bounds infractions, fouls, goals and period endings. Play will stop only at the end of the period.
- K. Ball In and Out of Play - The ball is out of play when it has completely crossed the goal line or touch line, whether on the ground or in the air; it is also out of play when the referee stops play. The ball is in play at all other times from the start of the match including if it rebounds from a goal post, crossbar, or off the referee.
- L. Method of Scoring - A goal is scored when the whole of the ball has passed through the goal post and under the crossbar.
- M. Fouls & Misconduct - A player who intentionally commits any of the following offenses shall be penalized by the award of a direct free kick to be taken by the opposing side from the place where the infraction occurred.
- 1) Kicking or trying to kick an opponent
  - 2) Tripping an opponent
  - 3) Jumping at an opponent
  - 4) Violently or dangerously charging an opponent
  - 5) Charging an opponent from behind (unless opponent is obstructing)
  - 6) Striking or attempting to strike an opponent
  - 7) Holding opponent with hand or any part of arm
  - 8) Pushing opponent with or any part of the arm or body
  - 9) Handling the ball (carrying, striking, or propelling ball with hand or arm)
    - a) Does not apply to goalkeeper within the penalty area
    - b) Intention is the critical consideration in these fouls
- Should a player of the defending side intentionally commit one of the above offenses within the penalty area, the player shall be penalized by a penalty kick.

A player committing any of the six following offenses shall be penalized by the award of an indirect free kick to be taken from the point of the infraction.

- 1) Playing in a way considered dangerous by the referee (high kicking; trying to kick the ball while in the possession of the goalkeeper).
- \*2) Charging (fairly with shoulders) when the ball is not within playing distance of concerned players.
- 3) When not playing the ball, intentionally obstructing the opponent (running between him and the ball or using body as obstruction).
- 4) Charging the goalkeeper (except when the goalie is holding the ball, obstructing an opponent, or has passed outside the goal area).
- 5) When playing as goalkeeper in his own penalty area, having released the ball after **six (6) seconds** with it, will not be allowed to pick it up again until it has been touched by opposing player outside the penalty area.
- 6) **If a goalkeeper, inside their own penalty area, touches the ball with their hands - after it has been deliberately kicked to them by a team-mate, or after they received it directly from a throw-in taken by a team-mate.**

\* A fair charge is a shoulder-to-shoulder charge, if it is not violent or dangerous and within playing distance of the ball. This is the only type of charging allowed.

**Misconduct of player or coach** - A player or coach shall be cautioned (shown the yellow card) for: a persistently infringing upon any the rules of the game; acting in an unsportsmanlike manner; objecting by word of mouth or action to the decisions given by the referee; coaching outside the team area. A player or coach shall be disqualified (shown red card) for: persistent misconduct for a second caution; exhibiting violent conduct, using foul or abusive language, or spitting at opponents or officials. **PENALTY:** In addition to the caution or disqualification, an indirect free kick shall be awarded. A caution or ejection may be employed by the referee, depending on the degree of seriousness of the offenses at the discretion of the official (who is not obligated to give a warning before ejection. (See Referees, Section H) The advantage clause shall be used at the discretion of the official. The referee should refrain from penalizing if it gives advantage to offender.

- N. **Throw In** - It shall be awarded after the ball crosses the touch line completely. The thrower must face the field of play and resume a stance behind the touch line. The thrower shall use both hands equally and shall deliver the ball from behind and over the head. Both feet must be in contact with the ground at the moment the ball is released. An improper throw will result in the loss of possession. **All opponents must stand at least 2 yards from the point at which the throw-in is taken**
- O. **Goal Kick** - When an offensive player kicks the ball over the goal line of an opposing team, a goal kick is awarded to the defense. A goal kick is not in play until it has gone outside of the penalty area; otherwise, the kick is retaken. The player taking the goal kick cannot touch the ball until another player has. If the player does, an indirect free kick is allowed to the other team.
- P. **Corner Kick** - When the ball completely passes over the goal line and was last touched by a defensive player, a corner kick is awarded. A goal may be scored directly from a corner kick.
- Q. **Free Kick** - Free kicks can be classified into two categories:
- 1) Direct, from which a goal can be scored directly against the defending team.
  - 2) Indirect, from which a goal can be scored only if the ball has been played or touched by any other player other than the kicker before passing through the goal.

When a player is taking a free kick, a player of the opposite side shall not approach within 10 yards of the ball until it is in play, unless the player is standing on the goal line, between the goal posts. The kick must not be taken until the referee gives a signal by whistle. If a player of the opposing team is within 10 yards of the ball and intentionally interferes with the kick, it shall be retaken.

When a player is taking a free kick from within the defensive area, the goalkeeper shall not receive the ball into the goalie's hands in order that the goalie may thereafter kick it into play. The ball must be kicked beyond the penalty area and all opponents must be outside the penalty area when the kick is being played.

- R. **Penalty Kick** - Any infringement of rules, which ordinarily requires the awarding of a direct free kick, shall result in a penalty kick, if a defending player within the penalty area commits the foul. All players except the kicker and goalkeeper must be outside the penalty area and at least 10 yards from the ball. **The opposing goalkeeper must stand, goalkeeper must remain on the goal line between the goal post facing the kicker until ball has been kicked.**
- For any infringement by the defending team, the kick shall be retaken if a goal has not been scored. For any violation by the attacking team other than the player taking the kick, the kick shall be retaken if a goal has resulted. For any infringement by the player taking the kick, a player of the opposite team shall take an indirect free kick from the spot where the violation occurred. Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.
- S. **Goal Keeper Rule:** (1) A goalkeeper in his own penalty area, having released the ball after **six (6) seconds** with it, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. (2) While any player may enter the penalty area, the goalie may not be molested in any manner within that area once he has possession of the ball. (3) Any

indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.

- T. **\*Offside** - A player is in an offside position when nearer the opposing team's goal line than the ball at the moment the ball is played, unless: 1) that player is in his team's own half of the field; 2) **that player is level with the second to last opponent, or last two opponents**; 3) the ball was last played by an opposing player; 4) the ball is received directly from a goal kick, corner kick, throw in, or dropped ball. The fact that a player is in an offside position does not necessarily cause the official to signal the violation. The player must be gaining an advantage or seeking to do so by being in an offside position. Offside shall be judged upon contact of the ball by the passer when the offender is involved directly in the play or is participating in play. Penalty for offside is an indirect free kick awarded to the defending team from the spot of the infraction. **For all 10 and below groups, it will be only be called, "if flagrant."**

U. Field Reservations

For practice at night, we have set aside five locations to be used as practice sites: Messer North, Tom Brown, Meridian, Levy and Meadows.

**Times**

Tom Brown: two practice slots: 5:30-7:00 PM; 7:00-8:30 PM  
Messer North: two practice slots: 5:30-7:00 PM; 7:00-8:30 PM  
Meridian: two practice slots: 5:30-6:45 PM; 6:45-8:00 PM  
Levy: two practice slots: 5:30-7:00 PM; 7:00-8:30 PM  
Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information

**Days**

Tom Brown: Monday-Thursday (Fields can't be reserved till after 11/28).  
Messer North: Monday-Thursday (available 11/28)  
Meridian: Monday-Friday (available 11/21)  
Levy: Monday-Friday (available 11/21)  
Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information

**How to reserve**

Tom Brown: call 509-3625 and speak to Paula Joyner  
Messer North: call 509-3625 and speak to Paula Joyner  
Meridian: contact Brian Smatt 891-3837 during the day  
Levy: contact Gary Smith 509-4597.  
Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information

**Fields Available**

Tom Brown: 5 fields per time slot  
Messer North: 3 fields  
Meridian: 3 fields  
Meadows: contact Cyndi Boswell (Warner Soccer) 386-3866 for more information  
Levy: 2 fields, priority will be given to Levy Park/Springwood teams

**Notes:**

During December 19-through Jan. 2 there will be no reservations. Fields may used at Tom Brown, Meridian and Messer, however lights will not be available. Reservations will continue on Jan. 4. Teams practice on half fields. Please be courteous to others and share fields if necessary.

**Slide Tackles are prohibited in any league**

**COACHING TIPS**

**THE GOAL OF POSITIONING**

Good positioning maximizes the use of the field and permits advancement of the ball via passing. Each player is responsible for a certain "zone" or area on the field. For example:

**DEFENDERS**

**Goalie:** Last line of defense. Requires some ability to catch and kick (or throw). Responsible for the zone known as the "penalty area".

**Fullback:** Defensive-minded player. Demands a steady foot and conservative player who can stay between the ball and the goal at all times. May advance to mid-field as his team attacks the opponent's goal.

Halfback: Both a defender and an attacker, with the responsibility for controlling the ball in the middle of the field. Requires stamina and versatility as player moves forward as team attacks and withdraws as team defends. Often makes the most throw-ins during a game.

## STRIKERS

Wing: Key to the offense in the same way that a guard in basketball is the key to a fast break. Wing takes the outlet pass to start the attack. Not a defensive player, strictly offensive. Stationing himself on the sideline, he must hold the outside zone and not move into the center of the field. Requires dribbling and shooting skills.

Forward: Also exclusively offensive player who remains in an advanced position, keeping the defense honest. Requires passing and shooting skills. Usually takes the most shots on goal. Responsible for the forward most zone.

## GOOD STRATEGY

Maintaining good positioning spreads the defense and allows your team the opportunity to control the ball via passing. It is not essential that all passes or kicks be forward in the direction of your goal. The best passes are where there is an open player and an opportunity exists, so lateral passes and back passes are also effective.

Here are some ideas which we would like to suggest for your consideration.

- \*Attempt to make your practices fun
- \* Never refer to drills as drills but rather games, especially for the younger kids
- \*Make a list of all the skills needed, such as passing, trapping, shooting, tackling, heading, and throw-ins.
- \*Make the language simple for the younger kids...ex: when referring to "trapping" a ball, make the illustration of using an alligator mouth to stop the ball
- \*Focus on one skill at a time in your early training sessions.
- \* Use cones to set up different stations
  - 1) Teach the skill (e.g. dribbling) Allow time for each individual to work on this skill.
  - 2) Match-related (e.g. shielding the ball away from a defender) Set up situation or drill to practice the skill.
  - 3) Match Condition (e.g. 2 on a side dribbling game) Institute a goal, allow for defensive pressure to be applied.

### **Here's a sample 1 hr. practice session:**

- 5 min. - stretching exercises
- 5 min. – 2 or 3 laps around perimeter of field (if necessary make two lines)
- 10 min. – divide into groups of 2 or 3 with a ball and work with passing and trapping, throw-ins
- 20 min. – team drills/games (ex: **younger kids**: team relay with a ball while dribbling around cones set-up in a straight line; **older kids**: keep away with a ball)
- 10 min. – mini-games ex: 3 vs. 3 game
- 5 min- scrimmage
- 5 min- review of practices' lessons (this is especially important for younger kids)

\*Small-sided games (2 vs. 2 or 3 vs. 3) is more efficient use of time, especially if used in small grid area (10 yards by 10 yards).

\*Also, we suggest that you encourage each child to bring a ball to practice.

\*Don't forget to work on communication skills -- having the players inform their teammates "man-on" (shield or pass), "touch" (give-and-go) or "yes" (pass now), etc.

## **Preparation and Planning**

The goal to be an effective coach is to be prepared for a practice and game. To assist with player line-up and substitutions, we have provided a sample lineup and substitution card courtesy of long-time coach Ned Cake (see Appendix F). This form will help a coach track and monitor that each child is getting the same opportunity to play. If you would like this form emailed to you, please email league supervisor Brian Smatt.

## **Cold Weather Policy**

If at each scheduled game time the temperature falls or is expected to fall below freezing (32°), the game will be postponed and will be rescheduled at a later time and/or date. For example, if it is 30° at 9:00 am, all games will be cancelled. However, if it is 40° at 10:00, games will be played as scheduled.

All decisions to cancel a game due to cold weather will be made by the league supervisor. Game cancellations will be

communicated in the following ways:

1. Facebook.com/cotparks
2. Twitter.com/cotparks
3. Hotline: 891-3800
4. Park supervisors will be contacted and they will contact their coaches. Staff will also contact the coaches who are scheduled to play at their park even if they aren't "one of their coaches."

## **Soccer Drills you can use**

### **Turning Cone Drill**

Divide into teams with 2 players per team. (It's okay if one of the teams has an extra player, or a parent can play). Players race around a "Turning Cone" that is about 6 to 15 steps from the "Starting Cone" and the dribbler can pass to the waiting teammate as soon as he goes around the "Turning Cone". One point for each completed pass. This is a good game to play right after "Dribble Across A Square", because you can use the cones that are already on the ground.

All players have their own ball and dribble their ball in the grid (20 yds x 15 yds). When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.

### **Steal The Soccer Ball**

This game is similar to the game we all grew up on, "Steal the Bacon". Divide the group into two even teams and number them off. Separate the two teams on one half of the field facing each other. Call out a number and both members of the teams that have that number that is called will run to the middle of the field and get the ball. The first one to the ball will dribble the ball back to their side of their field while the other one is trying to steal the ball away from them.

### **Go Drill**

Each player has a ball. Players stand shoulder-to-shoulder facing Coach who is about 5 steps away. On "Go", the Coach runs slowly away while players dribble to chase him & try to hit him with the ball by shooting at him. They get 1 point each time they hit him. Stay in a small area & have fun with this game. Play for about 5 minutes. Before starting, tell the players that if they hit you 5 times (total) you will make the sound of their favorite animal, like a dog or a cow, etc. When you are hit 5 times, stop & let them choose a sound. Then start all over.

### **3 v. 3 soccer match**

Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.

### **Cone-race Drill**

All players have a ball and start in a line at one end of the field. At the other end of the field (30 or 40 yards away) set up 10 cones in a small circle. At the whistle have all players kick their ball as hard as they can and run after it. The players need to keep kicking and running until they get to the other end of the field. Once they get to the cones and the end of the field, they need to kick the ball through the cones until they knock them all down. Once all of the cones have been knocked down then they race back to the other end of the field. (Variation - set up two or three defenders between the players and the cones)

### **3 vs 1 Finishing Drill**

In the penalty box, line-up three forwards, against one defender and one goalie. The ball is played from outside of the box (mix up the services from each side of the box and from behind) to one of the forwards. The forwards are limited to two touch passing and one touch scoring and they are limited to three or less passes. Emphasize getting a shot off quickly and having the forwards that don't shoot attack the goal.

### **Soccer Drill Websites**

There is a lot of information via the internet that will help provide additional drills or games to make the practices fun. These are a just a few that have been helpful in the past.

<http://www.soccerhelp.com/>

<http://www.ucs.mun.ca/~dgraham/manual/>

<http://www.soccerxpert.com>

[www.soccerhelp.com](http://www.soccerhelp.com)

## **New Coaches Page**

On behalf of our department we would like to thank you for volunteering your time and effort in coaching in our youth flag football program. We know without you, our program would not be as successful. This page is designed to answer most of your questions and make your experience a rewarding one.

### **1. Does the city provide trophies and pictures at the end of the season?**

Unfortunately, the city does not offer trophies or pictures and is not in a position to endorse any company over another. As a coach you are considered a city representative and should not promote or endorse any particular vendor. The selection and purchase of pictures and trophies is up to the individual. Most teams designate a team “mom” or “dad” and they take it upon themselves to find a vendor for trophies and pictures.

### **2. This is my first time as any type of coach, what can I do to ensure my team has fun?**

There are several things you can do:

1. Stress from the beginning of the season that “fun” will be included in everything they do.
2. Make the practices fun by teaching the skills as a “game” rather than a drill. For example, if you are teaching them to grab a flag while playing defense. Team them the skill while playing “carwash.” Have a runner run between two lines of players standing behind a row of cones (like a carwash) and the defense has to grab the runner’s flag.
3. Get the other parents involved and have them wear comfortable clothing as they practice so they can burn off some extra calories.

### **3. What should my team eat or drink after a game/practice and who gets that?**

The days of providing *Little Debbie*s or cookies with sugar drinks are over! Look to healthy snacks like cut up apples or bananas in a small zip lock bag. Spreading peanut butter on a cracker is another good option. Designate before the games begin a parents snack schedule. A good website to assist with assigning snack duty is: <http://volunteerspot.com/>.

### **4. How do I make sure all the kids get equal playing time and do I have to play everyone?**

Our program is set up as a recreational program that teaches the fundamentals while having fun doing it. The rule book is real clear on the playing time, make sure to follow it. We want all the kids to have the opportunity to play the same amount of time and be given the chance to play different positions. A good recommendation for a coach to follow is for them to establish the positions/line-up card before they even get to the field (maybe the night before). Rotate the players each quarter between offense and defense.

### **5. What is NYSCA certified and how do I do this?**

Several years ago we enforced that all head coaches must be NYSCA certified. Our department will pay the initial fee while we strongly encourage the coach to renew on their own expense. We provide NYSCA training in person at the main office to begin the season and it is also offered online. For more information visit [www.nays.org](http://www.nays.org).

## **ATTENTION:**

Supervisors, Officials, Coaches and Volunteers

The Tallahassee Parks, Recreation & Neighborhood Affairs Department has ZERO tolerance for the use or distribution of alcohol and drugs while administering City services. The following is a summary of the City’s Policy 705-98 addressing alcohol and drug use:

## **EMERGENCY PROCEDURES**

We want to emphasize the importance of conducting yourselves properly in dealing with medical emergencies at your facilities. Realizing we are not empowered or trained to “treat” victims, we still have the responsibility to render front line aid and supervise the situation. This may involve discussing the situation with the victim, coach, or parent, or to call in the Ambulance Service. Listed below are some guidelines to follow, which should always be coupled with good common sense.

In the event of an accident or emergency:

1. Try to determine the extent of the injury. If in doubt as to the seriousness of the accident, do not move the patient. Keep him comfortable and reassured and call an ambulance. If the situation calls for it, apply ice or keep the patient warm and comfortable.
2. Front line care of an accident would include use of ice, stoppage of bleeding, restoring breathing, and treatment for shock, heat exhaustion or stroke.
3. Be sure victim is as comfortable as possible. If it's cold, cover them. If it's hot, loosen equipment, etc. **USE GOOD COMMON SENSE!**
4. Call for additional support. Use other adults to secure necessary materials and never leave the patient alone with other players.
5. If an ambulance is called, be sure you have someone to direct it to the site. Assist paramedics in any way you can.
6. Always prepare an accident report that will be turned in to the supervisor who will then get the information to the Parks and Recreation Dept.
7. Be sure you have access to a phone within a short period of time.
8. Submit a follow up report of the injured person. Call to find out the extent of the injury and how he is doing.

Above all, supervisors and coaches are to take charge during these incidents and must coordinate aid rendered.

Please advise all your coaches of the importance of being sure all aspects of an accident are handled properly and expeditiously.

### **HEAT RELATED EMERGENCIES**

Heat related emergencies usually result from loss of fluids and electrolytes (salts) from heavy sweating. As a person continues to lose fluids through sweat, the blood volume is decreased. Blood flow to the skin increases. A Person continues to lose fluids through sweat, the blood volume is decreased. Blood flow to the skin increases, reducing blood flow to the vital organs. The circulatory system is affected; therefore the person goes into mild shock. If treated immediately, heat cramps and heat exhaustion can usually be reversed with prompt care.

**HEAT CRAMPS** – Loss of fluids and electrolytes can begin to produce painful spasms of skeletal muscles, generally in the legs and abdomen. Skin is moist, body temperature us usually normal.

**TREATMENT** – Have person drink cool water and rest in a cool place.

**HEAT EXHAUSTION** – Cool moist, pale, clammy or ashen, headache nausea, dizziness, weakness and exhaustion.

**TREATMENT** – Have person drink cool water and rest in a cool place.

**HEAT STROKE** – Red, hot dry, body temperature continues to climb. Person may vomit and begin to show changes in level of consciousness. Sweating may stop because body fluid levels are low. When sweating stops, the body cannot cool itself effectively and body temperature rapidly rises. Soon the brain and other vital organs, such as the heart and kidney begin to fail. Convulsions, coma and death will result.

**TREATMENT** –

- ❖ Check abc's
- ❖ Call 911
- ❖ Remove person from the hot environment.
- ❖ Have the person lie down in a cool or shady area. Elevate the legs slightly.
- ❖ Loosen or remove clothing
- ❖ Apply cool, wet towels or sheets or cold packs to the body.
- ❖ Fan the person to help increase evaporation.
- ❖ If you only have ice or cold packs, place them on the person's wrists and ankles, in each armpit, and in the groin to cool the large blood vessels.
- ❖ Give small amounts of water to a fully conscious person.
- ❖ Do not apply rubbing (isopropyl) alcohol. the alcohol may cause poisoning through the skin or through inhalation.
- ❖ Monitor vital signs

## **Lightning-Safety Policy for All Outdoor Activities**

All adults participating in or observing outdoor activities or events are responsible for their own safety and the safety of their children. Adults shall monitor threatening weather conditions at all times.

During supervised activities, before each practice, warm-up time or game, the umpire, home team coach, recreation supervision personnel or other official shall appoint an adult as a designated “weather watcher.” The “weather watcher” will make the call to stop play, remove individuals from the field, and announce a warning to the spectators should weather conditions be determined to be potentially dangerous due to the approach of a lightning storm.

Signs of imminent thunderstorm activity are darkening clouds, high winds and thunder or lightning. Even storms that are many miles away can pose a lightning danger to your area. This may mean the appropriate decision is to suspend activities even before the first sight of lightning or sound of thunder.

All participants shall have the right to leave an athletic site or recreational activity, without fear of repercussion or penalty, in order to seek a safer structure or location if they feel they are in danger from impending lighting activity. Safety is the number one consideration. The activity can be made up later.

### **LIGHTNING SAFETY STRATEGIES**

Lightning safety strategies include avoiding shelter under trees, avoiding open fields and spaces.

Individuals who feel their hair stand on end or skin tingle or hear crackling noises should assume the lightning-safe position (i.e., crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered). Do not lie flat on the ground.

### **SAFE LOCATIONS**

The following areas are not appropriate shelter and should be avoided: Any area of higher elevation; wide-open areas such as sports fields, tall isolated objects such as flag poles, light poles, or trees; metal fences and metal bleachers, unprotected open buildings like dugouts, picnic pavilions, and rain shelters.

The primary choice for a safe structure is any fully enclosed, substantial building. If a substantial building is not available, a fully enclosed vehicle with a metal roof and the windows completely closed is a reasonable alternative. Convertible vehicles and golf carts do not provide a high level of protection and cannot be considered safe from lightning.

A swimming pool can be a dangerous location during thunderstorms. The current can be propagated through plumbing and electric connections via the underwater lights and drains of most swimming pools.

Lightning current can also enter the building, either into the electric wiring inside the building or through underground plumbing pipelines that enter the building. If lightning strikes the building or ground nearby, the current will most likely follow these pathways to the swimmers through the water.

Small structures, such as rain or picnic shelters or athletic storage sheds, are generally not properly protected and should be avoided during thunderstorms as well. These locations may actually increase the risk of lightning strike via a side flash and cause injury to the occupants.

### **CRITERIA FOR POSTPONEMENT OF ACTIVITIES**

When determining whether or not to suspend play, the designated “weather watcher” should use his/her common sense, good judgment and the “30-30 Rule.” If a thunderstorm appears imminent before or during an activity or contest (regardless of whether or not lightning is seen or thunder heard), postpone or suspend the activity until the hazard has passed for at least 30 minutes.

### **THE 30-30 RULE**

#### **Criteria for suspension of activities:**

By the time the flash-to-bang count approaches 30 seconds, all individuals should already be inside a safe shelter.

If activity has been suspended due to lightning, the designated weather watcher should wait at least 30 minutes after the last lightning flash or sound of thunder prior to resuming activity. Each time additional lightning is observed or thunder is heard, the minimum 30-minute waiting period should be reset.

### **Criteria for resumption of activities:**

Wait at least 30 minutes after the last sound (thunder) or observation of lighting before leaving the ‘safe shelter’ to resume activities.

The 30-minute rule can also be explained in another way. A typical thunderstorm moves at a rate of approximately 25 miles per hour. Experts believe that 30 minutes allow the thunderstorm to be about 10 to 12 miles from the area, minimizing the probability of a nearby, and therefore dangerous lightning strike.

A clear sky or lack of rainfall are not adequate indicators for resuming play. The minimum 30-minute return-to-play waiting period should not be shortened. Play should not be resumed even after the 30-minute waiting period if any signs of thunderstorm activity remains in the area or if the weather forecast indicates the threat is not over.

### **THE FLASH-TO-BANG METHOD**

The flash-to-bang method is the easiest and most convenient means for determining the distance to a lightning flash and can also be used to determine when to suspend or postpone activities. The flash-to-bang method is based on the fact that light travels faster than sound, which travels at a speed of approximately 1 mile every 5 seconds.

To use the flash-to-bang method, begin counting on the lightning flash, and stop counting when the associated clap of thunder is heard. When storms have a high flash rate, it is important to correlate a specific flash with the thunder it produced. Divide the time to thunder (in seconds or count one thousand one, one thousand 2, and so on) by 5 to determine the distance, in miles, to the lightning flash. As the flash – to - bang count approaches 30 seconds, all persons should be seeking, or already inside, a safe structure or location. This is the minimal guideline when using the flash-to-bang method to halt activities.

**A significant principle to remember is, “if you see it (lightning) flee it, if you hear it (thunder), clear it.”**

**NO LIGHTNING SAFETY GUIDELINES CAN GUARANTEE ABSOLUTE SAFETY. IT IS THE RESPONSIBILITY OF EVERY PERSON TO BE AWARE OF WEATHER CONDITIONS AND TAKE APPROPRIATE ACTION TO BE SAFE. USE COMMON SENSE AND GOOD JUDGMENT. PLAN AHEAD AND MAKE SAFETY YOUR NUMBER ONE PRIORITY.**

## **Super 6 Rules**

**(only if league administrator has approved)**

- A. Size of Field - 60 yards long and 40 yards wide.
  - (1) Penalty Area - 20 yards wide; 10 yards deep.
  - (2) Penalty Spot - 6 yards from goal line
  - (3) Goal - 18 feet wide; 6 feet high
  - (4) Center Circle - 4 yards radius
- B. Length of Game - Four (4) twelve (12) minute quarters with one (1) minute break between quarters and five (5) minute break at half.
- C. Soccer Ball - Official regulation #4 (U8/U10); #5 (U12-U18) size ball
- D. Number of on-field players - Six (6) players on the field. All girls leagues may play with up to seven (7) on the field prior to the approval from the park supervisor to each game.
- E. Number of players on team roster – U8/U10: 12 players; U12-18 12-14 players.

- F. Substitutions - Each player must participate in at least one full quarter each half. Substitutions are only allowed between the first three quarters or in case of injury. During the last quarter (4<sup>th</sup>) a coach may substitute any player at any time.
- G. Equipment - 1) Molded athletic shoes with rubber, nylon, plastic or aluminum cleats are recommended. Players will not be allowed to play with steel cleats or cleats with exposed steel parts, which might be hazardous to other players. (This will be determined by the game official. Sneakers are legal also. No bare feet.) 2) Team jerseys will be supplied by the Tallahassee Parks, Recreation & Neighborhood Affairs Department and must be visibly worn in the game. 3) Additional uniform equipment is optional, but coaches should not ask players or parents to purchase other uniforms. **4) Shin guards are required.** 5) Player are cautioned to dress warmly for games on cold days. Team jerseys may be worn over sweatshirts or jackets.
- H. Referee - Is the person in charge of play and may stop the game if he/she feels players and/or spectators are interfering with the normal conduct of the game. Referees decisions are final. The referee may eject a player from the game (red card); player may not re-enter for the remainder of the game and may not be substituted for nor play in the next scheduled game.
- I. Start of Game - Flip of a coin will determine which end of the field each team will defend. **The offensive team starts play by the ball kicked and moved in any direction.** After initial contact, the same player cannot touch the ball again until another player (offensive or defensive) has touched the ball. Defensive team must line up at least 10 yards from the ball on the kick-off and on all free kicks.
- J. Time Outs - None, except for injury. Play is continuous except for out of bounds infractions, fouls, goals and period endings. Play will stop only at the end of the period.
- K. Ball In and Out of Play - The ball is out of play when it has completely crossed the goal line or touch line, whether on the ground or in the air; it is also out of play when the referee stops play. The ball is in play at all other times from the start of the match including if it rebounds from a goal post, crossbar, or off the referee.
- L. Method of Scoring - A goal is scored when the whole of the ball has passed through the goal post and under the crossbar.
- M. Fouls & Misconduct - A player who intentionally commits any of the following offenses shall be penalized by the award of a indirect free kick to be taken by the opposing side from the place where the infraction occurred.
- 1) Kicking or trying to kick an opponent
  - 2) Tripping an opponent
  - 3) Jumping at an opponent
  - 4) Violently or dangerously charging an opponent
  - 5) Charging an opponent from behind (unless opponent is obstructing)
  - 6) Striking or trying to strike an opponent
  - 7) Holding opponent with hand or any part of arm
  - 8) Pushing opponent with or any part of the arm or body
  - 9) Handling the ball (carrying, striking, or propelling ball with hand or arm)
    - a) Does not apply to goalkeeper within the penalty area
    - b) Intention is the critical consideration in these fouls
- Should a player of the defending side intentionally commit one of the above offenses within the penalty area, the player shall be penalized by a penalty kick.
- A player committing any of the six following offenses shall be penalized by the award of an indirect free kick to be taken from the point of the infraction.
- 1) Playing in a way considered dangerous by the referee (high kicking; trying to kick the ball while in the possession of the goalkeeper).
  - \*2) Charging (fairly with shoulders) when the ball is not within playing distance of concerned players.
  - 3) When not playing the ball, intentionally obstructing the opponent (running between him and the ball or using body as obstruction).
  - 4) Charging the goalkeeper (except when the goalie is holding the ball, obstructing an opponent, or has passed outside the goal area).

5) When playing as goalkeeper in his own penalty area, having released the ball after **six (6) seconds** with it, will not be allowed to pick it up again until it has been touched by another player outside the penalty area.

- A fair charge is a shoulder-to-shoulder charge, if it is not violent or dangerous and within playing distance of the ball. This is the only type of charging allowed.

N. **Misconduct of player or coach** - A player or coach shall be cautioned (shown the yellow card) for: a persistently infringing upon any the rules of the game; acting in an unsportsmanlike manner; objecting by word of mouth or action to the decisions given by the referee; coaching outside the team area. A player or coach shall be disqualified (shown red card) for: persistent misconduct for a second caution; exhibiting violent conduct, using foul or abusive language, or spitting at opponents or officials. **PENALTY:** In addition to the caution or disqualification, an indirect free kick shall be awarded. A caution or ejection may be employed by the referee, depending on the degree of seriousness of the offenses at the discretion of the official (who is not obligated to give a warning before ejection. (See Referees, Section H) The advantage clause shall be used at the discretion of the official. The referee should refrain from penalizing if it gives advantage to offender.

O. **Throw In** - It shall be awarded after the ball crosses the touch line completely. The thrower must face the field of play and resume a stance behind the touch line. The thrower shall use both hands equally and shall deliver the ball from behind and over the head. Both feet must be in contact with the ground at the moment the ball is released. An improper throw will result in the loss of possession. **All opponents must stand at least 2 yards from the point at which the throw-in is taken.**

P. **Goal Kick** - When an offensive player kicks the ball over the goal line of an opposing team, a goal kick is awarded to the defense. The player taking the goal kick cannot touch the ball until another player has. If the player does, an indirect free kick is allowed to the other team. **Goal kicks can't be kicked over midfield in the air unless they touch another player before crossing the midfield line.** Goal kicks are to be taken from inside penalty arc and must be kicked outside the penalty arc before they can be touched by another player.

Q. **Corner Kick** - When the ball completely passes over the goal line and was last touched by a defensive player, a corner kick is awarded. A goal may be scored directly from a corner kick.

R. **Free Kick** - Free kicks can be classified into two categories:

1) Direct, from which a goal can be scored directly against the defending team.

2) Indirect, from which a goal can be scored only if the ball has been played or touched by any other player other than the kicker before passing through the goal. **All fouls committed outside the penalty box will be in-direct kicks**

When a player is taking a free kick, a player of the opposite side shall not approach within 10 yards of the ball until it is in play, unless the player is standing on the goal line, between the goal posts. The kick must not be taken until the referee gives a signal by whistle. If a player of the opposing team is within 10 yards of the ball and intentionally interferes with the kick, it shall be retaken.

When a player is taking a free kick from within the defensive area, the goalkeeper shall not receive the ball into the goalie's hands in order that the goalie may thereafter kick it into play. The ball must be kicked beyond the penalty area and all opponents must be outside the penalty area when the kick is being played.

S. **Penalty Kick** - Any infringement of rules, which ordinarily requires the awarding of a direct free kick, shall result in a penalty kick, if a defending player within the penalty area commits the foul. All players except the kicker and goalkeeper must be outside the penalty area and at least 10 yards from the ball. **The opposing goalkeeper must stand, goalkeeper must remain on the goal line between the goal post facing the kicker until ball has been kicked.**

For any infringement by the defending team, the kick shall be retaken if a goal has not been scored. For any violation by the attacking team other than the player taking the kick, the kick shall be retaken if a goal has resulted. For any infringement by the player taking the kick, a player of the opposite team shall take an indirect free kick from the spot where the violation occurred. Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.

T. Goal Keeper Rule: (1) A goalkeeper in his own penalty area, having released the ball after **six (6) seconds** with it, will not be allowed to pick it up again until it has been touched by another player outside the penalty area. The penalty for an infringement of the rule is an indirect free kick. (2) While any player may enter the penalty area, the goalie may not be molested in any manner within that area once he has possession of the ball. (3) Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offense was committed. **The goalkeeper cannot punt, drop kick or throw the ball over midfield without it first bouncing in his/her own half or touching another player. This does not apply when the keeper has the ball on the ground at his/her feet. Pass backs to the goalie are allowed.**

U. \*Offside – there are no off-sides in this league.

### **Slide Tackles are prohibited in any league**

## **PREVENTING PROBLEMS**

**Develop Policies and Procedures:** *Clearly defined organizational policies and procedures help* clarify the rights and responsibilities of parents and how they should behave within the confines of the youth sports environment. Without boundaries and guidelines for behavior it is difficult to hold individuals accountable for their actions later. Often, parents are out of control because no one has ever told them they are not supposed to be out of control!

**Communication:** Communication is the key to so many things a youth sports administrator is responsible for and dealing with parents is no exception! Policies and procedures will have no effect unless all involved, including the parents, are made aware of them and understand them. This is where communicating with the parents is vital. Parents must be acknowledged for the important role they play. There are several opportunities for the administrator to communicate with parents effectively: Registration, orientation and parent meetings.

Registration: Provide parents with important information in the following areas following, or during registration:

- Organizational philosophy and goals
- Season schedule
- Maps to fields or other facilities
- Policies and Procedures Manual
- Safety information about equipment
- Information about areas for parent involvement
- Details about the orientation meeting
- Parents' Code of Ethics
- The coaching approach and philosophy to be employed
- Team goals

**Orientation Meeting:** A parents' orientation meeting is a vital tool in developing a positive youth sports experience for children. Orientation meetings can be held on a league wide basis, on an individual basis with each coach meeting his/her team's parents, or both. The orientation meeting allows parents to raise questions and concerns while coaches and administrators are both present. It also allows the coach to get to know the parents he/she will be dealing with during the season. A healthy two-way communication process should be encouraged and initiated at the orientation meeting. Time should be left at the end of the meeting for questions from parents.

Topics to be discussed at this meeting should include:

- Structure of the league – who should parents contact with concerns or questions.
- Philosophy of the league – equal play, skill development, FUN, etc.
- Program specifics – rules, location, times, etc.
- Season specifics – duration, special events, etc.
- Equipment specifics – what is needed, what is optional, etc.
- Transportation guidelines
- Health & safety guidelines – inclement weather policies, etc.
- How parents can get involved
- The rights & responsibilities of the youth sports parent
- Parent's Code of Ethics

**Get to Know the Parents Informally:** The administrators and coaches of each team should make a point of getting to know the parents of the children. The coach should be aware that all families are different and the motives for children being involved in sports will vary. It may be useful for the coach to have the parents complete a simple questionnaire, asking them specifically what they want their child to get out of the youth sports experience. This questionnaire can be completed at the time of registration and then given to each coach.

By informing each parent know of the organizational philosophy many problems may be prevented in the future. Also, if the parents feel comfortable, it is more likely that youth sports administrators will have an open, constructive relationship with them. Coaches may make the effort to contact each of his/her players' parents on an individual basis or simply spend time talking to each parent at the orientation meeting. What is important is that during and after practices and games the coaches and administrators acknowledge the parents as a valued part of the youth sports experience. If ignored or shown any disrespect, parents feel less secure and are less likely to be supportive.

### **Sportsmanship: Building Character**

Many adults believe that one of the major benefits derived from a child's participation in athletics is the development of sportsmanlike attitudes and values such as honesty, fair play, and citizenship.

Researchers, teachers, and coaches have concluded that mere participation in youth sports does not guarantee positive psychological effects for the children involved. The outcome depends on those who wield the sword: the parents, adult leaders, and coaches supervising young athletes. The more competent the adult leaders, the more sportsmanlike attitudes and values will likely result. Thus, the social environment in which the young athlete competes determines to a large extent whether sportsmanlike or unsportsmanlike attitudes will develop.

Sports is a particularly important setting in which social learning takes place. Sport sociologists have indicated that youth sports are important today because they are one of the few activities in which children are intensely involved. In organized sports, children have a degree of control over their own fate and their actions are viewed as important by a large segment of the culture.

Coaches should reinforce sportsmanlike behavior, penalize unsportsmanlike conduct, and should provide rationales to help children understand why a particular behavior is morally right or wrong.

### **Being a Positive Role Model**

Modeling sportsmanlike (moral) behaviors within the sporting environment increases children's level of sportsmanlike behaviors. Thus, what coaches do on the playing field or in the gym sends a message about appropriate behaviors to the children. To help in this endeavor, the following checklist (5) for monitoring our behaviors will serve as a guide:

- Is it right?
- Is it against the rules?
- Is it fair to everyone involved?
- Would my ethical role models do it?

Coaches should be ethical role models for youth athletes through their own actions and through structuring sport for sportsmanship.

### **Ten Commandments of Sports for Parents**

1. Thou shall be sure that your child know that – win or lose, scared or heroic – you love him/her, appreciate his/her efforts, and that you are not disappointed in him/her.
2. Thou shall try your best to be completely honest about your child's athletic capability, his/her competitive attitude, his/her sportsmanship--and his/her actual skill level.

3. Thou shall be helpful--but don't coach him/her on the way to the rink, track, court, field or pool--or on the way back home.
4. Thou shall teach your child to enjoy competition for competition's sake, remembering that there are lessons to be learned in winning as well as in losing.
5. Harken `O parents: Try not to relive your athletic life through your child--or try to create an athletic career to replace the one that you never had.
6. Thou shall not compete with the coach--remember, in many cases, the coach becomes a hero to the athletes, a person who can do no wrong.
7. Thou shall not compare the skill, courage or attitudes of your child with that of other members of the squad or team--at least not in his/her hearing.
8. Thou shall get to know the coach so that you can be sure that his\her philosophy, attitudes, ethics, and knowledge are such that you are happy to expose your child to him\her.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reactions when they bring home tales of woe--or tales of heroics.
10. Thou shall make a point of understanding courage and the fact that it is relative. Some of us climb mountains but fear flight-- some of us will want to fight but turn to jelly if a spider crawls nearby. A child must learn: courage is not absence of fear, but rather doing something in spite of fear.

## **SKILLS CARD – FIRST AID - AMERICAN RED CROSS**

### **A. CHECKING AN ILL OR INJURED PERSON – Conscious Person**

1. **Check** scene, then **Check** person.
2. Obtain consent.
3. **Call 911** for any life threatening conditions.
4. Ask the person
  - a. What is your name?
  - b. What happened?
  - c. Where do you feel pain or discomfort?
  - d. Do you have any allergies?
  - e. Do you have any medical condition?
  - f. Are you taking any medications?
  - g. When did you last eat or drink anything?
5. Check head to toe for
  - a. Bleeding, fluids or wounds.
  - b. Skin color or temperature.
  - c. Medical ID bracelets or necklaces.
  - d. Observable signals of pain. (**TIP:** For infants and children, check from toe to head. Do not separate them from parent or guardian.
6. Continue to monitor Airway, Breathing and Circulation (**ABC's**).

### **B. SEVERE ALLERGIC REACTION (Anaphylaxis)**

#### **What to look for:**

- Occurs suddenly after contact with the substance
- Contact area swells and turns red
- Hives, itching or rash
- Weakness, nausea, vomiting or stomach cramps
- Dizziness
- Difficulty breathing, including cough or wheezing

#### **What to do – Call 911 (Note: Some agencies might not allow you to take the following steps)**

After determining a person is having a severe allergic reaction, assist with prescribed medication (epinephrine auto-injector). (**TIP:** Use disposable gloves and other personal protective equipment).

- Verify person's name, directions and expiration date.
- Grasp the auto-injector firmly and remove safety cap.
- At a 90-degree angle, inject medication and hold firmly for 10 seconds.
- Continue to monitor ABC's

- Give used auto-injector to EMS personnel.

**C. ASTHMA ATTACK – Call 911** (Note: Some agencies might not allow you to take the following steps)

**What to look for:**

- Coughing or wheezing noises
- Difficulty breathing, shortness of breath
- Rapid, shallow breathing
- Sweating
- Tightness in the chest
- Unable to talk without stopping for breath
- Feeling of fear or confusion

**What to do:**

After determining a person is having an asthma attack, assist with prescribed medication (inhaler). (**TIP:** Always obtain consent and wash your hand immediately after giving care.)

1. Verify person's name, directions and expiration date.
2. Shake inhaler and remove cap. (**TIP:** If extension or spacer tube is available, attach and utilize.)
3. Have person breathe out and place lips around mouthpiece.
4. Quickly press down on inhaler canister while person inhales deeply. (**NOTE:** If possible, have person self-administer the medication.)
5. Have person hold breath for count of 10.
6. Exhale and rinse out mouth with water.
7. Note time administered and monitor **ABC's**.

**D. SEIZURE**

1. **Check** scene, then **Check** person.
2. Obtain consent.
3. Remove nearby objects.
  - DO NOT hold or restrain person
  - DO NOT place anything between person's teeth or in person's mouth
4. Protect the person's head.
  - Place a thin folded towel or clothing beneath it.
5. Check **ABC's** and **Care** for injuries
6. Place in recovery position.
7. Comfort and reassure the person. (**NOTE: CALL 911** if the person –
  - Does not regain consciousness
  - If pregnant
  - Is a known diabetic
  - Has sustained injury
  - Shows life-threatening conditions
  - Has never had a seizure, seizure last longer than 5 minutes or seizure is repeated.)

**E. POISONING**

**What to look for:**

Breathing difficulty  
 Nausea, vomiting or diarrhea  
 Chest or abdominal pain  
 Sweating  
 Changes in consciousness  
 Seizure  
 Headache or dizziness  
 Irregular pupil size  
 Burning/tearing of the eyes  
 Abnormal skin color  
 Burns around the lips, tongue or on the skin

**What to do:**

1. **Check** scene, then **Check** person
2. Obtain consent

3. For life threatening conditions, (e.g., unconscious, not breathing or a change in consciousness) **Call 911**. OR if conscious, Call the National Poison Control Center (PCC) at 800-222-1222 and follow advice given. (**TIP: DO NOT** give anything to eat or drink unless directed by PCC or EMS.)
4. **Care** for conditions found. (NOTE: If possible find out
  - What type of poison?
  - How much was taken?
  - When it was taken?
  - How the poison entered the body?

#### **F. SHOCK**

##### **What to look for:**

- Restlessness, irritability or confusion
- Altered level of consciousness
- Pale or ashen, cool, moist skin
- Rapid breathing and pulse
- Excessive thirst
- Nausea or vomiting

##### **What to do:**

1. **Check** scene, then **Check** person
2. Obtain consent
3. **CALL 911**
4. Monitor **ABC's**
5. Control any bleeding
6. Keep person from getting chilled or overheated
7. Elevate legs 8-12 inches if you do not suspect a head, neck or back injury or broken bones in the hips or legs
8. Comfort and reassure the person

#### **G. STROKE**

1. **Check** scene, then **Check** person.
2. Obtain consent.

##### **SUDDEN SIGNALS OF STROKE, THINK F.A.S.T.**

Face – Weakness on one side of the face

- Ask the person to smile

Arm – Weakness or numbness in one arm

- Ask the person to raise both arms

Speech – Slurred speech or trouble getting the words out

- Ask the person to speak a simple sentence

Time – Note time signals first observed and **CALL 911**

#### **H. CONTROLLING EXTERNAL BLEEDING** (TIP: Use disposable gloves and other personal protective equipment.)

1. **Check** scene, then **Check** person.
2. Obtain consent.
3. Cover wound with a sterile dressing.
4. Apply direct pressure until bleeding stops.
5. Cover dressing with bandage.
6. If bleeding does not stop –
  - Apply additional dressings and bandages.
  - Take steps to minimize shock.
  - **CALL 911** if not already done.

(NOTE: Wash hands with soap and water after giving care.)

#### **I. BURN CARE** (TIP: **CALL 911** for serious burns.)

1. **Check** scene, then **Check** person.
2. Obtain consent.
3. Stop the burning.

4. Cool the burn with cold running water until pain is relieved.
  5. Cover the burn loosely with a sterile dressing.
  6. Care for shock.
- (NOTE: Do not break blisters; loosely cover blisters with a sterile dressing.)

## AMERICAN DISABILITY TRAINING

### Inclusion Programming

Individuals with disabilities are no different than those without disabilities.

1. Enthusiasm, understanding and knowledge are **key factors** to successful inclusion.
2. Work hard to involve the participant in all aspects of the program.
3. Focus on their **abilities** rather than their **disability**.
4. Create opportunities that promote cooperation between individuals to achieve common goals.
5. **Respect the individual's right to privacy and confidentiality.** Ask permission before sharing information about their disability with others.
6. Recognize the importance of the individual with whom you are working.
  - a. Accept their worth
  - b. Create a supportive atmosphere
  - c. Establish friendship
  - d. Listen with your fullest attention
  - e. Develop self-confidence in the individual
  - f. Verbally compliment the participant for his/her efforts
  - g. Encourage problem-solving
  - h. Demonstrate patience and tolerance
  - i. Bring understanding to every situation
  - j. Ask the participant if they would like assistance and how you can best assist them
7. Be sensitive to the needs and limitations of his/her particular disability, while still capitalizing on his/her abilities.
8. Encourage building bridges with other participants.
9. Encourage involvement. Choose activities which involve the five senses (smell, taste, touch, hearing, vision)

### Sensitivity Awareness

Making friends is a crucial and fundamental component of a child's camp experience. Being accepted and feeling part of a group is very important to all individuals and FUN should be the #1 RULE! Children learn essential life skills from each other through communication, and sharing of ideas and feelings. Children without disabilities need to understand that although some of their peers have disabilities, they can develop new friendships while helping them to have fun.

Remove Barriers:

- Fear
- Ridicule, laughter or staring
- Being overly sympathetic
- Lack of knowledge and education
- Accepting & understanding things that are different

Ways to Remove Barriers:

- Icebreakers
- Model interaction
- Small Groups/buddies
- Modifying activity to fit All Children
- Teach and educate

Children and adults have preconceived attitudes and stereotypes about people with disabilities. It is the staff that has the opportunity to transpose these ideas and make positive learning experiences for ALL. Through inclusion, we have the opportunity to eliminate barriers and create a more cohesive environment within our community and in recreation.

### Disability Etiquette

**Ask Before You Help.** Just because someone has a disability, don't assume he/she needs help. If the setting is accessible, people with disabilities can usually get around fine. Adults with disabilities want to be treated as independent people. Offer assistance only if the person appears to need it. And if he/she does want help, ask how before you act.

**Be Sensitive About Physical Contact.** Some people with disabilities depend on their arms for balance. Grabbing them – even if your intention is to assist – could knock them off balance. Avoid patting a person on the head or touching his/her wheelchair, scooter or cane. People with disabilities consider their equipment part of their personal space.

**Think Before You Speak.** Always speak directly to the person with a disability, not to his companion, aide or sign language interpreter. Making small talk with a person who has a disability is great; just talk to him/her as you would with anyone else. Respect his/her privacy. If you ask about his/her disability, he/she may feel like you are treating him/her as a disability, not as a human being.

**Don't Make Assumptions.** People with disabilities are the best judge of what they can or cannot do. Don't make decisions for them about participating in any activity. Depending on the situation, it could be a violation of the ADA to exclude people because of a presumption about their limitation.

**Respond Graciously to Requests.** When people who have a disability ask for an accommodation at your business, it is not a complaint. It shows they feel comfortable enough in your establishment to ask for what they need. And if they get a positive response, they will probably come back again and tell their friends about the good service they received.

**Put The Person First.** Say 'person with a disability' rather than 'disabled person'. Say 'people with disabilities' rather than 'the disabled'. Use the person's name not their type of disability.

**Avoid** outdated terms like 'handicapped' or 'crippled'. Be aware that many people with disabilities dislike jargons terms like 'physically challenged' and 'differently abled'. Say 'wheelchair user' rather than 'confined to a wheelchair' or 'wheelchair bound'. The wheelchair is what enables the person to get around and participate in society; it's liberating, not confining.

With any disability, avoid negative, disempowering words, like 'victim' or 'sufferer'. Say 'person with AIDS' instead of 'AIDS victim' or 'person who suffers from AIDS'.

We should focus on the **individual** not the disability. Labels are so powerful, so remember to make their person more important than the disability.

**Be positive.** Words like 'pitiful' or 'hopeless' convey negative feelings. It is better to say 'she uses a wheelchair' instead of 'she is confined to a wheelchair'. The wheelchair is a means of mobility, to go to work, to travel and to play.

**Be accurate** with terms in which you use. Many terms are negative and degrading. The phrase 'people with disabilities' is more appropriate than 'the disabled' because that it allows for the emphasis to remain on the individual.

### **History of Attitudes Toward People With Disabilities**

Treatment of people with disabilities throughout history reveals how the attitudes toward people with disabilities have changed throughout the course of time. Hundreds of years ago, people with disabilities were left to die or were actually killed. They were thought to be possessed or as capable of bringing a curse upon those who came in contact with them. Later in history, people with disabilities were used in freak shows or as court jesters for people to laugh at. More recently, people with disabilities were put in institutions of like people. Only recently, society has begun to treat individuals with disabilities as people who contribute to society and who can learn skills and traits.

How can we change the attitudes?

Just like adults, children may have questions about disabilities that we find difficult to answer. By allowing a child to experience some of the challenges that a disability may pose, we can help that child better understand the struggles a person with a disability faces daily. We are not focusing on why the developmental disability occurred but in how we can make people's lives better.