

- b) LMSA is committed to preventing injuries due to the game of softball by:
 - i. Adhering to the appropriate safety equipment required for the athletes set out by Softball Alberta.
 - ii. Warming up properly prior to each practice/game.
 - iii. Concentrating on age-appropriate pitching/pitch counts.
 - iv. Developing skills that are age appropriate.
 - v. Returning to play only when a healthcare professional grants clearance.
- c) Concussion guidelines and protocol can be found at:
<https://www.parachutecanada.org/wp-content/uploads/2019/06/Return-to-Sport-Strategy.pdf>

16.0 Code of Conduct

16.01 Coaches

- a) You, as a coach, can have a major effect on the development of an athlete of any age. The experiences our athletes have on and off the softball field will last for a lifetime, and we hope it instills the love of the game.
- b) LMSA works to ensure the coach/athlete relationship and the educational setting is always a positive experience so that each athlete's learning curve can be maximized to its fullest.
- c) To enjoy the season and to allow others to do the same, LMSA asks that coaches and assistant coaches please follow these guidelines:
 - i. I will be a role model for each athlete that I coach by using praise, positive encouragement, displaying control, professionalism, and respect for my team, LMSA, and Zone 4.
 - ii. I will be familiar with and coach under Softball Alberta rules.
 - iii. I will encourage sportsmanship, and be courteous and respectful to all athletes, parents/guardians, coaches, officials, umpires, and other fans of the game.
 - iv. I will be reasonable when scheduling practices and other activities, remembering that the athletes on my team have other interests and obligations.
 - v. I will ensure all players on my team receive equal skill development, support, and fair playing time.
 - vi. I will teach the athletes on my team to play fairly and to respect the rules, the officials, their opponents, and their teammates.
 - vii. I will always show concern towards sick and injured athletes and will request the advice of medical professionals as to whether they are ready to play again.
 - viii. I will not ridicule or yell at the players on my team for making mistakes or performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
 - ix. I will make sure that the equipment and facilities are safe and match the ages and abilities of the players on my team.
 - x. I will obtain proper training and continue to upgrade my coaching skills, so I am able to develop the athletes' skills and understanding of the game of softball.

- xi. I will demand a sports environment for my athletes that is free from drugs (including cannabis), tobacco, vaping, and alcohol and I will refrain from their use at all sports events.
- xii. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
 - a. Verbal warning by official, Head Coaches, and/or head of league organization.
 - b. Written warning.
 - c. Coaching game suspension with written documentation of the incident kept on file by the organization(s) involved.
 - d. Coaching season suspension.

16.02 Parent(s)/Guardian(s)

- a) Our parents and fans represent the Lacombe Minor Softball Association when our teams play and practice. The actions of one of us can affect the image of all of us. Remember, we are all dealing with amateur athletics that are for enjoyment and fun. This encourages us to promote respect and fair play for all players, parents, fans, volunteers, coaches, officials and umpires.
- b) To enjoy the season and to allow others to do the same, Lacombe Minor Softball Association asks that parents and their guests please follow these guidelines:
 - i. I will remember that children participate to have fun and play by the rules. The game is for youth, not adults. Therefore, I will promote the emotional and physical well-being of my child ahead of any desires I have for my child to win.
 - ii. I will treat my team with respect and have my player(s) and all their equipment arrive at games and practices on time.
 - iii. I will participate and adhere to the Fundraising policy.
 - iv. I will report to the coach of any physical disability/injury that may affect my child or the safety of others.
 - v. I will provide my child with positivity and support every chance I get, no matter what the outcome of the game may be and/or their performance. It is ok to make mistakes.
 - vi. I will be a positive role model, encourage sportsmanship, and be courteous and respectful to all athletes, coaches, officials, umpires and other spectators.
 - vii. I will demand that my child treat other athletes, coaches, officials, umpires and spectators with respect regardless of race, creed, color, sex or ability.
 - viii. I will never ridicule, yell, engage in any kind of unsportsmanlike conduct or use inappropriate language at my child, other athlete, coach, official or umpire.
 - ix. I am expected to use social media platforms in a respectful and responsible manner, avoiding posts or comments that could reflect poorly on myself, the team, the coaches, or the Lacombe Minor Softball Association. Negative, offensive, or inappropriate content will not be tolerated and may result in disciplinary action.
 - x. I will demand a sports environment for my child that is free from drugs (including cannabis), tobacco, vaping, and alcohol and I will refrain from their use at all sports events.
 - xi. I will learn the rules of the game and the policies of the league.