

LACROSSE STAFF CERTIFICATION COURSE OUTLINE

1. Eligibility requirements for participation: All campers are eligible to participate in lacrosse unless (a) health concerns deem it appropriate for the nurse to exclude them or (b) the instructor excludes them due to behavioral difficulties or an inability to handle equipment safely.
2. Camper/staff supervision ratios: Kingswood recognizes the American Camping Association's required ratio of on duty staff to campers in cabin groups as well as to campers in camp activities: For boys age 6-8 years, one staff to 6 campers; for boys age 9-14, one staff to 8 campers; for boys age 15 and up, one staff to 10 campers. Additionally, at least 80% of the staff must be 18 years of age or older with no one under age 16. Younger counselors must be two years older than the campers they are assigned. There are no exceptions to these ratios and the Program Director will take them into account when assigning staff to all camp activities throughout the summer.
3. Identification of appropriate protective equipment: Each individual piece of lacrosse protective equipment needs to be cleared for use before placed into service. The director personally needs to "sign off" on the gear selected by the coaching staff. A form is available for this purpose. Lacrosse coaches, however, need to remain vigilant regarding the suitability of their gear throughout the summer, taking precautions to withdraw from circulation any gear found to have deteriorated through constant use. Withdrawn gear is to be placed in a different location from in-service gear or stockpiled gear in the War Room.
4. Safety Regulations:
 - There are four levels of lacrosse at Kingswood; catch, no checking, stick check only, stick and body checking. Each level has separate equipment requirements.
 - No safety equipment is required only when campers are playing "catch," which can be defined as one-on-one or small group passing.
 - Players must wear protective helmets with properly-fitted chin straps and gloves during all drills and scrimmages, even if no checking is permitted.
 - Players must wear protective helmets with properly-fitted chin straps, gloves, elbow pads, and shoulder pads during all drills and scrimmages where stick checks are permissible. If body checks are allowed, all players must also wear mouth guards.
 - All goalies must wear a protective helmet with a properly-fitted chin strap, a throat guard, a chest protector, and a cup.
 - All sticks must have a protective covering over the butt-end of the stick.
 - Proper footwear must be enforced; no open-toed shoes or metal cleats.
 - All passing/ playing catch is to be done in parallel lines and in a manner such that overthrows will not endanger non-participants.
 - No one is to shoot unless the area behind and around the goal is clear.
 - The counselor must specify and regulate the degree of contact allowed in each lacrosse practice and game. The counselor is obligated to discipline any participants who fail to comply with the contact specifications; the counselor also maintains the right to forfeit any game in which the participants' safety is compromised.
 - A stick check is defined as any check on the opponent's stick or glove hand (holding the stick). Any stick check that does not comply with this definition is illegal, and should be penalized.
 - Monitor the mindset of the participants; remove or request the removal any participant that threatens the safety of the game (frustrated, angry, or malicious players).
 - Body checks must be closely monitored. "Equal force" body checking is permitted in 15-under lacrosse. All players must "play the ball." "Take out" hits are not condoned; any player in violation of this policy will receive, at minimum, a three-minute penalty, and at maximum ejection from the game and a follow-up meeting with the director.
 - Contact games must be strictly officiated; loosely officiated games have the capability to spiral out of control and turn unsafe. Referees must be vigilant from the first whistle to help establish the proper tone for the game.

- Children can be dramatically affected by heat; be aware of dehydration and heat exhaustion. Provide plenty of opportunities are participants to cool off with water breaks.
 - Be aware of size and strength mismatches; remove any player whose safety is compromised due to size or strength. Remember that the campers' safety is your number one responsibility.
 - A director of the camp will be in attendance at all contact lacrosse games to monitor the tone of the game and to make sure it abides by the afore-mentioned stipulations.
5. Emergency Procedures: Each activity listed above has written procedures regarding emergency situations which are binding at all times. These procedures may be found in the Clinic Manual. As a general rule, however, the same procedures outlined in the Staff Manual pertain to specialized activities: The infirmary is kept locked whenever the nurses are away from this facility. A note is tacked to the door giving her on-grounds location or advising seekers of in-charge person during their absence. In the event of an accident or other emergency, the first adult on the scene dispatches any other person to the infirmary to locate the nurse. The nature of the incident dictates whether the three whistle blasts over the PA are required or if the nurses need only be paged. The senior adult nearest the incident makes this call. The same considerations are made in paging the directors. Community emergency services may be summoned at the discretion of the nurses, or, in her absence, the person in charge as indicted by the note on the infirmary door.
 6. Equipment maintenance procedures: All equipment should be regularly checked for safety, maintained in good repair, and stored in a manner to safeguard its effectiveness. Leaders do not condone any misuse of the equipment. A simple procedure governs this rule: The first person to arrive and the last person to leave the clinic site is the activity head. He is to submit maintenance requests in writing to me whenever he deems it necessary.
 7. Identification of safety concerns related to the use area. We look upon this lacrosse certification course as a work in progress. We assume that never will we truly have thought of everything necessary to guarantee a 100% safe activity. Therefore, whenever you, as a certified lacrosse coach, come upon a situation not covered in this course, please submit to me in writing, any suggestions for its improvement. Most significant are safety issues which we might have overlooked. Please do not delay even one day if you stumble into something new and uncertain.
 8. Safety Orientation: The camp requires that all participants be provided a safety orientation before engaging in any sort of lacrosse game, regardless of formality. This certification course packet should be in your possession on the first day of each new clinic week and be used to review plans for upcoming games with other camps.
 9. Required study materials: Prior to taking the lacrosse staff certification test, you must study and become competent with the following documents: (1) This lacrosse staff certification outline, (2) The lacrosse clinics from the Clinic Manual, photocopied, (3) Kingswood Coaching Primer, a compendium of ideas from those before you who have contributed to the Kingwood way of doing things. The test itself will vary from person to person, depending on factors such as age and experience.
 10. Competency Demonstration: Once you pass the final test, you will be certified to coach lacrosse at Kingswood. Thereafter, expect and indeed, look forward to having a continuing dialogue with the camp administrators regarding your competence and overall abilities as a lacrosse coach.

Name: _____ has been certified to coach lacrosse at Kingswood Camp.

Signature _____ Date _____