ZACH GORDON YOUTH SERVICES

Parents –

I am sending out some reminders to help our indoor soccer season get underway safely. If you have questions, please let me know!

1) **Preseason:** October 8 – October 14
2) **Season:** October 15 – December 10
3) **Practices and games:** all teams will have 1 week night practice for 1 hour and 1 game on Saturday. Scores will only be kept in 11/14 coed as they will have a post season tournament.
4) **Equipment:** all players must wear shin guards and non-marking soles gym shoes. If a child does not have shin guards, they will not be allowed to play. Players are not allowed to play in their socks, crocs, rain boots, hiking boots, or similar shoes. Socks (or long pants) **must cover** shin guards. It is a requirement in the rules of soccer and it keeps shin guards in place.
5) **Pickup and drop off:** Please make sure a coach is in the gym when you drop off your child. Occasionally, coaches run late and there may not be an adult waiting in the gym at practice or game time. Please do not arrive more than 10 minutes before a game and 5 minutes before a practice. Please make sure you are able to pick your child up within 5 minutes of the end of practice or games.
6) **Fire lanes**: Please do not park in the fire lanes, keeping those lanes clear will ensure that emergency vehicles can access the schools quickly and safely. We have had to call for emergency services at games and the vehicles could not park in the fire lanes due to cars parked there.
   At Harborview, you can park in the paved lot next to the school. At Kaxdigoowu Heen, you can park in the dirt lot next to the school. At Marie Drake, you can share the lot at Harborview.
7) **Coaching from the sidelines:** Parents should refrain from coaching from the sidelines. Coaches should be the only voice giving direction to the players on the court. Parents should yell positive encouragement and cheer loudly for good plays, regardless of team.
8) **Inclement weather and cancelling games/practices**: As we all know, our fall can have a lot of rain and some snow. Practices and games will continue unless cancelled by the Recreation Coordinator. If schools are closed due to a snow day or inclement weather, practices will be cancelled. For severe snow days on Saturdays, the Recreation Coordinator will make a decision in the morning and will contact coaches and families that games are cancelled.
9) **Commons Area and Halls**: Please don't practice or run in the halls or the commons area. We have been asked by Community Schools to respect this rule. The Community School monitors will remind kids to stop when this happens.
10) **Seating at the schools**: There are a few schools that the community schools monitors will pull out the bleachers, but the majority of schools do not allow us to use the bleachers. Parents can ask the gym monitor for chairs. Please help to put them away after the last game! For the schools that do pull out bleachers for seating, if you are attending the last game, please

stick around and help push them back in! For DHMS and Floyd Dryden, we cannot pull out the bleachers so please bring chairs.

11) **Food in the Gym**: There will be no food in the gyms. If your team decides to have snacks, please distribute them outside the gym.
12) **No glass in the gyms**
13) **Fingernails**: Please make sure your child's nails are cut short and blunt.
14) **Hats**: no hard brimmed hats, barrettes, or similar items.
15) **Covid-19 mitigation:**
    - If you or your child are sick, please stay home
    - If you or your child test positive for Covid-19, you will need to contact P&R within 24 hours
    - While engaging in play in the gym, participants can choose to wear a maks
    - Spectators are asked to practice safe social distancing. In the event that games are crowded and you are unable to maintain social distancing, we encourage you to wear a mask for the safety of everyone
    - Staff will mask at any time by request
16) **Facility Rules:** Occasionally, the community schools monitor is late or does not show up. The coach has procedures they will follow when this happens. Please do not enter the facility if it is locked. Please do not contact the principal of the school as they are not responsible or scheduling activities or monitors.
17) **Helping with the team:** families will be asked to help create a snack schedule, step in to referee, help kids be subbed in, help set up for games and practices, etc. Thank you in advance for doing this!
18) **Code of Conduct**: There is a standard of conduct expected from every person associated with the Juneau Parks & Recreation youth sports program. Game and league rules control participant conduct on the field during league play. Participants must also be responsible for their conduct during practices and when not actively participating in a game. Appropriate conduct also relates to coaches, parents, referees, and P&R staff. Inappropriate conduct can be any of the following but is not limited to: hitting, pushing verbal abuse, intimidation, alcohol or drug use prior to/during games and practices and poor sports conduct.

- I will not yell at officials, coaches, other adults or my child while they are playing
- I will not ridicule anyone involved in a youth sporting event
- I will not curse or use abusive language
- I will not coach from the sidelines
- I will not use any form of electronic media (Facebook, Twitter, etc) to harass, verbally assault or bully any member of the Parks & Recreation program
- I will not disrupt coaches during meetings, games or practices
- I will demonstrate good sportsmanship by being supportive of all players, coaches and officials at every game, practice or youth sport event.
- I will remember that this program and game is for kids, not ADULTS

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