2027 RECREATIONAL PARENT'S CODE OF CONDUCT

I pledge to follow the TN STARS Recreational Parent's Code of Conduct as outlined below:

- I agree to support our team in a positive manner and show good sportsmanship toward all players, coaches, parents, referees, and game officials. I will model positive support and respect for all officials, coaches, players, volunteers, and TN STARS staff.
- I will respect the volunteer coaches who give their time to coach my child, and I will not interfere with on-field instruction during practices or games.
- I will teach my child to play by the rules and respect teammates, opponents, referees, game officials and coaches.
- I will encourage my child to shake hands with the other team at the conclusion of all games.
- I will address any concerns with the head coach privately, away from the field, and in a positive manner.
- I will support the coaches and do my best to ensure that my child arrives at practice and games on time.
- I will not use profane, vulgar, or obscene language or gestures at any TN STARS game, practice, or event. I will cheer for every girl on the field in a positive manner, regardless of the score.
- I will refrain from any actions that impair others' ability to enjoy the game, including mistreatment of other fans, verbal abuse, harassment, profanity, confrontation, intimidation, or threatening and irresponsible or unsportsmanlike behavior.
- I will refrain from any action(s) that causes a disruption, creates an unsafe environment, or interferes with the game.
- I will refrain from fighting, taunting, bullying or any action that may harm, endanger, threaten, or bring discomfort to anyone.
- I will refrain from smoking anywhere in the play or practice sites, where it is prohibited. This includes the use of electronic cigarettes and vaporizers.
- I will not possess, nor use any alcohol or illegal drugs, while at practices or games nor will I come to any games or practices intoxicated by the use of alcohol or illegal drugs.

Additional TN STARS Recreational Parent Expectations

- I will let the coaches coach and the officials officiate. I will not coach, referee, or shout instructions from the sideline during games or practices. I will remember that rec is about learning and fun, and I will measure success by effort, growth, and enjoyment, not the scoreboard.
- I will honor the 24-hour rule: I will wait at least 24 hours after a game before raising a concern with a coach, and I will never confront a coach or official immediately after competition or in front of the children.
- I will make sure my child is properly registered and medically cleared, arrives and is picked up on time, and I will keep TN STARS informed of any medical conditions, allergies, or emergency-contact changes.
- I will support player safety by encouraging proper equipment use (including a mouthguard), removal of jewelry, and by reporting any suspected injury or concussion right away.
- I will represent TN STARS positively on social media and in all public communication, and I will not post disrespectful, threatening, harassing, or bullying content about any player, parent, coach, official, or team.
- I will help protect all children: I will promptly report any concern about a child's safety or welfare to a TN STARS official and, when appropriate, to the proper authorities.
- I understand that the TN STARS recreational league runs on volunteers, and I will look for positive ways to help my child's team, whether as a coach, team parent, or game-day volunteer.

I hereby acknowledge that I will adhere to the TN STARS Recreational Parent's Code of Conduct and the TN STARS Rules & Procedures, and I fully understand that if I violate them, I will be held accountable for my behavior. Violations will result in action by TN STARS, including but not limited to a warning, suspension from attending games and practices, and/or ejection from the playing field area and/or park complex. I also understand that this Code of Conduct applies to any family, friends, or fans who attend games and/or practices.

Parent's / Legal Guardian's Signature _____ Date _____

Parent's / Legal Guardian's Signature _____ Date _____

Player's Name (please print) _____ Date _____

INFORMATION AND SIGNATURE FORM FOR ATHLETES & PARENTS / LEGAL GUARDIANS

(Adapted from CDC "Heads Up: Concussion in Youth Sports")

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk, and symptoms of concussion / head injury.

Read and keep pages 1–2. Sign and return the signature page.

What Is a Concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

What Are the Signs and Symptoms of Concussion?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion listed below after a bump, blow or jolt to the head or body, he/she should be kept out of play the day of the injury and until a health care provider* says he/she is symptom-free and it's OK to return to play.

Signs Observed by Coaching Staff	Symptoms Reported by Athletes
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not "feeling right" or "feeling down"

**Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.*

Concussion Danger Signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if he/she exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

Why Should an Athlete Report His or Her Symptoms?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, he/she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. They can even be fatal.

Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

What Should You Do If You Think Your Athlete Has a Concussion?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider* says he/she is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

**Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.*

TN STARS ATHLETE & PARENT / LEGAL GUARDIAN CONCUSSION STATEMENT AND SIGNATURE

This page must be signed and returned to the TN STARS community prior to participation in practice or play.

TN STARS Athlete Name (please print) _____ Date _____

Parent / Legal Guardian Name(s) (please print) _____ Date _____

Athlete Initials	After reading the information sheet, I am aware of the following information:	Parent / Guardian Initials
	A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will / my child will need written permission from a health care provider* to return to play or practice after a concussion.	
	Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.	
	After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse.	
	After a concussion, the brain needs time to heal. I understand that I am / my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away.	
	Sometimes repeat concussion can cause serious and long-lasting problems and even death.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

**Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.*

Signature of TN STARS Athlete _____ Date _____

Signature of Parent / Legal Guardian _____ Date _____