

MISSION STATEMENT:

The philosophy of Crookston Parks & Recreation is to provide activities and amenities that contribute to the physical, social, and emotional well-being of the youth and adults in our community.

OBJECTIVES:

The objectives of Crookston Parks & Recreation in Youth Recreation are as follows:

- To offer recreation programs that fulfill the needs and wants as a service to our community.
- To offer an equal amount of opportunity to young people regardless of race, religion, creed, or socio-economic status.
- To make all programs in a safe and enjoyable atmosphere that promotes learning, participation, and competition.
- To expect and promote good sportsmanship as a standard behavior.
- Request parents respect to the coaches and officials by being supportive of diverse coaching strategies and philosophies.
- To ensure all participants in our activities have a fun, positive, and worthwhile experience.

PHILOSOPHY OF YOUTH SPORTS

The Crookston Parks & Recreation Department sincerely believes in the benefits of participation in organized youth sports and recreational activities. Participation in sports and recreational activities has been proven to build self-esteem, promote teamwork, develop the mind and body, and is an essential part of the maturation process. Therefore, it is the goal of Crookston Parks & Recreation Department to provide programs and services to the young people in our community that will build the foundation for them to grow up to be healthy, competent, and caring individuals. To operate successful youth programs, we will enforce the following philosophies:

- Provide a positive and competitive atmosphere in all the youth sports we offer.
- Emphasize developing sport skills and life skills for all players.
- It is the philosophy of Crookston Parks and Recreation that children don't specialize on any one activity, that by participating in different activities, and having different experiences through those activities, children will be able to develop skills for all their different activities.
- As many activities within Crookston Parks and Recreation are the feeder programs for area high schools, we believe it is our responsibility not only to teach individual skills for those specific activities, but to encourage participants to embrace the ideas of becoming better athletes by:
 - Having fun so kids will want to continue to participate
 - Providing a safe place for kids to feel part of a team
 - Working on individual skills for the activity they are participating in
 - Encouraging our coaches to work on the whole athlete to develop skills that can be used in other activities.
 - When skills reach a level where they can have success, by competing against neighboring teams to show growth.

- Our programs are open to ALL children between pre-k - 12th grades.
- Encouraging players provides great enjoyment and ultimately leads to better skilled and motivated players.
- We encourage all participants and parents to treat one another with respect and exhibit appropriate behavior. Be fair and respectful to those you're playing with teammates and against opponents.

FAIR PLAY CONCEPTS

Participating in recreational activities can be fun, exciting, enjoyable, and sometimes a struggle for both you and others. The feeling you may have of being excited and having fun closely ties to your attitude, how you think and feel about the activity, game, other team, and yourself. Athletes or participants have a set of attitudes that we call "fair play". What is fair play, you ask? Here are some key points.

Respect for the Other Team

To play a game, you need an opposing team. Without that team, you can't play, so you need to show respect to the other players. When you play against a good, strong team that you respect, you usually play a better game.

Respect for Yourself

We understand that how people look at things influences what they do. If you think of yourself as a good player and as an important part of the team, you are more likely to set goals for yourself, practice on your own, and perform well in games. Fair play means you believe in yourself and see yourself as important in some things, but not in everything.

Cooperation with Officials

The rules of the game help you play the game better and safely. Fair play means you follow the rules and respect the game officials, who make sure the game is played fairly and safely. If you are honest with yourself and officials, you'll get more out of the game.

Getting Involved

A good player wants to get into the game, but also wants others to play. Fair play means you respect the opportunity to play both for yourself and for others.

Building the Team

To be a good team member, you need to get to know all your teammates and the coach and let them get to know you. We all have different abilities and skills. Fair play is about listening to each other, sharing ideas, and helping each other increase strengths and reach goals.

GENERAL POLICIES

Participation

- Most Crookston Parks & Recreation Department (CPRD) Youth Sports programs are participatory in nature and do not require participants to try-out to participate.
- All sports programs will emphasize the importance of skill development, teamwork, and discipline.
- Girls and boys will have an equal opportunity to participate.

Registration

- All programs we offer have a 5-week period to register. Four weeks to register with the price given online while the fifth week will have a \$50 late fee added. Registration will be closed after the given deadline. Registration for spring/summer programs opens the first Monday in April and the fall/winter programs will open the first Monday in September.

Practice and Game Schedule

- Practice and game schedules are prepared by the following criteria:
 - A. Facility availability – there may be times when with limited notice, regularly scheduled activities may be cancelled or relocated to a different facility.
 - B. Coaches' availability – For some programs coaches can choose a time that they want to practice. Most times we do not know who is coaching until registration has been completed and coaching applications are accepted.
 - C. Games & practices may need to be cancelled or rescheduled. CPRD will provide that information to you via email, Facebook, and KROX.
 - D. Players must attend practices to participate in games.

Game Cancellation and Rescheduling

- If a game is cancelled due to weather or other unforeseeable circumstances, all efforts will be made to reschedule.
- It will be the Crookston Parks & Recreation Department Director and each respective coach to decide if any game will be rescheduled.

Locations

- Field and facility locations will be indicated on the schedule of each sport.

League Rules

- League rules will be posted on the team page of each sport. Parents are encouraged to read the rules and become familiar with the sport.

Payments and Refunds

- Payment is due for each program at the time of registration or according to the deadline listed with the individual activity.
- If the program is cancelled, the participant is entitled to a full refund or a credit to the individual's household account for use within the fiscal year.

- **No refunds will be granted unless a program is cancelled.**

Insurance

- Crookston Parks & Recreation does not provide accident insurance for participants in any programs. Participation in recreations programs is voluntary in nature and activities that are offered are optional choices of the individual. Participants assume all inherent risk of injury resulting from their involvement in programs or activities outlined in the brochure. The City of Crookston will not be liable for any claim, demand, injury, demand actions or cause for actions while participating in a recreation program.

Medical Emergencies

- For any injury or accident that requires more than cleaning and covering with a bandage, coaches and parents are required to seek professional medical assistance through 911 calls.
- If a child is taken out of an activity and not allowed to come back due to injury the “Return to Play” form must be filled out by a doctor and emailed to CPRD.
- If medical transportation is required, the charges incurred will be billed to the parent’s and/or guardian’s insurance policy.
- Please notify the Parks & Recreation Department if your child has a pre-existing condition. Parks and Rec will notify the person in charge of the situation. This is essential to determine the severity of an accident and assist the medical personnel who respond to the scene.

Photo Release & Team Photos

- Photographs and videos are occasionally taken of program participants during various recreational activities. These photos/videos are used to promote the Crookston Parks & Recreation Department Fun Finder, Facebook page, and website. If you prefer that you or your child, not be photographed or videotaped, please call us at 218-281-1242.
- CPRD will schedule team photos for all youth sports. Photos are optional and participants do not need to purchase.

Inclement Weather

Inclement weather is a general term used to describe weather conditions that are either unsafe or undesirable for outdoor programs and events. This term includes rain, snow, thunderstorms, lightning, tornadoes, high winds, air quality, and excessive heat. Inclement weather may cause program cancellations, facility closures, or necessitate other modifications to CPRD operations.

The purpose of this policy is to establish guidelines and procedures during inclement weather for our staff at Crookston Parks & Recreation Department to ensure safe operations of our facilities and programs. This policy will govern:

1. Inclement Weather
 - a. Air Quality Advisory
 - b. Excessive Heat
 - c. Thunder & Lightning
 - d. Tornadoes
 - e. Winter Weather

Programs may also be canceled or modified due to road conditions, power outages, flooding, local conditions, etc. The public should check the Crookston Parks & Recreation Department's Facebook page for cancellations or call our office at 218-281-1242.

The items below are merely guidelines, and it is the responsibility of guardians to make the ultimate decision as to the participation of their child in CPRD programs and events when heat may be a factor. Guardians need to consider the age and physical condition of their child. Guardians also have the ultimate responsibility to inform their child about the dangers of heat and need for protection, including sunscreen and proper hydration before, during, and after an event.

Air Quality Advisory

The Air Quality Index is a measure of air pollution (particulates, ozone, carbon monoxide, sulfur dioxide, and nitrogen dioxide) on a scale of 0 to 500. Values below 50 represent good air quality and values over 300 represent hazardous air quality. When the AQI reaches purple (201-300) CPRD will advise all programs and activities to move indoors or cancel depending on the indoor facility availability. When the AQI reaches maroon (301 and higher) CPRD will cancel outdoor programs and activities. Please go to <https://www.airnow.gov/aqi/aqi-basics/> for more information on Air Quality.

Excessive Heat

Please go to <https://www.weather.gov/ama/heatindex> for more information on heat index.

During the summer and fall seasons, CPRD encourages participants to follow these guidelines:

Heat Index 85 – 89 degrees: In this range at sport programs, coaches will be encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices. At all other programs, counselors and site supervisors will make sure participants are properly hydrated and frequent breaks will be given.

Heat Index 90 – 94 degrees: In this range, all outdoor activities the supervisors, coaches, volunteers, etc. are instructed to take frequent breaks and keep participants well hydrated by having them drink water and take breaks often in the shade. For example, during a 1 hour practice, the players should take three 5 minute breaks, including shade and water.

Heat Index 95 – 99: In this range, CPRD will provide water coolers, and the length of programs will modify according to the discretion of the Parks & Recreation Director.

Heat Index 100+ In this range, CPRD will cancel all sport programs and activities. Notification will be given through Sports Engine, Email, and Crookston Parks & Recreation Facebook page.

Guardians, Coaches, and Supervisors should familiarize themselves with the signs of heat related illnesses. Because CPRD utilizes many sites in the area and weekday and weekend games occur throughout the day, we encourage guardians, coaches, and supervisors to monitor the current conditions. The current heat index is available at: <https://www.weather.gov/>

Thunder and Lightning

CPRD staff or coaches will suspend or postpone activities if a thunderstorm appears imminent before or during outdoor activities. If thunder can be heard, lightning is close enough to be a hazard and everyone should head to a safe location immediately. Allowing sufficient time for individuals to safely evacuate the premises must be taken into consideration by staff, coaches and volunteers. All activities will be suspended until 30 minutes after the last sound of thunder is heard. This 30 minute clock restarts each time thunder is heard. Spectator and participants will be directed to the nearest safe location which in many instances will be their vehicles.

Tornadoes

If a Tornado Warning is issued by the National Weather Service for the Polk County area (or in the absence of a warning – a severe weather alert is received), all activities (program, practice and/or competition) will be stopped immediately and/or cancelled. All participants, game officials, staff and spectators must move to the nearest safest location. Once the warning is lifted and no other weather hazards exist in the vicinity, the activity can resume provided the playing area is safe for all players, spectators, and staff.

Winter Weather

When School District is closed by snow, all CPRD programs and organized activities will be cancelled at school sites. Weather related cancellations for all non-school sites will be made at the discretion of the Parks & Recreation Director.

Parent Code of Conduct

Parents are vital to the development of young athletes. Whether sitting in the stands or helping as a volunteer, parents must set a positive example. Parents and adults involved in youth sports should be models of good sportsmanship and lead by example on and off the playing area.

1. Parents will never place the value of winning above instilling the highest desirable ideals and character traits in their children.
2. Give constructive criticism during a private moment, never in front of other parents, players, officials, spectators, etc.
3. Support your coach, and refrain from excessive “sideline coaching” from the stands.
4. Parents will abide by the 24-hour rule.
5. Parents will not use social media in any negative way towards a coach, parent, official, player etc.
6. Parents will always treat all Crookston team members and the opposing team members with respect.
7. Parents will cheer for the team, not just your child.
8. Refrain from using profanity.
9. Abide by doctor’s decision in all matters of players health and injuries, and physical ability to play.

10. Accept the decisions of officials on the playing area as being fair and called to the best ability of the officials. Parents must stay off the playing area and remain under control to set a good example for players and other spectators.
11. Do not criticize an opposing team, its players, fans, coaches, or team, by words or gestures.
12. Support the coaches, players, and officials and help teach the value of commitment to the teams, sportsmanship, ethical conduct, and fair play.
13. Inappropriate behavior is the cause for immediate ejection from the stands. Repeat offenses will result in being barred from future games.
14. Parents will recognize the value, authority, and importance of our coaches and officials.
15. No competitive contest can be played without officials. Regardless of if you feel the officials are not impartial or competent. Officials will receive respect and support from the parents.
16. Parents will not encourage their child, or any other person, to engage in unsportsmanship conduct with any coach, parent, player, participant, officials, or any other attendee.

Participant Code of Conduct

Youth activities play a vital role in encouraging physical, social, and emotional growth of children. It is therefore essential for parents, coaches, and officials to encourage participants to embrace the values of good sportsmanship, discipline, and character development.

I pledge to...

- Have fun!
- Be a good sport (win or lose), be honest, fair, and always show good sportsmanship to all coaches, players, officials, and fans.
- Encourage teammates.
- Learn the value of commitment to the team.
- Put personal goals aside for the betterment of the team.
- Show courtesy and respect to teammates, opponents, and coaches.
- Realize that athletic contests, including practice sessions, are educational experiences and opportunities.
- Not engage in unsportsmanlike conduct.
- Not engage in rude behavior.
- Not use or possess alcohol, tobacco, drugs, or drug paraphernalia.
- Treat everyone, including coaches, parents, players, officials, with respect regardless of race, creed, color, nationality, or gender.

Zero Tolerance Policy

Parks and Recreation will not tolerate inappropriate behavior of its players, coaches, officials, parents, or fans. To reinforce this fact each of the above is required to follow the code of conduct and its Zero Tolerance Policy. Anyone unwilling to follow the policy statement WILL NOT be permitted to be present at any practices or games. All players, coaches, officials, parents, and fans are expected to conduct themselves in a sportsman-like manner. CPRD will NOT tolerate threatening language, angry outbursts, or other offensive, unnecessary conduct directed toward game officials, coaches, parents, fans and/or players. An individual's inappropriate behavior may result in immediate ejection from any facility and subsequent investigation. Following the investigation, the individual may be suspended from attending future events sponsored by Parks and Recreation. This includes practices, scrimmages, games, and tournaments.

1st offense - 3 game suspension,
2nd offense - 2-week suspension,
3rd offense - Out for the rest of the season

If a player needs to be disciplined, these are the steps we will take.

Procedure for Player Discipline:

- 1) Player and Coach meet.
- 2) Player, Coach and Parent meet.
- 3) Coach, Parent and the Parks & Rec Director meet.
- 4) Parks & Rec Director and the Park Board Committee meet.