

1. General Terms and Conditions

I/We the parents of the above named applicant, hereby give my/our permission to said applicants participation in any and all activities during the current season. I/we assume all risks and hazards incidental to such participation, including transportation to and from the activities, and I/we do hereby waive, release, absolve, indemnify and agree to hold harmless the organization, Park Ridge Football & it's directors, sponsors, Park Ridge Sports, Inc., Park Ridge Recreation & Park District, supervisors, coaches, participants, and any persons transporting the applicant, except to the extent and amount covered by accident or liability insurance. I/we will furnish proof of the applicant's age upon request by the league.

I/we certify that the information provided is accurate, and understand the Board of Park Ridge Football reserves the right to assign players / cheerleaders according to their rules and safety guidelines.

I/we agree to be financially responsible for all equipment issued to the applicant other than normal wear during the season. I/we will reimburse the League for lost and damaged equipment, including equipment not returned on a timely basis.

2. Emergency Medical Release

I/we the parents give our permission for any emergency treatment necessary either on the practice or game field. I/we authorize any hospital, physician, or trained emergency personnel perform emergency treatment for any injuries resulting from any scheduled function, including the supervised travel to and from said function.

3. Photo & Video Release Waiver

I grant to Park Ridge Football, the right to take photographs of me and my family in connection with Park Ridge Football practices and games. I authorize Park Ridge Football, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that Park Ridge Football may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

4. Social Media Policy

Park Ridge Sports, Inc. ("PRSI") recognizes the importance of the Internet in shaping the Public's perception of our organization. PRSI also recognizes the importance of our Board members, executive directors, sport directors and managers, sport committee members, coaches, employees, and volunteers in leading and setting the tone of social media interactions in a manner that advances PRSI's mission and goals.

Mission Statement

Park Ridge Sports, Inc. is dedicated to the development of well-rounded youth through positive sports competition. We strive to develop fundamental skills through active

participation of our players and to promote good sportsmanship from our players, coaches, and parents. Park Ridge Sports, Inc. is dedicated to the support of the organized sports in the Park Ridge community.

PRSI believes that our mission is to provide these organized sports with as many athletes as possible that are as well-prepared as possible for that next level.

Applicability

This Social Media Policy applies to all Board members, executive directors, sport directors and managers, sport committee members, coaches, employees, program members, program participants, and volunteers (“PRSI Members”). This Social Media Policy applies to all social media content posted by PRSI Members in their professional and personal capacity to the extent such content is related to PRSI.

Aspirations

PRSI strives to create a positive and inclusive organization that is dedicated to helping young athletes reach their potential. In furtherance of this goal, PRSI aspires to engage members of the Park Ridge community in positive, honest, transparent, and knowledgeable dialogue about PRSI through social media. PRSI views social media as an important tool for communicating its successes and opportunities for athletic and individual development. PRSI also views social media as a platform for receiving constructive feedback from the community and for discussing PRSI’s challenges and opportunities for improvement in a positive and constructive way.

Guidelines

All PRSI Members shall abide by the following guidelines when using social media:

- a) Be positive and respectful, and always take the high road. When disagreeing with others’ opinions, remain appropriate and polite. If you find yourself in a situation online that is becoming antagonistic, ask the PRSI Board of Directors or your sport director or manager for advice on how to disengage from the dialogue in a polite and respectful manner that reflects well on PRSI and our community.
- b) Do not post content that would harm PRSI or damage PRSI’s reputation. Remember that even while you are on your own personal time, you are a representative of PRSI, and people may interpret your online postings or social interactions as though they were official PRSI statements.
- c) Use good judgment when posting comments on any official PRSI sites. Bear in mind that your comments can create liability for PRSI. If you are unsure whether a comment is appropriate to post, either do not post it or obtain prior approval from the Board of Directors.
- d) Be smart about what you publish. Once something is posted, it exists online forever. Ask yourself, “Would I want to see this published in the newspaper or posted on a billboard tomorrow or ten years from now?” If the answer is “no,” do not post.

about any PRSI Member's use of social media, please bring your concerns to the attention of your sport director or manager or a member of the PRSI Board of Directors.

- f) Personally identifiable information (information, such as a name and date of birth and/or a street address which, when taken together, can identify a particular individual) should not be disclosed in any manner on official PRSI social networking sites without the approval of the PRSI Board of Directors.

Violations of the Social Media Policy

The PRSI Board of Directors shall have the authority to monitor and enforce this Social Media

Policy. The PRSI Board of Directors, and any individual appointed by the Board of Directors, shall have the authority to remove any inappropriate or offensive comments from official PRSI sites and to block any individual or organization from posting on any official PRSI social media platform if they determine, in their sole discretion, that such removal or block is in the best interests of PRSI.

The failure of any PRSI Member to adhere to this Social Media Policy shall be considered a violation of the PRSI Policy, and any PRSI Member who fails to adhere to this.

Social Media Policy shall be subject to disciplinary action, up to and including termination of such individual's involvement in PRSI, in accordance with PRSI policies and applicable precedents as determined and adjudicated by the PRSI Board of Directors.

5. Player & Parent/Guardian Code of Conduct & Ethics Policy

Athletes and coaches will not be able to perform at their best if parents/guardians do not have a clear understanding of the philosophies of our youth football and cheer programs.

- a) Understand the daily pressures a child faces. Football and Cheerleading should be an outlet and place for a player to have fun. Encourage your child and allow him or her to have a good time.
- b) Remember that your child learns more from your actions than your words. Practice good sportsmanship by being respectful to players, parents, and Coaches on both teams.
- c) Parents should appreciate the efforts made by both teams. There is nothing wrong with applauding a good play made by the opponents.
- d) Parents should support the coach, as long as the coach follows proper coaching guidelines. Parents should understand that most coaches are volunteers. It is inappropriate for a parent to coach a player who is on the field. Not only does it devalue the coach, it also confuses the player.
- e) Parents should not embarrass their child by calling attention to themselves through loud or rude behavior.
- f) Don't be a coach - be a parent. Offer encouragement and positive reinforcement. A sure way to dampen your child's enthusiasm is with constant criticism.
- g) Parents should encourage discipline by having their children arrive on time for practices and games.

- h) Parents should help their children realize that belonging to a team requires commitment. Regular attendance and being prepared are necessary for the team to function smoothly.
- i) Parents should volunteer their services whenever possible. This shows the participants the value of being a team player.
- j) Parents should respect the officials and their calls. It is okay to disagree but inappropriate to disparage.

Violations to Code of Conduct /Ethics Policy

Violations or potential violations will be dealt with as follows:

- a) The violation or potential violation will be reported to the Director of Falcons Travel Tackle, Flag or Cheerleading. Director of Falcons Travel Tackle, Flag or Cheerleading, and PRSI President and the Appropriate League Director (if Applicable) will research all facts and will meet (either in person or by phone) to determine findings. The research may or may not include a meeting with the party who was in question of performing the violations. The 2(3) will determine the validity of the accusation and then will make a determination based on their findings. Once determined the sanctions (if any) will be documented to the party in question and then the Board will be informed in writing.
- b) If any League Director or Board Member is the party in question then the Board will be asked to review the situation.
- c) Important Considerations
 - i. Player Code of Conduct is covered under Sportsmanship Guidelines as well as by IHSA rules
 - ii. If the League Director who is to begin the process either coaches in that league or has a player (son/daughter) in that league they might be recused from the final decision making process, but may be allowed to weigh in on anything they have witnessed or information they have.
 - iii. If any League Director or Board Member is the party in question then the Board will be asked to review the situation
 - iv. If the review finds the parent, coach or player in violation penalties can include:
 - 1) Warning
 - 2) Reprimand
 - 3) Suspension
 - 4) Expulsion
 - 5) Other

6. Coaches Code of Conduct & Ethics

The Park Ridge Youth Football organization is committed to providing a safe, positive, and nourishing environment where our athletes and coaches are afforded the opportunity to develop strength, character, build self-esteem, and realize personal development.

All football and cheerleading coaches will abide by this Code of Conduct/Ethics that includes the following provisions. If any of these rules are broken, the Park Ridge Football Board of Directors shall have the authority to impose a penalty.

- a) Coaches shall not criticize players/cheerleaders in front of spectators. Reserve constructive criticism for private or team settings if others might benefit.
- b) Coaches shall accept decisions of the game officials and judges on the field as fair and called to the best of the official's ability.
- c) Coaches shall not criticize the other team, its players, coaches, or cheerleaders verbally or with gestures.
- d) Coaches should emphasize that good athletes should strive to be good students, and that both are physically and mentally alert.
- e) Coaches shall emphasize that winning is the result of good teamwork.
- f) Coaches should not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.
- g) Coaches and League Officials will be jointly responsible for the conduct and control of team fans and spectators. Any fan / spectator who becomes a nuisance and out of control will be asked to leave.
- h) Coaches will not use abusive and profane language at any time.
- i) Coaches are strongly encouraged to not "run up the score" when their team gets a commanding lead in order to raise the score as high as it can. Rather, every effort should be made to ensure all players are afforded the opportunity to participate.
- j) Coaches shall not receive payment, in cash or kind, for services as a coach.
- k) Coaches will not permit or encourage "sweating down" tactics in order for a player to make the team weight.
- l) Coaches shall not permit an ineligible player to participate in a game.
- m) Coaches shall not deliberately incite un-sportsmanlike conduct.
- n) Coaches shall not smoke and/or use smokeless tobacco on the football field.
- o) Coaches shall abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.
- p) Coaches shall remove from a game or practice any participant when even slightly in doubt about his / her health, whether or not as a result of injury, until competent medical advice is available.
- q) Coaches shall control their fans. Remember as a team coach, you're responsible for your team and fan reaction will usually be in step with your reaction.

- r) We ask that you incorporate the ideals stated above into your coaching philosophy and routine.
- s) We ask that you respect each other, in all football related situations and know that you must lead by example and be willing to submit to a higher standard than non-coaches.

7. Refund Policy

As a non-profit organization, we try to keep the fees as low as possible to ensure everyone has a chance to participate. We are forced to make decisions on equipment, uniforms, and pay insurance months before the season starts to ensure everyone has the equipment, they need to play football and cheer. Due to the fact that we must make these decisions so far in advance, the following refunds will be granted only if an email is sent to prfootballcheer@gmail.com by the date deadlines listed below.

Eligible Refunds

1. Football Players (Flag) are no longer eligible for a refund after August 31
2. Spirit Cheerleaders are no longer eligible for a refund after August 31
3. Football Players (Tackle) are no longer eligible for a refund after July 31. League issued Equipment/uniforms not returned will result in loss of refund, and forfeiture of deposit check (\$300 for tackle) to cover the replacement cost of the equipment.
4. Competitive Cheerleaders are not eligible for a refund

Refund Amount

- After registration, Tackle refunds will be minus 50% of amount collected if requested prior to August 1 and \$0 on or after August 1; Flag and Spirit Cheer will be minus a \$30 processing fee.
- In order to receive a refund, Equipment (including jerseys, pants, helmet, shoulder pads and cheerleading uniforms), which is property of Park Ridge Football/Cheerleading, must have been returned. Equipment not returned will result in loss of refund, and forfeiture of deposit check (\$300 for tackle; \$50 for Spirit Cheer) to cover the replacement cost of the equipment.

Refund Processing

- All refunds will be processed and paid prior to the first week of November.

