



Winter Training Rules and Guidelines

As a club, we value and look forward to the ability for our players to engage in the sport of lacrosse. The club has developed a detailed plan with rules and guidelines to try and create the safest most efficient space that we can with what we must work with. We ask that you please comply with all requests for the safety of our players, coaches, parents and volunteers during the Winter Training Session. The guidelines are:

1. Doors will be open to enter 15 minutes before a session starts. Please do not enter prior to that time. For example, 10am session will not be allowed to enter earlier than 9:45am.
2. When the player enters the building, they will gear up and prep for their session at staging area A (see map).
3. We ask all parents to please sit at the bleacher area during their players session
4. Everyone will enter through the door on the right and out the garage door area (see map).
5. During the training session, all coach equipment and water bottles need to be stored on the far side of the gym (see map).
6. Players need to bring:
 - a. Water bottle
 - b. Lacrosse Equipment
 - c. Mouth Guard
 - d. Cup
7. We will not be allowing any walk-on's unless it is the players first time playing. All players need to register through our website @ <https://www.falconslacrosseclub.com/wintertraining>
8. First time players will be sent to the First Time Players area indicated on the map with one parent to fill out paperwork.
9. All equipment borrowed will returned and cleaned at that the end of every session.
10. Parents can meet to pick up their child at the exit marked on the map. Sessions will end 5 minutes prior to the scheduled time to allow everyone to get off the field, clean and get the field ready for the next session.

I HAVE READ THIS WINTER TRAINING GUIDELINE, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY; INDUCEMENT.

Name of parent/guardian (If player is under the age of 18): _____

Parent guardian/signature (If player is under the age of 18): _____

Name of participant: _____

Participant signature: _____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18) This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, I and my child/ward understand and accept these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of parent/guardian: _____

Parent guardian/signature: _____

Date signed: _____

