



## COACHING RULES AND POLICIES

*"The specific objectives of the Brick Pop Warner Dragons, Inc shall be to provide an opportunity for all its participants to learn the basic fundamentals of the programs offered and to assure that all participants are afforded the opportunity to participate in a supervised, organized and safety-oriented environment. To maintain and keep all of the participants free of any adult pressures or ambitions to "win at any cost" or personal "glory seeking." To make all of its programs "FUN" for everyone and to maintain rules and regulations that mandate each participant's participation regardless of their ability; to offer scholastic programming, whereby each participants that shows scholastic excellence, shall be given proper recognition for their accomplishments."*

The above paragraph is taken directly from the Brick Pop Warner Dragons Constitution. It's important that all coaches understand and agree with these objectives before they commit to coaching at any level. In addition, the BPWD Board believes that all coaches are representatives of the organization during all practices, games and league sanctioned events. As such, the following rules, policies and code of conduct have been developed to assist all coaches in maintaining the highest level of integrity when dealing with our kids.

### General Coaching Policies

1. Each Football team shall consist of 1 head coach and a maximum of 4 assistant coaches.
2. Each Cheer/Dance Team shall have at a minimum, one coach for every 12 participants, one person serving as the head coach and the remaining coaches serving as assistants.
3. All persons wishing to coach with BPWD must fill out a coaching application and agree to a criminal background check each year. In addition, he/she must complete an approved Safety Orientation and Training Course as directed from Jersey Shore Pop Warner.
4. Coaching positions **begin** each year when appointed by the program coordinators (usually in April or May) and **end** after the team award banquets or ceremonies.
5. Coaches are to understand that your commitment to the team and organization is not limited to just practices and games. You will be expected to help in all team-oriented

events and will be asked to participate in any league event that you are able to attend.

6. **Please note: Participation in league and non-game/practice events may be considered in determining coaching staffs for the following year.**

### **Practices**

No football participant is allowed to participate in any sort of hitting drills or live contact until he/she has completed 10 hours of organized conditioning training.

All coaches must guard against serious heat problems. The training regiment of any team or squad practicing under high heat and/or humidity conditions must adhere strictly to the following procedures:

- Limit or eliminate laps from your practice routine. Do not assign laps for disciplinary reasons at all.
- Schedule practices for early evenings, after the sun is low in the sky.
- Give the participants all the water that they desire to drink, when they desire to drink it. Do not allow the substitution of soft drinks or sugary fruit drinks. Encourage the consumption of sports drinks such as "Gatorade" or PowerAde".
- Each coach must keep an eye on all participants as well as each other, for the slightest sign of heat exhaustion or fatigue.
- A 15 minutes break is mandatory in the middle of each practice, not to count against allowed practice time limitations.

### **Equipment**

It is the responsibility of all coaches to ensure that all participants have and are wearing the required protective equipment.

### **Accidents**

Should a participant incur an injury of any kind during practice or a game, the Head Coach should be notified immediately so that he/she can determine whether or not that participant should continue to play. By the end of that practice or game, the Head Coach will speak with the parent or guardian to explain what happened and to provide him/her with an accident report form. The parent/guardian must be instructed to fill out this form and return to the Head Coach as soon as possible. The completed form should then be given to BPWD's 2<sup>nd</sup> Vice President, who will keep the form on file.

If the Head Coach has any reservations about having the injured participant return to practice or game, he/she **MUST** discuss these concerns with the parent or guardian. However, even after this discussion takes place, if the Head coach is still not comfortable with the child's condition, he/she can stop the child from returning to the field.

### Inclement Weather

In the event that you see lightning at anytime during a practice or game, get the children to shelter immediately. If it is apparent that the lightning will not end quickly, you should call off practice, ensuring that the children are safe until they are picked-up by parent or guardian.

### Ensuring all players are picked up

It is the Head Coaches responsibility to ensure that each child is picked up at the end of every practice or game by that child's parent, guardian or other adult that has **permission** from the child's parent to do so. Please take great care in knowing how and with whom the children are leaving our facilities. **Remember, the parents are entrusting you with their safety when they are participating in Pop Warner activities.**

### Board Meeting Attendance

BPWD Board Meetings are a way of staying informed with the events and issues pertaining to the league. Although it not required, **it is strongly suggested that all coaches attend a majority of these monthly meetings throughout the year.** Such attendance may be taken into consideration when choosing coaches for the following season.

**\* IMPORTANT NOTE\*:** The above rules and policies were provided as a set of guidelines to use when dealing with all participants and it is not intended to cover every situation that may arise. Should you be confronted with a set of circumstances not covered within these rules, **use your best judgment in handling the situation** and contact either the Football Commissioner, Cheer/Dance Coordinator or League President to inform them of the issue.

# Brick Pop Warner Dragons

## Statement of Acceptance

of

## Coaches Rules and Policies and Coaching Code of Conduct

Coaches Name: \_\_\_\_\_

I have been given and have read the Brick Pop Warner Dragons Coaching Rules and Policies as well as the Coaching Code of Conduct. I understand and agree with the objectives and standards set fourth in these documents and I will do my best to follow these rules and implement these policies. **I further understand that should I fail to follow or implement any of these rules, it may result in my suspension and/or my immediate removal as a Brick Pop Warner Dragon Coach.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_