

GEJFA CODE OF CONDUCT

As a coach of the Greater Eastside Junior Football Association, I acknowledge the following to be guidelines of the Association and I, by my signature on the other side of this form, accept and agree to abide by these guidelines:

1. That this program is solely for the young people participating. It is not for any coach or parent. It is not for anyone's ego, but is designed to teach the basic principles of sportsmanship, camaraderie and football skills.
2. That winning is not the foremost object of the program, but by competent coaching and positive reinforcement of goals, these young people learn how to win, how to lose and how to do both well.
3. That I have received a copy of the rules and regulations of the Greater Eastside Junior Football Association and that I further agree to comply fully with all rules therein and those specifically outlined herein. I, and as many of my staff as possible, shall attend the GEJFA All Coaches Clinics.
4. That, although I coach for one system, I recognize my loyalty and conformity to the association and its rules.
5. That I am responsible not only for my conduct and performance, but also that of my assistants, players, and parents of players. I realize that my team may be penalized and that I may be subject to disciplinary action by the Junior Football Council for failing to do my utmost to control inappropriate behavior by assistants, players, or parents.
6. That I will not knowingly allow any player to participate on my team who is not from within the GEJFA approved boundaries for my System, or who is presently playing for any junior or senior high school team; nor will I allow a player whom I know to have altered his date of birth, or any other date which would show him eligible to compete in our program when he should not; and that I am subject to game forfeitures, suspension or termination for playing such ineligible players.
7. That no team shall beat an opponent by more than 32 points and that every effort will be made to insure that no team feels demoralized by the running up of any score, and every effort will be made to insure to prevent same.
8. That I understand the league substitution rule. Upon the change of possession I must empty my bench and replace all players on the field, if possible, and that each of those players must remain on the field for four consecutive plays, unless the ball changes hands. After four consecutive plays I may substitute freely, but when the ball changes hands I must again empty my bench and replace all players on the field, if possible. I must play all players at least twelve plays during the game. I will not take any action that will cause any eligible player to become ineligible for, or miss any game. However, for disciplinary reasons I may restrict a player's participation.
9. I understand that I am governed by the Association Council and their agents and that my final form of appeal in any matter is the GEJFA Grievance Committee and I will accept their final judgment in any matter in which I may be involved.
10. That I will run my practices and games in a sports environment that is free of drugs, tobacco, alcohol and the use of profanity.
11. That at least one of my coaching staff shall hold current First Aid certification.

12. That violation of the rules can result in forfeiture of the game and my suspension or termination.

That I have read the Code of Conduct above and accept and agree to abide by this Code.

The 7 Guiding Principles of NFL Youth Programs

The NFL Youth Programs were developed to help kids and their families have an enjoyable experience every time they step on a football field. As part of this, the NFL asked kids, parents, and coaches about their likes, dislikes, and concerns, not only with playing football, but with the overall youth sports experience. As a result of this research, we have developed seven guiding principles that make up the overall philosophy that we apply to all the NFL Youth Programs.

1. Make It Fun.
2. Limit Standing Around.
3. Everyone Plays.
4. Teach Every Position to Every Participant.
5. Emphasize the Fundamentals.
6. Incorporate a Progression of Skill Development For Every Participant.
7. Yell Encouragement, Whisper Constructive Criticism.

For full discussion, see: <http://pesm.active.com/exec/NFLYP/7principles.cfm?publicationID=219>

That I have read the NFL Guiding Principles above and acknowledge that GEJFA endorses and promotes these principles and expects that I will practice these principles in coaching GEJFA youth football.

Concussion Training

Washington State Law requires that **ALL** COACHES:

- Shall be educated as to the nature and risk of concussion and head injuries including continuing to play after concussion or head injury. This education shall include signs and symptoms of concussion/brain injury. This education is available at no charge to coaches via the sports specific WIAA online rules clinics. Coaches shall educate their athletes on the signs and symptoms of concussion and encourage athletes to notify a coach if they or a teammate exhibits those signs or symptoms.
- Shall immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury.
- Shall not allow an athlete who has been removed from play because of a suspected concussion/brain injury to return to play until the athlete has received written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.

Please review the following educational material on concussions in youth athletics. When completed certify that you have completed this training by following the certification instructions below. NOTE: Under no circumstances is any coach allowed to do any form of coaching under the auspices of GEJFA until he/she completes the review and certifies their completion

HEADS UP: CONCUSSION IN YOUTH SPORTS

A Fact Sheet for **COACHES**

THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding, also referred to as ” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however, in **any** organized or unorganized sport or recreational activity. As many as 3.8 million sports- and recreation-related concussions occur in the United States each year.

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head.
- and-
2. Any change in the athlete’s behavior, thinking, or physical functioning. (See the discussion on signs and symptoms of concussion below.)

SIGNS AND SYMPTOMS

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none"> ▪ Appears dazed or stunned ▪ Is confused about assignment or position 	<ul style="list-style-type: none"> ▪ Headache or “pressure” in head ▪ Nausea or vomiting ▪ Balance problems or dizziness

<ul style="list-style-type: none"> ▪ Forgets sports plays ▪ Is unsure of game, score, or opponent ▪ Moves clumsily ▪ Answers questions slowly ▪ Loses consciousness (even briefly) ▪ Shows behavior or personality changes ▪ Can't recall events prior to hit or fall ▪ Can't recall events after hit or fall 	<ul style="list-style-type: none"> ▪ Double or blurry vision ▪ Sensitivity to light ▪ Sensitivity to noise ▪ Feeling sluggish, hazy, foggy, or groggy ▪ Concentration or memory problems ▪ Confusion ▪ Does not "feel right"
---	---

Adapted from Lovell et al. 2004

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a health care professional with experience in evaluating for concussion. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- **Educate athletes and parents about concussion.** Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long-term effects of concussion, view the following online video clip: http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video. Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.
- **Insist that safety comes first.**
 - Teach athletes safe playing techniques and encourage them to follow the rules of play. (Note The helmet, while it helps, does not itself prevent concussions or other head injuries. Proper fundamentals, safe play, cannot be overemphasized.)
 - Encourage athletes to practice good sportsmanship at all times.
 - Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
 - Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.

Check with your youth sports league or administrator about concussion policies.

Concussion policy statements can be developed to include the league's commitment to safety, a brief description of concussion, and information on when athletes can safely return to play following a concussion (i.e., an athlete with known or suspected concussion should be kept from play until evaluated and given permission to return by a health care professional). Parents and athletes should sign the concussion policy statement at the beginning of the sports season.

- **Teach athletes and parents that it's not smart to play with a concussion.** Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.
- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called *second impact syndrome*. Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."

ACTION PLAN

WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

1. **Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. **Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and force of the hit or blow to the head
 - Any loss of consciousness (passed out/knocked out) and if so, for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)
3. **Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. **Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** A repeat concussion that

occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.