



**WELCOME TO  
VERNON & DISTRICT  
2019  
MINOR FOOTBALL  
SEASON!**

# Welcome Players and Parents!

On behalf of the Vernon & District Minor Football Board and the Coaches, we would like to welcome you to the new 2019 Football season.

Together we will share an amazing journey thru the ups and downs of a competitive sports season, as we watch and encourage our young athletes to grow and develop as great athletes, caring team mates and responsible young members of our community. For us to succeed in providing the high-quality experience that we have set as a goal, for your young athlete, we will require your support, understanding and participation. Our number one priority is to keep each child safe, as each coach has been thoroughly trained to ensure safety above all else. We ask that all coaches and officials be respected, as they have devoted endless hours to allow sports programs to continue in our community's.

With the mix of new and returning players we would like you all to review the following information in this package, and return all signed documents as soon as possible to your coaches. It is our hope to provide as much information as possible at the beginning of the season, to make this tackle season as successful as possible.

## Welcome to the VDMFA Family





## **VDMFA PLAYER'S CODE OF BEHAVIOUR**

- I will never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials or other players, deliberately, distracting or provoking an opponent is not acceptable or permitted in any sport.
- I will not use drugs or alcohol or be a part of that activity at any practices or games.
- I will treat all players as I would like to be treated. I will not interfere with, bully, or take unfair advantage of another player/ team mate.
- I will respect my opponents.
- I will do my best to be a true team player.
- I will remember that having fun, improving skills, making friends, and doing my best are just as important as winning a game.
- I will acknowledge all good players/ performances – those of my team and of my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.
- I will be on time for practices and games.
- I am responsible for the gear and uniforms that I am given to use. I will take care of it so that it is returned in the good condition it was given to me. I will clean gear and uniform before returning it at the end of the season.
- I also agree that if I fail to abide by the above rules and guidelines. I will be subject to disciplinary action that could include, but is not limited to the following:
  - Verbal warning by an official, head coach, and/ or head of league organization.
  - Written warning.
  - Game suspension with written documentation of incident kept on file by organizations involved.
  - Game forfeit through the official or coach.
  - Season suspension.

**VERNON & DISTRICT MINOR FOOTBALL  
PLAYER MEDICAL FORM**

Name of registrant \_\_\_\_\_

Date of birth \_\_\_\_\_

Home address \_\_\_\_\_

Telephone number where parent may be contacted names of parents \_\_\_\_\_

Home \_\_\_\_\_ cell \_\_\_\_\_

Work \_\_\_\_\_ relative/friend \_\_\_\_\_

In the case of emergency, it is important that the coach or first aid person in charge has the necessary information about any medical condition which could effect the treatment of your child. All information will be kept in strict confidence. It is in the best interests of your child that full and accurate information should be given.

Any known allergy to medicine \_\_\_\_\_

Any medical condition or medication(s) your child is on that a doctor may need to be aware of before carrying out an examination (asthma e.g.)

\_\_\_\_\_  
\_\_\_\_\_

Any other additional information that you may want to make us aware of

\_\_\_\_\_  
\_\_\_\_\_

Name of family doctor \_\_\_\_\_

Doctors Phone # \_\_\_\_\_ Childs Health care # \_\_\_\_\_

\*\*Please provide a photocopy of your child's birth certificate\*\*

I understand the risk involved and give permission for my child to participate in the playing the sport of football. I hereby consent to allow any coach, first aid person or affiliate associated with VDMFA to administer the appropriate treatment necessary to my child in case of injury or illness. On behalf of myself, my heirs, administrators, and assigns forever release and hold harmless Vernon & District Minor Football Association and any of its members or volunteers from loss and any or all liability arising from any act or omission on their part resulting from injury, fatality, illness or damage of property occurring as a consequence of the said participant. I have read and understand the consent in which I now sign.

Parent's Name (print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Equipment Care

Equipment issued to participants carries a great deal of responsibility. To maintain the protective quality of the equipment, proper care & maintenance is important. This will help to ensure the safety of all participants.

Please follow the guidelines below to care for your equipment. If you take care of it, it will take care of you!

**Helmet:** Outside should be cleaned with mild soap & water solution or a soft scrub cleaner. DO NOT use any harsh chemicals or cleansers (i.e.: thinners, turpentine or abrasive cleaners). Clean the inside of the helmet using a damp cloth to remove salt (sweat) build-up from the padding. The inside of the helmet should also be sprayed with a mild disinfectant solution. Allow the helmet to air-dry in an upright position.

**Shoulder Pads:** Clean with a mild soap & water solution inside & out. No harsh chemicals should be used. Use disinfectant solution on all padded areas.

**Jerseys & Pants:** Machine wash cold-warm water with a mild detergent. Pre-soak to remove heavy stains. Air-dry. DO NOT bleach, dry clean or use in automatic dryer.

*Suggestion - use an automatic dishwasher detergent*

**Pads (hip, tail, thigh, knee, arm, hand, elbow, neck, collar & rib):** Hand wash cold water with mild detergent. Air-dry. DO NOT bleach, use harsh chemicals or use in an automatic dryer.

### Football Helmet Inspection List:

- Inspect your helmet prior to each use - **NEVER** wear a damaged helmet
- Foam padding should be in proper placement
- Foam padding should show **NO** signs of deterioration
- Check for cracks in vinyl or rubber covering on air/foam
- Protective system should never be altered or removed
- Check shell for cracks
- Check all rivets, screws, Velcro & snaps to ensure they are properly fastened

**If any of the above inspections indicate a need for repair or replacement, notify your coach. This is the participants' responsibility. Please take the time to care for your equipment. Each participant is given the use of equipment - it must be properly cared for so it will last.**