



## **LaSalle Stompers Player Well Being Commitment**

LaSalle Stompers Soccer Club is committed to offering on and off-field support to our players by providing access to information, materials and support to assist them in player health, well-being.

### **Policy Objective and Intent**

To provide an environment for all players at the LaSalle Stompers Soccer Club to be valued and supported in their on-field and off field well-being, by having access to information, materials and support to enable them to take responsibility for their decision and their actions on and off the field.

### **Our Players**

To feel confident that they can seek assistance by engaging with club officials, coaches and mentors knowing that their well-being needs will be treated in line with our Code of Conduct and the Player Well-being Policy. While players will be provided access to information and resources, it is their individual responsibility to optimise the use of this support.

### **Our Committee and Management**

To be available as points of contact for our players by providing information and access to resources to assist individual player well-being issues in line with our Code of Conduct and the Player Well-being Policy.

### **Our Coaches and Team Management**

To encourage Players, under their direction, that they are accessible as initial points of contact for individual player well-being needs.

### **Our Player Families**

To be willing and able to engage with Club Committee Representatives, Club Management, Coaches and Team Management where they may require to seek assistance.

## **Player Well Being: Resources and Information**

Central to the effectiveness of providing well-being support to our players will be easy access to information and resources for player use in the areas of health, well-being, mental illness and education needs.

Ideally our resources and information are designed to encourage not only player use but also player responsibility in utilising the information for its intended purpose. That is, while the club is committed to provide support to our players, our players must also accept that they have a responsibility by their own actions if they are to optimize the information and resources available to support their well-being.

Our players may access information in the well-being areas of:

- Employment and Education
- Drugs and Alcohol
- Anxiety, Depression and Mental Illness
- Healthy Lifestyle
- Sexual Abuse

## **Drugs & Alcohol**

An area of emerging awareness is the impact of drugs and excessive alcohol consumption in the community and it is important that we acknowledge the need to be proactive to inform you of your responsibilities in this regard.

As a member of LaSalle Stomper Soccer Club, we fully support and commit to the Zero Tolerance of Drug and Alcohol use and abuse.

Where illicit drug use or excessive alcohol consumption at a club event is understood to have occurred by a player, the matter will be investigated and, where required, a disciplinary hearing will be conducted.

Any player found guilty of illicit drug use will be disciplined upon a recommendation from the Disciplinary hearing

Our aim is to assist with providing a point of initial contact for players, coaches and committee to access in order to enable further appropriate advice and counsel to be provided. Any player experiencing difficulty with drugs and alcohol is encouraged to contact your Player Well-being representative, Tasha Hummell, via email [tashahummell.lssc@gmail.com](mailto:tashahummell.lssc@gmail.com)

### **Drugs Policy**

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### **Anti-Doping Policy**

The LaSalle Stompers Soccer Club has a zero tolerance policy for substance abuse within its membership. As a member of the Ontario Soccer, the LaSalle Stompers Soccer Club follows the procedures and guidelines outlined by the OS with regards to Anti-Doping. Any incidents involving LSSC players and doping will be handled in accordance with the OS procedures.

Anti-Doping Policy – <http://www.canadasoccer.com/anti-doping-program-s15641>.

### **Tobacco Free Policy:**

#### **Commitment**

LaSalle Stompers Soccer Club recognizes that there is ample research demonstrating the health hazards caused by the use of tobacco products, including smoking, smokeless tobacco and breathing second-hand smoke, and understand our responsibility to the participants of our program to model and promote tobacco-free lifestyles.

We stress to leaders, coaches, officials, parents, spectators and all others involved the importance of maintaining a tobacco-free environment while working with young people.

- Tobacco use is the single most preventable cause of death.
- Regular use of tobacco is ultimately harmful to every user's health, directly causing cancer, respiratory and cardiovascular diseases, adverse pregnancy outcomes, and premature death;
- Second-hand smoke is a threat to the personal health of everyone, especially persons with asthma and other respiratory problems;
- Nicotine is a powerfully addictive substance;
- Tobacco use most often begins during childhood or adolescence;
- The younger a person starts using tobacco, the more likely he or she will be a heavy user as an adult;

- Many young tobacco users will die an early, preventable death because of their decision to use tobacco.

All games, activities, tournaments, competitions, sponsored events, and other performances sanctioned by our organization will be tobacco-free. Tobacco free means no smoking, snuffing, dipping or chewing tobacco by players/participants, coaches/leaders, parents, spectators and officials.

**We will promote the tobacco-free policy at all our activities by:**

- Having coaches/leaders explain the policy to players/members and ask them to explain the policy to their parents and others who may come to their game/activity/performance.
- Including the policy in the first schedules/notices about the sport or recreation group so all new and returning participants, their parents/guardians, coaches/leaders and officials/managers know about the policy from the start.
- Making the policy visible throughout the year/season using various messages, including banners at events and encouraging coaches and older players/members to promote active, healthy, tobacco-free lifestyles.

Prevention programs are most effective when supplemented by strong tobacco-free policies and when they are a part of broader organization, such as Ontario Soccer Association. It is the intent of the LaSalle Stompers Soccer Club to establish a tobacco-free environment.

**We will reinforce the tobacco-free policy at all our activities by:**

- Encouraging all coaches/leaders, players/members and parents to respectfully remind someone using tobacco about the tobacco-free policy
- Consistently applying consequences with people who repeatedly break the policy – repeated violations by players/members or their parent/guardian may result in a verbal and written warning from the coach/leader, or the association executive in the case of a repeat coach/leader violation. Following a written warning the individual violating the policy again may be asked to leave the activity or game.

**Tobacco Use Prohibited**

No person is permitted to use tobacco in any way at any time.

**Healthy Snacks Policy**

Obesity and nutrition-related diseases are on the rise in North America, even amongst athletes. **LaSalle Stompers Soccer Club** feels that promotion and advertising of healthy eating habits and balanced lifestyles to members of our Club can play a crucial part in this issue. Whether as Players, Parents, Team Officials, Game Officials or as Supporters we all have a part to play.

With the support of The OS Club Excellence program, **LSSC** is committed to helping improve the well-being of our community and in doing so has implemented a **Healthy Snack Policy** since March 2012.

A Healthy Snack Policy empowers participants to nourish their bodies in appropriate quantities and at appropriate times, limiting ingredients that will impede performance or wellness. Children learn about healthy eating at school and need a supportive environment, both at home and in the community, to help put those lessons into action. **LaSalle Stompers Soccer Club** commits to help make this happen.

Community sports also provide adults with an opportunity to become role models for healthy eating. As such, the expectation is that snacks during or after games, pre-game meals and post-game meals are to be healthy. Healthy foods and beverages are those that fall within [Canada's Food Guide](#) and align with the information linked to below. **LSSC** Healthy Snack Policy is maintained regardless of:

1. The Activity - Game, Practice, Training, Camp
2. The Playing level (Competitive or Recreational)
3. The Location (Home or Away)

Healthy Snack Examples, **LaSalle Stompers Soccer Club** will promote, are as follows:

### **Snacks with Fruit**

- Fresh fruit: apples, bananas, grapes, berries, peaches, plums, pears, oranges, tangerines, clementines, grapefruit, melon, kiwi, pineapple, mango. Serve whole or mix up into a salad, or line up chunks on a skewer for a fruit kabob (use a wooden skewer and snip off the sharp tip before serving to young children)
- Dried fruit: raisins, Craisins, apricots, prunes, dates; fruit leathers or roll-ups made from 100% fruit (check labels carefully)
- [Freeze-dried](#) fruits
- Canned fruit packed in water or light syrup: peaches, pineapple, pears, mandarin oranges; or applesauce (again, check labels carefully to avoid added sugars)
- Frozen fruit: Blend into smoothies with low-fat milk or yogurt
- 100% fruit juice or frozen juice pops (less fiber than whole fruit, but still offers some nutritional benefits)

### **Snacks with Vegetables**

- Carrots
- Celery
- Sugar snap peas
- String beans
- Cucumbers
- Bell peppers

- Broccoli
- Cauliflower
- Grape or cherry tomatoes
- Avocados

*Safety note:* Remember that large chunks of hard, raw vegetables and fruits can be a choking hazard. Use caution when serving to children under 5. Chop into small pieces or steam lightly to soften.

### **Police Check**

All Coaches in the LSSC are required to get a Police Clearance, Level 2, as being responsible for one or more children or vulnerable persons as defined in **section 6.3(1) in the Criminal Records Act.**

### **Emergency Action Plan**

LSSC Provides an Emergency Action Plan (EAP) to all its coaches. This can be found at the following link:

**[http://www.lasallestompers.org/docs/LaSalleStompersEmergencyActionPlan\\_1493390989.pdf](http://www.lasallestompers.org/docs/LaSalleStompersEmergencyActionPlan_1493390989.pdf)**

### **Conducts**

LSSC requires mandatory completion of all its Conducts, including coaching, parent, player and game-official. These Conducts can be located at the following link:

**<http://www.lasallestompers.org/forms-and-documents.php>**

### **Harassment**

Harassment will be construed as any form of mentally or physically abusive behavior; threat or intimidation; unwanted or inappropriate comments of a sexual nature; discrimination based on gender, bullying, including discriminations against color, creed, ethnicity; taunting; and/or continued vexatious comments.

Our harassment policy can be found at the following link:

**[http://www.lasallestompers.org/docs/HarassmentPolicy\\_1493391422.pdf](http://www.lasallestompers.org/docs/HarassmentPolicy_1493391422.pdf)**

**Links to Healthy Snacks and Lifestyle:**

<http://www.feedingthekids.com/articles/article/4299737/70162.htm>

<http://www.bqlz.com/healthy-living-tipshealth-tips-half-time-snacks-for-players.html>

<http://sportsmedicine.about.com/cs/nutrition/a/aa011599a.htm>

<http://www.coaching-kids-sports.com/sportshydration.html>

**Links and Policies in Relation to Player Well Being:**

**Harrasement:** [http://www.lasallestompers.org/docs/HarassmentPolicy\\_1492025884.pdf](http://www.lasallestompers.org/docs/HarassmentPolicy_1492025884.pdf)

**Canadian Mental Health:** <http://windsorsex.cmha.ca/>

**Drugs and Alcohol Abuse help:** <https://www.wechu.org/your-health/drugs-and-alcohol/where-get-help>

**Am I a Drug Addict:** <https://www.ncadd.org/get-help/take-the-test/am-i-drug-addicted>

**Distress Centre Windsor:** <http://www.dcwindsor.com/>

**Sexual Abuse Help:** <https://saccwindsor.net/>

**Living Healthy for Athletes :** <http://www.livehealthy.gov.nu.ca/en/active-living/canada-sport-life/long-term-athlete-development>

**Bullying Help:** <http://www.redcross.ca/in-your-community/ontario/violence,-bullying-and-abuse-prevention/windsor-essex-branch-violence,-bullying-and-abuse-prevention>