

# Ramara Soccer Club

## Commitment to Physical and Emotional Safety

Ramara Soccer Club is dedicated to providing a safe, inclusive, and supportive environment for all participants—players, coaches, volunteers, officials, and families. This document outlines the club's expectations, standards, and practices to ensure that every individual feels protected, respected, and valued.

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### 1. Our Safety Philosophy

- Every participant has the right to enjoy soccer in an environment free from bullying, harassment, discrimination, and intimidation.
  - Safety includes both **physical protection** and **emotional wellbeing**.
  - Coaches, volunteers, and parents share responsibility for modeling positive behaviour.
  - The club promotes a culture of respect, teamwork, and fair play.
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### 2. Physical Safety Standards

#### Safe Playing Environment

- Fields and equipment are inspected regularly for hazards.
- Age-appropriate training methods and drills are used.
- Players are encouraged to report unsafe conditions immediately.

#### Injury Prevention

- Warm-ups and cool-downs are incorporated into every session.
- Coaches follow recognized guidelines for hydration, rest, and safe exertion.
- Concussion protocols are followed in accordance with Ontario Soccer policies.

#### Supervision and Conduct

- All coaches and volunteers must complete required background checks and certifications.
- Players are supervised at all times during practices, games, and club events.

- Physical contact is limited to what is appropriate for coaching and safety.
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### **3. Emotional Safety Standards**

#### **Zero Tolerance for Bullying and Harassment**

Bullying, harassment, or intimidation of any kind—verbal, physical, social, or digital—is strictly prohibited. This includes:

- Name-calling or mocking
- Excluding others intentionally
- Spreading rumours
- Threatening behaviour
- Cyberbullying through messages or social media

#### **Anti-Discrimination Commitment**

Ramara Soccer Club does not tolerate discrimination based on:

- Race or ethnicity
- Gender or gender identity
- Sexual orientation
- Religion or cultural background
- Ability or disability
- Socioeconomic status

Every participant is treated with dignity and fairness.

#### **Supportive Team Culture**

- Coaches foster a positive, encouraging environment.
  - Mistakes are treated as learning opportunities.
  - Players are encouraged to support teammates and show good sportsmanship.
  - Parents are expected to model respectful behaviour on the sidelines.
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### **4. Reporting and Responding to Concerns**

#### **How to Report**

Participants may report concerns to:

- Coaches
- Team managers
- Club officials or board members

Reports may be made verbally or in writing. All concerns are taken seriously.

## Response Process

- Concerns are reviewed promptly and confidentially.
- The club follows fair and consistent procedures.
- Actions may include mediation, education, warnings, or removal from participation depending on severity.

## Protection from Retaliation

No participant will face retaliation for reporting a concern in good faith.

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## 5. Education and Training

- Coaches and volunteers receive training on safe sport principles.
  - Players learn about respect, teamwork, and responsible behaviour.
  - Parents receive communication on club expectations and codes of conduct.
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## 6. Codes of Conduct

All participants must follow the club's Codes of Conduct:

- **Players:** Show respect, play fairly, support teammates, and report concerns.
  - **Coaches:** Lead by example, prioritize safety, and communicate respectfully.
  - **Parents/Guardians:** Encourage positive behaviour and respect officials.
  - **Officials:** Enforce rules fairly and maintain a safe environment.
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## 7. Commitment to Continuous Improvement

Ramara Soccer Club regularly reviews its policies to ensure they reflect best practices in safe sport. Feedback from participants is welcomed and valued.

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## **8. Our Promise**

Ramara Soccer Club is committed to creating a soccer community where every participant feels safe, included, and empowered to grow. Together, we build an environment rooted in respect, teamwork, and joy for the game.

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**For questions or concerns, please contact the Ramara Soccer Club Executive Team.**