

Social Media Policy (Coaches)

This **Social Media Policy** establishes guidelines for coaches to maintain professionalism, safeguard the privacy of student athletes, and uphold the reputation of the organization across social media platforms.

Guidelines:

1. **Respect Privacy:**

- Never share personal information of student athletes or their families on social media or any other platforms.
- Parents/guardians have approved the use of images of their student athletes for marketing purposes. The Board will notify you if a student athletes' likeness may not be used.

2. **Maintain Professionalism:**

- Conduct yourself professionally on all social media platforms.
- Do not post inappropriate or offensive content that may reflect negatively on the student athletes, parents/guardians, or our lacrosse organization.

3. **Positive Representation:**

- Promote positive aspects of the game of lacrosse, our lacrosse organization, and the achievements of student athletes.
- Do not post disparaging remarks or comments about student athletes, coaches, officials, or competing teams.

4. **Monitoring Content:**

- Include at least one Board member in your public social media distribution – this will allow monitoring to ensure that postings align with the values and standards of our organization.
- Consider the potential impact of your posts on the reputation of the organization before sharing.
- Social media posts may be archived by our organization for posterity.

5. **Social Media Interaction with student athletes and parents:**

- Do not connect (i.e., likes, linked, etc.) via social media with student athletes on any social media platforms.
- Do not engage in private messaging with student athletes through personal social media accounts.
- Communications with parents should be made outside social media channels.

6. Confidentiality:

- Do not disclose sensitive information about the program, its policies, or internal discussions on social media, through email, face-to-face, with other coaches, etc. without permission from the Board.

7. Educational Approach:

- During appropriate team sessions, educate student athletes about responsible use of social media and online safety.
- Encourage student athletes to report any inappropriate social media behavior to parents or coaches.

This **Social Media Policy** aims to establish clear boundaries and expectations for coaches regarding their use of social media.

Abuse Notification Policy (Coaches)

This **Abuse Notification Policy** establishes guidelines for coaches to ensure the safety, well-being, and protection of all participants.

Definitions:

1. **Abuse:** Any form of physical, emotional, verbal, or sexual misconduct, or maltreatment towards a student athlete. Abuse can be both internal and external to our program.
2. **Reporting Obligation:** Coaches have a responsibility to report any suspected or observed abuse promptly to the appropriate authorities as per state laws.

Guidelines:

1. **Maintaining a Safe Environment:**
 - Ensure a safe, welcoming, and respectful environment for all participants within the program.
 - Prohibit any form of physical, emotional, or verbal abuse during practices, games, or team-related events.
2. **Recognizing Signs of Abuse:**
 - Be vigilant and aware of signs indicating potential abuse, such as unexplained injuries, changes in behavior, or unusual interactions.
 - Take all signs of potential abuse seriously and report them immediately.
3. **Immediate Reporting:**
 - Contact Board Member Matt Worth to take the appropriate actions.
 - Do not take pictures of suspected abuse (i.e., bruises, burns, lacerations, etc.).
4. **Confidentiality and Sensitivity:**
 - Handle all reports of abuse with confidentiality and sensitivity.
 - Do not discuss suspected or reported cases of abuse with unauthorized individuals.
5. **Cooperation with Investigations:**
 - Fully cooperate with any investigation conducted by law enforcement or child protective services regarding allegations of abuse.

This **Abuse Notification Policy** aims to emphasize the commitment to providing a safe environment for all participants within our organization. It is essential for coaches to recognize, report, and prevent abuse to ensure the protection of our student athletes.

Injury Policy (Coaches)

This **Injury Policy** establishes responses for coaches to follow in the event of a student athlete's injury that requires the player to be removed from a practice, game, or activity. This policy emphasizes prompt appropriate actions in the event of an injury and timely reporting to parents/guardians and the Board. Coaches should ensure players are not hiding injuries to stay on the field.

Guidelines:

1. Immediate Response:

- In the event of a student athlete injury during practices, games, or related events, coaches must provide immediate first aid or seek medical assistance if necessary.

2. Documentation:

- Coaches should accurately document the details of the injury, including the nature of the injury, time, location, and any immediate action taken and/or treatment provided including the *Concussion Checklist* (see Concussion Policy).

3. Notification Process:

- As soon as possible after the injury occurs, coaches must notify the parents/guardians of the injured student athlete. Communication should include the details of the injury and any immediate actions taken.
- Coaches are required to promptly inform the Dave Hinaman of any injuries and the action taken.
- Coaches will be provided with a Coach Binder containing student athletes' emergency contact information which must be available at all practices, games, and activities. This contact information should be stored in a secure location and not shared without Board approval.

4. Follow-Up:

- The Board will follow up with the parents/guardians to check on the student athlete's condition after the initial notification by the coach.

5. Student Athlete Return Protocol:

- Before a student athlete may return to participating in practices or games after an injury, a written clearance from a qualified healthcare professional will be required. Coaches should communicate this requirement to the parents.

6. Training:

- Coaches are required to complete annual online cardiac-arrest training (Lindsay's Law) per Ohio Revised Code 3313.5310, 3707.58, and 3707.59.
 - <https://odh.ohio.gov/know-our-programs/Lindsays-Law/Lindsays-Law>

Emergency Procedures (severe injury):

- Call emergency services (911) without delay.
- Administer first aid while awaiting medical assistance.
- Notify the parents/guardians as soon as the immediate situation allows.

This **Injury Policy** aims to establish a structured procedure for coaches to follow when a student athlete sustains an injury during practice, games, or activities. Immediately addressing an injury is the highest priority followed by timely communication with parents/guardians and the Board.

Concussion Policy (Coaches)

This **Concussion Policy** establishes guidelines for coaches to recognize, respond to, and manage concussions among student athletes, prioritizing their health and safety.

Understanding Concussions:

1. Definition of Concussion:

- A concussion is a type of traumatic brain injury that results from a blow to the head or body causing the brain to move rapidly within the skull, leading to various symptoms.

2. Recognizing Symptoms:

- Coaches should familiarize themselves with common signs and symptoms of concussions, including headache, neck pain, dizziness, confusion, double/blurred vision, nausea, vomiting, staggering, sensitivity to light or noise, and changes in mood or behavior.

3. Training:

- Coaches are required to maintain USA Lacrosse Bronze Certification which includes the *Center for Disease Control and Prevention* online concussion training.

Guidelines for Coaches:

1. Prevention and Education:

- Educate student athletes about the signs, symptoms, and risks of concussions. Check equipment carefully and ensure compliance (mouth guards in place, helmet strapped).
- Emphasize the importance of student athletes reporting any head injury or suspected concussion immediately.

2. Immediate Removal and Evaluation:

- WHEN IN DOUBT, SIT THEM OUT.
- If a student athlete is suspected of sustaining a concussion during practices, games, or related activities, remove the student athlete from play immediately and utilize the *Concussion Checklist* which will be in your Coach Binder.
 - Student athletes are not permitted to return to activities that day.
- Ensure parents/guardians understand the importance that their student athlete receives a thorough evaluation by a qualified healthcare professional experienced in evaluating concussions.

3. Return to Play Protocol:

- Student athletes diagnosed with a concussion must follow a gradual return-to-play protocol under the guidance of a qualified healthcare professional.

- Coaches are required to adhere to the established return-to-play protocol for the student athletes and ensure that the Board has received a medical clearance before resuming participation.

4. **Notification:**

- Promptly notify the parents/guardians if their student athlete is suspected of or diagnosed with a concussion.
- Provide parents with the *Ohio Department of Health Concussion Information Sheet for Interscholastic Athletics* which will be in your Coach Binder.
- Adhere to the Injury Policy.

5. **Documentation:**

- Coaches will be given a *Concussion Checklist* which they should have readily available at all practices, games, and activities in the Coach Binder.
- Adhere to the Injury Policy.

Emergency Procedures (severe head or spinal injury):

- Basic principles of first aid; do not move the head or remove helmet
- Call emergency medical services (911) without delay.
- Keep the student athlete still and stable while waiting for medical assistance.
- Notify the parents/guardians as soon as the immediate situation allows.

This **Concussion Policy** is designed to ensure coaches are equipped with the knowledge and procedures necessary to recognize, respond to, and manage concussions among student athletes prioritizing their health and safety above all else.

Lightning Policy (Coaches)

This **Lightning Policy** for coaches is proactive and prioritizes the safety of all participants and spectators at outdoor activities in the event of lightning or thunderstorms.

Guidelines:

1. Monitoring Weather Conditions:

- Coaches must monitor weather forecasts before and during practices, games, or events.
 1. Apps: MyRadar, TheWeatherChannel, MyLightningTracker
- Pay attention to signs of approaching thunderstorms, including darkening skies, thunder, and lightning.

2. Lightning Safety Structure:

- Designate safe shelter areas, such as substantial buildings or fully enclosed vehicles, for evacuation in case they are needed prior to outdoor activities.

3. Suspension of Activities:

- If lightning or thunder is detected within a 10-mile radius of the playing field or event location, or if less than 30-seconds lapse between visible lightning and the sound of thunder, all activities must be immediately suspended.
- Instruct everyone to seek shelter in the designated safe areas and avoid open fields, tall trees, metal structures, or bodies of water.

4. Waiting Period:

- Wait at least 30 minutes after the last observed lightning flash or sound of thunder before resuming activities.
- The waiting period restarts if subsequent lightning or thunder is detected within the area.

5. Imminent Lightning:

- If one feels the hair on their head, neck or arms stand on end, or feel skin tingling, then a lightning strike may be imminent and lacrosse sticks should be dropped immediately.
- In this situation, if a safe location is not nearby, move several feet away from others and use the "lightning crouch"; put the feet together, squat down, tuck the head and cover the ears. When the immediate threat of lightning has subsided go to a safe shelter.

Emergency Procedures (severe injury):

- Call emergency services (911) without delay.
- Administer necessary first aid while awaiting medical assistance.
- Notify the parents/guardians as soon as the immediate situation allows.

This **Lightning Policy** aims to establish a structured proactive approach to lightning safety during program activities, emphasizing the importance of monitoring weather conditions and taking appropriate actions to protect everyone involved.

Positive Coaching Policy (Coaches)

This **Positive Coaching Policy** establishes guidelines for coaches to teach and reinforce positive behaviors and sportsmanship in a recreational, educational, and competitive environment.

Guidelines:

1. Encouraging Sportsmanship:

- Emphasize the importance of good sportsmanship, respect for the game, teammates, opponents, coaches, referees, and spectators.

2. Respect for student athlete:

- Treat all student athletes with fairness, dignity, and respect, regardless of their skill level, background, or personal attributes. Set expectations for all the team members to the same.
- Encourage and support each student athlete's development in a positive manner.

3. Fair Play and Integrity:

- Instruct student athletes on the rules of the game and the importance of fair play.
- Encourage integrity and honesty by discouraging cheating, foul play, unsportsmanlike conduct, or gamesmanship.

4. Safety and Well-being:

- Always prioritize the safety and well-being of student athletes.
- Ensure proper supervision during practices, games, and related activities to prevent injuries and maintain a safe environment.

5. Positive Coaching:

- Encourage and motivate student athletes in a positive and constructive manner, focusing on effort, skill development, and sportsmanship.
- Promote the “Three Es”: energy, effort, enthusiasm.
- Do not use derogatory language, yelling, or humiliating tactics to correct or discipline student athletes. Set expectations for all the team members to the same.
-

6. Positive Reinforcement:

- Acknowledge and reward positive behavior, effort, and improvement among student-athletes.
- Provide constructive feedback in a supportive and encouraging manner.

7. Emphasizing Effort and Improvement:

- Focus on effort, improvement, and skill development rather than solely on winning.
- Encourage student athletes to set personal goals and celebrate their achievements.

8. Conflict Resolution:

- Teach student athletes conflict resolution strategies and the importance of resolving disputes respectfully and peacefully.
- Intervene promptly to address conflicts or disagreements among student athletes and guide them towards a resolution.
- Elevate conflicts to the Board as necessary.

9. Inclusivity and Teamwork:

- Foster an inclusive environment where all student athletes feel valued and included regardless of skill level or background.
- Promote teamwork, cooperation, and support among student athletes, emphasizing that everyone plays an integral role in the team's success.

This **Positive Coaching Policy** aims to guide coaches in fostering a positive and supportive environment while coaching and reinforcing positive behaviors, values, and sportsmanship among our student athletes.

Modeling Behavior Policy (Coaches)

This **Modeling Behavior Policy** establishes expected behavior and standards for coaches. Coaches are expected to adhere to these guidelines to promote a positive and respectful environment in the organization.

Guidelines for Coaches:

1. Professionalism:

- Conduct yourself with professionalism, integrity, and respect towards student athletes, parents, fellow coaches, referees, and all involved in the program.
- Set a positive example through your actions and language both on and off the field.
- ***Model respectful behavior during practices, games, and interactions with others.***

2. Communication:

- Maintain open and clear communication with student athletes and parents regarding schedules, expectations, and any updates or changes related to the program.
- Address concerns or issues raised by student athletes or parents/guardian in a timely and respectful manner.

3. Conflict Resolution:

- Handle conflicts or disagreements among student athletes, parents, or fellow coaches calmly and professionally.
- Seek resolution through respectful dialogue and avoid engaging in confrontational or aggressive behavior.
- Elevate conflicts to the Board as necessary.

4. Compliance with Policies and Rules:

- Abide by all policies, rules, and guidelines set forth by the Board and USA Lacrosse (Southwest Ohio Chapter).
- Ensure compliance with safety protocols, including equipment regulations and medical guidelines.

5. Continuous Learning and Development:

- Engage in ongoing coach education to enhance teaching methods and strategies for positive behavior reinforcement.
- Regularly communicate with parents to update them on their child's progress and encourage their involvement in reinforcing positive behaviors off the field.

6. **Personal Conduct:**

- Refrain from engaging in any form of discrimination, harassment, bullying, or inappropriate behavior towards anyone involved in the program. Set expectations for all the team members to the same.
- Maintain appropriate boundaries in interactions with student athletes and their families.

This **Modeling Behavior Policy** establishes clear expectations for coaches regarding their behavior and interactions within student athletes, parents/guardians, coaches, officials, and the Board. It emphasizes the importance of professionalism and respect while representing our program.

Policies Acknowledgement (Coaches)

I acknowledge that I have read and understand the Anderson Community Lacrosse Club (Hawks Lacrosse) coaching policies listed below. I agree to adhere to these policy guidelines and prioritize the health and safety of the student athletes under your coaching care.

- Social Media
- Abuse Notification
- Injury
- Concussion
- Lightning
- Positive Coaching
- Modeling Behavior

Violation Consequences: Failure to comply with coaching policies may result in disciplinary actions; including warnings, suspension, or termination of coaching duties and may also lead to legal action per state laws. Reduced student athlete fees for parent coaches may also be revoked in part or whole.

Name, signature, and date are not required if read during online coach registration.

Name: _____

Signature: _____

Date: _____