

# Edina Youth Lacrosse Association Safesport Coaching Policies

Effective 4/14/2020

All Edina Youth Lacrosse Association Coaches 18-years-old and older must:

- Complete the Safesport certification annually as part of the US Lacrosse Coach Membership. If a Coach's certification has expired, the Coach will not be allowed to coach until the certification is renewed.
- Complete annual Concussion training. If a Coach's certification has expired, the Coach will not be allowed to coach until the certification is renewed.
- Complete the annual Youth Lacrosse Minnesota (YLM) league training.
- Complete the annual Edina Lacrosse Association training.

All Edina Youth Lacrosse Association Coaches under 18-years-old must:

- Contact US Lacrosse Membership via phone directly to add a Coach tag to their US Lacrosse Membership. They will not be able to take the SafeSport training or do the background check. However, this Coach tag must be added before they can coach with Edina Lacrosse Association.
- Complete annual Concussion training. If a Coach's certification has expired, the Coach will not be allowed to coach until the certification is renewed.
- Complete the annual Youth Lacrosse Minnesota (YLM) league training.
- Complete the annual Edina Lacrosse Association training.

## Reporting Sexual Abuse or Misconduct

- If sexual abuse or misconduct is suspected or reported to you, contact the Edina Police Department within 24 hours of suspicion or receiving the report
- Do not spend time researching what occurred - that is the job of the law enforcement team
- After reporting to law enforcement, immediately notify the ELA President.

## Bullying

- Focus on bullying prevention: Create a positive environment for all athletes; a caring, engaged and responsible coach can dramatically reduce the impact of bullying behavior on an athlete and create team cohesion. Coaches should:
  - Know all their players' first names by the first practice and who's new to the sport
  - Show empathy for athletes new to the team and to the sport
  - Explain to their team the importance of everyone's contributions in making a successful season
  - Incorporate team-building exercises into practice, so athletes can learn more about each other as individuals.
  - Always model respect toward athletes, parents, colleagues and officials
  - Don't motivate via negative reinforcement, yelling, tirades, or put-downs
  - Keep in mind that children model adults
- Team hazing is strictly prohibited
- Bullying Definition

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- What distinguishes bullying behavior from other incidents we might think of as mean or rude? After all, conflicts and disagreements do erupt between players on and off the field. How do we know when behaviors cross over into bullying?
  - Imbalance of power
  - Repetition
  - History of conflict
- 4 Types of Bullying
  - **Verbal:** Using words, statement or insults in a negative way
    - Name-calling
    - Teasing
    - Intimidation
    - Threatening to cause harm
  - **Physical:** Any type of unwanted physical force
    - Hitting
    - Kicking
    - Tripping
    - Other forms of physical aggression
  - **Social:** Harming others through the manipulation and damage of their peer relationships
    - Spreading rumors
    - Leaving out individuals
    - Embarrassing someone
    - Ignoring a teammate
  - **Damage to property:** Damaging or threatening to damage an individual's personal belongings
- If rough play occurs, request the offending player to sit out like they would during a penalty in a game and discuss proper sportsmanship. Notify the parent to pick up the player if repeated. If bullying is suspected, please notify the ELA President within 24 hours via email and follow up call. Provide a brief summary of bullying event(s), ELA related individuals involved (players, coaches, family members, others), date/timeline of suspected event(s), date issue was brought to your attention, and coaches' actions taken on the field.

### Protect Player's Safety

- Water breaks during practices - more frequent with helmet breaks when the heat index is over 90 degrees
- When lightning is spotted, parents must be notified right away. Move players to a safe location until picked up by parents. No play may resume until 30 minutes after the last lightning is spotted.
- Don't allow an athlete to play through an injury.
- Never use physical force when dealing with athlete's, referee's or other's behavior.
- Never use massage therapy on a player.
- Do not transport players in your vehicle.

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- Always ensure you are not in a situation where you are isolated one-on-one with a player either in person or otherwise.
- Following team events, request the second-to-last parent stay with you until the last player is picked up. Or request that another coach stay with you. Always maintain two adults with players.
- If you are coaching a team that requires overnight travel, adult parent chaperones must be present. You should not do any room checks of players without at least one other parent chaperone present.
- Photography should not be taken of players without parental consent. In addition, no photography should be taken in locker rooms, bathrooms or areas in which players may be changing.
- Never host team gatherings, meetings or one-on-one meetings in your home. Do not host one-on-one meetings online.
- Coaches shall not attend any ELA event while under the influence of alcohol or substances which may cause mood fluctuations or impaired judgement, nor shall they consume such items during ELA events.
- Communicate with players via the Sports Engine App. Do not invite players to follow you on social media applications, and do not accept invitations from your players.