



# CHARLESWOOD BRONCOS

## INFORMATION FORM

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### PLAYER INFORMATION

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Last name First name Day/Month/Year

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email: \_\_\_\_\_

Division:  Sr. Girls  Jr. Girls  Cruncher  Atom  Peewee  Bantam

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### FAMILY INFORMATION

Required for all players under the age of 18 yrs. old  
Please print clearly - Please complete all fields

Primary Contact: \_\_\_\_\_

Additional Contact: \_\_\_\_\_

Relationship to player: \_\_\_\_\_

Relationship to player: \_\_\_\_\_

Address (if different than above):  
\_\_\_\_\_

Address (if different than above):  
\_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone number: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_

Please be aware that photographs will be taken throughout the season these photos may be used on our website or in various advertising, promotional materials. Please sign below to indicate your consent should yours or your child's picture be chosen for use in this manner. Note: Individual names will not be used in conjunction with the photos.

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



# INFORMATION FORM CONT.

## BOND AUTHORIZATION

Volunteer Bond

Equipment Bond

Name (as it appears on card): \_\_\_\_\_

CC Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ CVV: \_\_\_\_\_

\_\_\_\_\_   
 Cardholders signature

\_\_\_\_\_   
 Date

### OFFICE USE ONLY BELOW THIS LINE

- |  |   |
|--|---|
| <input type="checkbox"/> Reviewed FB Manitoba/MMFA/MGFA registration | <input type="checkbox"/> Registration form                  |
| <input type="checkbox"/> Fundraising Agreement                       | <input type="checkbox"/> Equipment Form                     |
| <input type="checkbox"/> Volunteer Agreement                         | <input type="checkbox"/> Medical Form                       |
| <input type="checkbox"/> Concussion Protocol                         | <input type="checkbox"/> Mandatory Fundraising Fee \$120.00 |
| <input type="checkbox"/> Volunteer Bond \$200.00                     | <input type="checkbox"/> Equipment Bond \$300.00            |
| <input type="checkbox"/> Cheque                                      | <input type="checkbox"/> Cheque                             |
| <input type="checkbox"/> CC on File                                  | <input type="checkbox"/> CC on File                         |

Method	Amount	Date	Authorization # / Notes
Cash			
Visa			
MasterCard			
Debit			
Other			

Review: \_\_\_\_\_   
 Broncos' representative signature



# CHARLESWOOD BRONCOS

## PLAYER MEDICAL FORM

### PLAYER'S INFORMATION:

Player's Name: \_\_\_\_\_

Date of Birth (MM/DD/YY): \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

### CONTACT INFORMATION:

Mom: \_\_\_\_\_ Dad: \_\_\_\_\_

Address: \_\_\_\_\_ Address: \_\_\_\_\_

Home #: \_\_\_\_\_ Home #: \_\_\_\_\_

Cell #: \_\_\_\_\_ Cell #: \_\_\_\_\_

### ALTERNATE EMERGENCY CONTACT: (if mom or dad can not be reached)

Name: \_\_\_\_\_ Relationship to player: \_\_\_\_\_ Phone #: \_\_\_\_\_

### PLAYER MEDICAL INFORMATION:

Players Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_

MB Medical #: \_\_\_\_\_ PHIN #: \_\_\_\_\_

1. Has the player sustained any of the following injuries? (check all that apply)  
 Spinal Injury       Concussion       Limb Fracture
2. Has the player ever sustained any sports related injuries?  
 Yes       No
3. Has the player ever been diagnosed with any of the following? (check all that apply)  
 Asthma       Hernia       Diabetes       Epilepsy  
 Bleeding disorder       Digestive problems       Heart condition       Fainting Episodes
4. Does the player wear? (check all that apply)  
 Glasses       Contacts       Hearing aid       Medical alert
5. When did the player last receive an standard immunization?  
 Less than 10 years ago       More than 10 years ago       Don't know



# PLAYER MEDICAL FORM CONT.

6. Please list all medications that the player is taking on a regular basis:

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7. Please indicate any medication that the player should have accessible on the sidelines:

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If any, is the player able to self-administer?

Yes

No

8. List any of the player's allergies (food, medication etc....):

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9. If you answered yes to any of the above questions, please provide additional details here:

Parent/Guardian (Please print): \_\_\_\_\_

Parent/Guardian (Signature): \_\_\_\_\_

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



# CHARLESWOOD BRONCOS EQUIPMENT AGREEMENT

PLAYER NAME: \_\_\_\_\_

PARENT(S) NAME: \_\_\_\_\_

DIVISION:

<input type="checkbox"/> CRUNCHER	<input type="checkbox"/> ATOM	<input type="checkbox"/> PEEWEE	<input type="checkbox"/> BANTAM	<input type="checkbox"/> JR GIRLS	<input type="checkbox"/> SR GIRLS
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EQUIPMENT ISSUED TO PLAYER:

<input type="checkbox"/> GAME PANTS **	<input type="checkbox"/> PRACTICE PANTS	<input type="checkbox"/> HELMET	<input type="checkbox"/> SHOULDER PADS
<input type="checkbox"/> GAME JERSEY **	<input type="checkbox"/> PRACTICE JERSEY	#	<input type="checkbox"/> MOUTH GUARD

**\* 1 MOUTH GUARD IS PROVIDED, IF IT NEEDS TO BE REPLACED IT WILL BE AT A COST OF \$5.00 PER GUARD.**

**\*\* PLEASE DO NOT USE BLEACH ON PANTS OR JERSEYS, AS THIS WILL DISCOLOR THE PANTS OR JERSEY**

I, \_\_\_\_\_ agree to return all my child's equipment laundered and clean at the agreed upon equipment return date. Failure to do so will result in the cashing of my equipment bond cheque by the Charleswood Broncos Football Club.

I, \_\_\_\_\_ also understand that any damage to any piece of equipment or uniform will also result in the cashing of my equipment bond cheque by the Charleswood Broncos Football Club.

\_\_\_\_\_  
Parents signature

\_\_\_\_\_  
Date

## For office use only:

Equipment bond \$300.00 (Made payable to CBFC, dated March 15, 2023) Bond received

Signature of Bronco Volunteer: \_\_\_\_\_

Physical: 555 Oakdale Drive Winnipeg, MB R3R 0Z9

Mailing: PO Box 21114, Winnipeg, MB R3R 3E0



# Code of Conduct

## Football Manitoba

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**Football** is a great sport and all who participate - players, coaches, athletic therapists / sport-aiders, officials, administrators, families and spectators - contribute to its success by:

- Being fair and respectful
- Following the rules
- Practicing ethical and non-abusive treatment of all individuals
- Providing a safe and welcoming environment
- Supporting all efforts to remove verbal & physical abuse from football

We all benefit when we treat others as we wish to be treated. Remember, we learn best by example. Football Manitoba follows the Football Canada's Code of Ethics. ([www.footballcanada.com](http://www.footballcanada.com))

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### Players

1. Play for fun & always be a good sport. Remember that winning isn't everything – making friends & doing your best are important.
2. Work hard to learn the rules, improve your skills and work as part of the team. Attend practices and games.
3. Listen to coaches, managers and athletic therapists / sport-aiders - follow their direction in a positive manner. They are volunteers who love the game like you do.
4. Maintain personal self-control since you are responsible for the consequences of your decisions and actions.
5. Never verbally or physically harass or abuse coaches, athletic therapists / sport-aiders, managers, administrators, officials, opponents, spectators, or teammates. Be respectful of your opponents in victory and in defeat.
6. Accept an Official's on-field game judgment and decisions.
7. Respect your team's and your opponent's field, buildings and equipment.

### Coaches, Athletic Therapists/Sport-aiders, Managers, Administrators

1. Winning is a consideration, but not the only one, nor the most important. There is more about football than winning the game. Remember, players are in football for fun and enjoyment.
  2. Be reasonable when scheduling practice – players / families have other obligations. A player's opportunity for achieving academic success is more important than success on the football field.
  3. Have realistic expectations – remember that players are not professional and cannot be judged by professional standards.
  4. Be a positive role model to players, parents/guardians, officials and spectators – display emotional maturity, show consistency and ensure the physical safety of others. Be honest, sincere and honourable in your relationships with others. Maintain personal self-control since you are responsible for the consequences of your decisions and actions.
  5. Know the rules of the game and follow them as well as the 'spirit' of the rules. Do not disregard the rules since they exist to keep the game fair for all participants.
  6. Be consistent, honest & just and generous with your praise when it is deserved. Do not ridicule or criticize players publicly. Be an effective teacher and communicator.
  7. Respect all individuals and never verbally or physically harass or abuse players, coaches, athletic therapists / sport-aiders, managers, administrators, officials, parents/guardians, or spectators.
  8. Ensure that an injured player receives prompt and competent medical care.
  9. Be considerate of the personal needs and problems of others. Be a good listener. Remember that events occur in the lives of others that make for good days and for bad days.
  10. Be concerned with the overall development of all players – stress good habits on and off the field, give players the opportunity to improve their football skills, gain confidence, develop self-esteem and display good sportsmanship. Encourage players to be 'team players'.
  11. Organize practices that are fun and challenging, as well as effectively teaching the rules, strategies and individual / positional techniques of football.
  12. Obtain proper training including the Sport Manitoba 'Respect in Sport' Certificate and continue to upgrade skills.
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## Officials

1. Know the rules and be consistent, objective and fair in calling all infractions. Realize that sometimes infractions will require explanation so that players and coaches understand the call.
2. Maintain a safe environment during the game by not allowing intimidation of any player by verbal or physical actions of another individual.
3. Do not tolerate unacceptable conduct towards officials, players, coaches or spectators.
4. Have realistic expectations - remember that players are not professional and cannot be judged by professional standards.
5. Be a positive role model to players, parents/guardians, officials and spectators – display emotional maturity and ensure the physical safety of others. Be honest, sincere, and honourable in relationships with others. Maintain personal self-control since you are responsible for the consequences of your decisions.
6. Respect all individuals and never verbally or physically harass or abuse coaches, athletic therapists / sport-aiders, managers, administrators, officials, parents/guardians, spectators or players.
7. Obtain proper training including the Sport Manitoba 'Respect in Sport' Certificate and continue to upgrade skills.

## Parents / Guardians / Spectators

1. Players are involved in organized sports for their enjoyment. Make it fun - do not force your child to participate in sports, but support their desire to play their chosen sport.
2. Teach your child that doing one's best is as important as winning, so that a player will never feel defeated by the outcome of a game. Offer praise for competing fairly and displaying a positive attitude.
3. Enjoy the game. Cheer good plays of both teams. Be supportive after the game - win or lose. Recognize good effort and sportsmanship.
4. Never ridicule or yell at others for making a mistake or losing the game. Profanity and rude gestures / comments are offensive.
5. Teach your child to play by the rules and to resolve conflict without verbal or physical hostility.
6. Respect all individuals and never verbally or physically harass or abuse coaches, athletic therapists / sport-aiders, managers, administrators, officials, opponents, spectators or players.
7. Display a positive attitude toward the game and all of its participants. Maintain personal self-control since you are responsible for the consequences of your decisions. Don't embarrass your child by stating negative feelings towards others.
8. When you talk with the coach – do so at the next practice. Do not approach the coaching staff immediately following a game to question the coaching decisions including play calls and player participation.
9. Emphasize the importance of practices and how they benefit the player. On-going practice builds skill development, teamwork and increases knowledge of the game. Help the player attend team practices and games.
10. Recognize the importance of the volunteer coaches, athletic therapists / sports-aiders and managers & administrators. Be willing to communicate with them and understand their viewpoints. They are important to the development of the players.
11. Learn all you can about the game – it will enhance your enjoyment and will enable you to discuss the game with your player.

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## Remember.....

1. **Misplaced Enthusiasm and Guilt** – don't overemphasize the winning or losing.
  2. **Expectations** – don't push the player to make up for your own limitations or to match your 'star' ability. Less than 1% of players will have a successful professional career in football. Don't let great expectations become a distraction or burden.
  3. **Perspective** – don't lose sight of what is important to the player – having fun and being part of the team. Players do not mean to make mistakes.
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# CHARLESWOOD BRONCOS

## CONCUSSION PROTOCOL

A concussion is a serious event, but you can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation, is a step-wise process that requires patience, attention, and caution.

### **Step 1:** No activity, only complete rest

Limit school, work and tasks requiring concentration. Refrain from physical or mental activity (video games, television, sports etc.) until symptoms are gone. Once symptoms are gone, a Concussion clinic should be consulted before beginning a step wise return to play process.

### **Step 2:** Light aerobic exercise

Activities such as walking or stationary cycling. The player should be supervised by someone who can help monitor for symptoms and signs. No resistance training. The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day.

Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician  
No Symptoms? Proceed to Step 3 the next day.

### **Step 3:** Sport specific activities

Activities such as skating, or throwing can begin at step 3. There should be no body contact or other jarring motions such as high-speed stops or hitting a baseball with a bat.

Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician.  
No Symptoms? Proceed to Step 4 the next day.

### **Step 4:** Begin drills without body contact

Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician.  
No Symptoms? The time needed to progress from non-contact exercise will vary with the severity of the concussion and with the player. Proceed to Step 5 only after medical clearance from concussion clinic.

### **Step 5:** Begin drills with body contact

Symptoms? Return to rest until symptoms have resolved. If symptoms persist, consult a physician  
No Symptoms? Proceed to Step 6 the next day

### **Step 6:** GAME PLAY

**NEVER** return to play if you have symptoms

A player who returns to active play before full recovery from the first concussion is at high risk of sustaining another concussion, with symptoms that may be increased and prolonged



# Concussion Protocol

## Frequently Asked Questions

### HOW LONG DOES THIS PROCESS TAKE?

These steps do not correspond to days! It may take many days to progress through one step, especially if the concussion is severe. As soon as symptoms appear, the player should return to rest until symptoms have resolved and wait at least one more day before attempting any activity. The only way to heal a brain is to rest it.

### HOW DO I FIND THE RIGHT DOCTOR?

When dealing with concussions, it is important to see a doctor who is knowledgeable in concussion management. This might include your physician or someone such as a sports medicine specialist. Your family doctor maybe required to submit a referral to see a specialist. Contact the Canadian Academy of Sport and Exercise Medicine (CASEM) to find a sports medical physician in your area. visit [www.casm-acms.org](http://www.casm-acms.org) for more information. You can also refer your doctor to the concussion pages of [thinkfirst.ca](http://thinkfirst.ca) for more information.

### WHO DO THESE GUIDELINES APPLY TO?

These guidelines were developed for children over the age of 10; those younger may require special guidelines, and more conservative treatment and care. Return to Play Guidelines should be at the discretion of the concussion clinic.

### WHAT IF MY SYMPTOMS RETURN DURING THIS PROCESS?

Sometimes these steps can cause symptoms of a concussion to return. This means that the brain has not yet healed and needs more rest. If any signs or symptoms return during the Return-To-Play process, they should stop the activity and rest until symptoms have resolved. The player must be re-evaluated by a physician before trying any activity again. Remember, symptoms may return later that day or the next, not necessarily during the activity.



# CHARLESWOOD BRONCOS CONCUSSION PROTOCOL AGREEMENT

The well being of all players is our top priority. Concussions are a serious concern, with special attention to the possibility of “second impact syndrome”, which can be prevented by delaying the athlete’s return to activity until the concussion has completely resolved. The Charleswood Broncos endorse the following 3 principles:

- 🏈 Removal of any athlete suspected of having a concussion from practice/game immediately
  - 🏈 Athletes can not return to practice/game until they are evaluated by a licensed physician that specializes in the diagnosis and management of concussions and given written medical authorization permitting them to return to play.
  - 🏈 Coaches, parents and athletes are required to sign this Concussion Protocol agreement prior to the start of the season, acknowledging their understanding and agreement of this protocol.
- This policy went into effect on May 1, 2012, updated March 15, 2017.

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I have received, read and understand the Charleswood Broncos Concussion Protocol, and I/we agree to abide by the Return to Play protocol.

DATE: \_\_\_\_\_

PLAYERS NAME (PRINT): \_\_\_\_\_

PLAYERS SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN NAME (PRINT): \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_



# CHARLESWOOD BRONCOS FUNDRAISING AGREEMENT

Charleswood Broncos Football Club is a non-profit organization, which runs completely on volunteers and fundraising to maintain and improve equipment, clubhouse, and field. To give our children somewhere safe to play football.

I agree to complete the following fundraising items for the 2023 season:

## 2023 Fundraising

- 📖 Football Manitoba Mega Raffle → Booklet #: \_\_\_\_\_
  - 📖 1 book of ticket (more available upon request)
    - Each book consists of 10 tickets at \$10.00 each, so money is recouped by selling raffle tickets.
    - Completed booklets due back by November 1<sup>st</sup>, 2023
- 📖 2 Tickets to Kick-off Social → Ticket #'s: \_\_\_\_\_

If you should have any questions, please email [fundraising@charleswoodbroncos.com](mailto:fundraising@charleswoodbroncos.com)

Fundraising payment in full: \$120.00      Payment received: YES or NO

\*\* Due at registration

Player Last Name(s): \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

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

**\*\* Fundraising deposit is not refundable \*\***

Physical: 555 Oakdale Drive Winnipeg, MB R3R 0Z9  
Mailing: PO Box 21114, Winnipeg, MB R3R 3E0



# CHARLESWOOD BRONCOS

## VOLUNTEER BOND

The Charleswood Broncos exist due to volunteers that put countless hours and efforts into the organization. Without volunteers the football club would not be able to function and players would not have a great place to play.

There are a variety of volunteer positions available such as:

**\*\* NOTE:** You are not required to volunteer during your child(s) game, you can volunteer anytime that is available.

- 🍷 Clubhouse duties for homes games: Canteen, BBQ
- 🍷 Bomber Home games as assigned selling 50/50
- 🍷 Team specific positions: 50/50 sales at homes games, Stick crew, field setup/tear down, announcer, spectator monitor, Coach, Assistant Coach, Trainer, Manager.
- 🍷 Oak Park High School games: Canteen, BBQ

There are other opportunities that may arise as well.

Please keep in mind that our amazing coaches & trainers average a minimum of 6-9 hours per week, so we need to do our part to fulfill our minimum hours per season. If we are missing volunteers then the players and coaches will have to do the field setup/tear downs, and the canteen and/or BBQ will be closed.

Each volunteer opportunity will have a credit assigned to it that has been decided on by the board and is based on time and work involved. Each Family is required to put up a \$200.00 volunteer bond via a post-dated cheque or credit card on file. The minimum required credits are 20 per family.

The bond is automatically forfeit if any of the following should occur:

- 1) Your credits are not fulfilled by the end of season
- 2) You miss 2 shifts that you have signed up for without proper notice (you will receive a warning after 1<sup>st</sup> one)

The game schedule for the season comes out in late July/early August, and a schedule of volunteer hours will be available shortly after. All shifts are first come first serve, and there is no waitlist.

Instructions on how to sign up for a shift will be emailed after registration.

If you are unable to complete a shift that you have signed up for, we require notice of 48 hours prior to shift. If less than 48 hours, then it will be your responsibility to find a replacement and advise who will be there for you via email/text to the Director of Volunteers.

Please remember that your volunteer efforts will directly benefit your club and children.

Thank you  
Charleswood Broncos Football Club

Physical: 555 Oakdale Drive Winnipeg, MB R3R 0Z9  
Mailing: PO Box 21114, Winnipeg, MB R3R 3E0



# CHARLESWOOD BRONCOS VOLUNTEER AGREEMENT

## How Can I Volunteer (included but not limited to)?

Complete 20 credits of volunteer activities

➤ Canteen (2-4 hour shifts) - 4-8 credits	➤ BBQ (2-4 hour shifts) – 4-8 credits
➤ Coaching – 20 credits	➤ Assistant Coaching - 20 credits
➤ Trainer – 20 credits	➤ Team Manager – 20 credits
➤ Field set up - 2 credits	➤ Field tear down – 2 credits
➤ Chain Gang (A.K.A sticks) – 2 credits	➤ Game announcer (not Cruncher) – 4 credits
➤ Spectator monitor – 1 credit	➤ 50/50 at home games – 2 credits
➤ Bomber 50/50 if available – 10 credits	➤ Other duties as approved by Board of Directors

Please choose one of the following options:

- I agree to volunteer for 10 hours per the club needs and have provided a post-dated cheque for \$200.00 (payable to: CBFC, dated: October 15, 2023) or place a credit card number on file
  - I understand it is my responsibility to seek out opportunities and sign up online.
  - I understand if I have not completed 20 credits by the end of the season, my cheque will be cashed.
  - I understand if I miss 2 shifts without proper notice, my cheque will be cashed. **\*\*NOTE: You will receive a warning after 1<sup>st</sup> shift missed**
  
- I am unable to volunteer and have provided a \$200.00 cheque dated for today to be cashed in lieu of fulfilling volunteer credits
  
- I would like to volunteer as well as donate \$200.00 cheque for today.

Name(s): \_\_\_\_\_

Players last name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

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