



HIGH RIVER LACROSSE ASSOCIATION
Player Commitment & Code of Conduct
(PLEASE REVIEW THIS DOCUMENT VERY CAREFULLY)

General Conduct:

- Have Fun!!! Lacrosse is one of the greatest team sports there is. Enjoy it, promote it and respect it!!
- Arrive on time to practice with all appropriate equipment including a mouth guard and water
- Attend all practices and games, except in the case of sickness or essential family commitments. If I am unable to attend a practice or game, I will make every effort to advise the coaches at least 24 hours in advance where possible.
- Be respectful of others at all times and will display appropriate sportsmanship to my teammates, coaches, game officials and parent volunteers.
- To respect the integrity and judgment of coaches and officials at all times.
- To restrain from displaying any inappropriate behavior including the use of any type or form of profanity, vulgarity and obscene gestures towards any volunteer, team member or league representative
- Not use any types illegal or performance enhancing drugs.
- Report any injuries to the coaching staff and to seek medical treatment when required or advised by the coaching staff. I understand that if I leave practice or a game with a potential injury that I must have permission by a parent/guardian or medical professional before re-joining the team. Concussion related injuries must be accompanied by physician's note and players must be cleared by the coaching staff or team trainer before returning to play.

Athlete's Acknowledgement:

I _____ as the participating athlete have reviewed and carefully read, with my parent(s) / legal guardian the High River Lacrosse Association Code of Conduct. I agree to abide to all provisions contained within this document. Furthermore, I understand that a violation of any of the team rules may result in disciplinary action and this action may result in suspension from participation.

Athlete's Signature: _____

Please Print Name: _____

Date: _____

Parents Acknowledgement

I/We _____ as the parent(s) / legal guardian(s) of the above player have read the Player's Commitment and Code of Conduct. I understand that this document is not able to cover every potential situation that may occur and is intended to review a few basic points. I understand that any matters that may arise that are not reviewed in this document will be managed solely and as deemed necessary by the High River Lacrosse Association. I give my child permission to participate under these conditions and agree to do my best in seeing that they follow said rules and regulations. Furthermore, I understand that a violation of said rules may result in disciplinary action against my child and this action may result in suspension from participation.

Parent Signature: _____

Please Print: _____

(Updated Dec 2015)