



# Goulds Recreation

## 2023

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Hello and a huge welcome to those interested in our Mini Soccer Program! Running a soccer program is very new to Goulds Recreation. It has been 20+ years since Goulds Rec ran a large-scale soccer program! It has always been run by a group of dedicated parent volunteers who formed an Association. Goulds Recreation has decided to run the soccer program following the same format that we implemented last summer. We put much value into our program planning and want to ensure that what we offer are quality programs. Our priority is to provide a safe and fun environment for our participants, while offering quality programming. If you have any questions, do not hesitate to contact us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or by phone at 709-745-7575. If your questions revolve around a confidential nature, please contact our Recreation Coordinator, Nicole, through email at [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com) or by phone at 709-745-7504.

We will be hosting a community soccer meeting on May 18<sup>th</sup> at 8:15 for anyone who may be interested in volunteering their time to our soccer program. Our program is based on our number of committed volunteers and 2 counselors.

**AGES of CHILDREN:** Our program is open to children ages 4-7years. Children **MUST** be turning 4 in the 2023 year and have or will be turning 7 in the 2023 year. The program will be broken up into two age groups, 4-5 and 6-7.

*\*\*This program is a family program, meaning that adult family members who may attend the program with your child will also need to be registered. A parent/guardian must also stay on site during the program.*

**REGISTRATION:** Registration will start 9am, Wednesday, May 31<sup>st</sup>, 2023.

Where to find the link:

- [www.gouldsrecreation.com](http://www.gouldsrecreation.com) and click on **Soccer Registration**
- Goulds Recreation Facebook Page will have a current post containing link as well, on that day.

Please ensure that when you register on-line, you put in the correct contact information. Under the contact information section is where the parent or legal guardian puts their information. Under child registration is where you put the required information on your child. Please note that

email under child registration will be the parent/guardian's email again. We are unable to bypass this request. Under additional adult, please consider all adults that may take your child to the program and stay with them. All adults must be registered. They will be considered a participant of the program.

**TENTATIVE SCHEDULE:** Program will be 8 weeks, and will be Thursday evenings, starting July 6<sup>th</sup> and ending August 24<sup>th</sup>.

Location of the program is our Mini Pitches (drive past the playground, skatepark and basketball court. The Mini pitches are located in the right hand corner past the Joe Peddle softball field.

***This schedule can change at any point due to registration numbers and other factors that may be out of our control.***

**Ages 4-5:** (turning 4 in 2023 & turning 5 in 2023)  
Thursdays, 5:30-6:30pm

**Ages 6-7:** (turning 6 in 2023 & turning 7 in 2023)  
Thursdays, 6:45-7:45pm

**COST:** \$20/family

Fee must be paid by June 22<sup>nd</sup> (two weeks prior to program start time). Refunds will not be issued passed the June 22<sup>nd</sup> date. All refunds for Goulds Rec programs will be subject to a \$15 administration fee. Full refunds will only be issued if Goulds Rec cancels a program/event.

#### **PROGRAM ACTIVITIES:**

- Program will be an outdoor program and at least 1 parent/guardian must stay on site with your child.
- The program will consist of fundamental movements of soccer, with age appropriate skill development incorporated into fun games, which will be led by our staff, with assistance from our volunteer parents/guardians.
- The program is meant to have a social component, of very low risk, with registered parents/guardians directly involved. However, if any adult is not comfortable in fully participating in the program, that is totally fine!
- We will provide all equipment necessary.
- Regular handwashing/bathroom routines will be in place as part of the daily routine. We strongly recommend that you encourage your child to use the washroom before coming to the program. The closest washrooms are the public washroom by the skate park. This walk can take away a good portion of your hour program.
- We will end this program with a little year end social on the field for everyone involved with the program!

#### **DROP-OFF/PICK-UP:**

Drop-off is NOT an option for this program under any circumstances.

## WHAT TO BRING

- A labelled bottle of HAND SANITIZER (at least 60% alcohol based). Hand sanitizer will also be available on site.
- Suitable clothing for the sport. This includes sneakers that can be tied snugly, and proper “gym” clothes to easily move around in. Non-metal cleats are great, but absolutely not necessary!
- We recommend you put sunblock 30+ on your child before coming to the program. The sun can be very strong at that time in the evening!
- Labelled hat
- Water in a labelled water bottle
- Ensure all personal items are marked with yours or your child’s name
- There are no benches/bleachers. You may want to bring a blanket or fold up chair for anyone that may need to sit down during the hour program.

## SAFETY MEASURES

- Participant information will be confirmed prior to the first day of the Mini Soccer program through the on-line registration and follow-up through email will be made if needed. If there are any medical concerns or issues that counselors need to be aware of, please contact us prior to the start of the program.
- For the safety of participants, Goulds Recreation, as advised by the Royal Newfoundland Constabulary, will follow specific procedures should a parent/guardian arrive on site appearing to be under the influence. Counselor will immediately contact their supervisor, as well as the RNC.
- All counselors are trained in the High Five Principles of Healthy Child Development ([www.highfive.org](http://www.highfive.org)), policies and procedures, supervision, safety/cleaning protocols and first aid.
- Our Association will stay up to date on recommendations/measures from Public Health in regards to the operation of our Mini Soccer Program.
- Parents are encouraged to stay up to date on recommendations/measures from Public Health.
- it is recommended that those considered vulnerable to the effects of COVID-19 or other respiratory illnesses, or who have family members considered vulnerable to use discretion in availing of our programs.
- All staff, volunteers and adults will be expected to model and support children in good hygiene efforts such as handwashing, covering a cough and use of tissues or crease of elbow for coughing and sneezing.
- Equipment will be cleaned daily in accordance with public health recommendations.
- Should you or your child need to go to the washroom while engaged in the program, the public washrooms by the skatepark will be opened. The maintenance/cleaning/sanitizing of these washrooms is carried out by the City of St. John’s, following their cleaning/sanitizing protocols.

**UNEXPECTED CANCELLATIONS:** If a session has to be cancelled due to weather, a cancellation notice will be made on our Facebook page at least 1 hour prior to start time. Refunds will not be issued for cancellations and we cannot guarantee that make up sessions will take place.

**MANAGING ILLNESS:** All participants (Children and Adults) MUST stay home if they feel sick (fever, sore throat, cold symptoms, headache, diarrhea, vomiting, etc).

- Parents/Guardians must ensure that you list yours or your child's underlying health conditions and/or symptoms due to allergies
- If a participant (adult or child) displays symptoms of concern during the program we kindly ask that you leave the premises. Materials used by you or your child will be removed and will be sanitized according to sanitization guidelines

**MEDICATIONS/ALLERGY INFORMATION:** Please do not bring nuts or nut products, fish products, kiwi on site. We are also scent aware.

**COUNSELOR/STAFF CONTACT INFORMATION:** If you have any questions or concerns on our mini soccer program, please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or call 709-745-7575 (please leave voicemail). If your questions or concerns are of a confidential matter, please email Recreation Coordinator, Nicole at [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com) or call her direct line at 709-745-7504 (please leave voicemail). We kindly ask that you respect our staff and that that you do not send them private messages on their personal accounts.

***Goulds Recreation Association is committed to providing quality programs that promote positive social, cognitive, physical and emotional development. Based on this, we want to ensure that there is a mutual understanding of what is acceptable behaviour and unacceptable behaviour. Our staff will take every reasonable effort to ensure meaningful participation. Please read our guidelines for acceptable and unacceptable behaviours.***

**ACCEPTABLE BEHAVIOURS:** Goulds Recreation counselors/staff, patrons, participants and guardians are expected to exhibit the following behaviour while participating in programs and services:

- respect	- kindness	- safety
- honesty	- responsibility	- healthy choices

**UNACCEPTABLE BEHAVIOR:** behaviour with the intent to harm others, property or which would otherwise negatively impact program quality is unacceptable and will not be tolerated. The group will review daily behaviour expectations in the form of "Promises". Counselors will use discretion to take appropriate action if unacceptable behaviour occurs. Our general process of addressing unacceptable behaviour is as follows:

- Unacceptable behaviour will be discussed with the participant

- Depending on behaviour, parent/guardian of the participant will be notified of the unacceptable behaviour and may be asked to arrange immediate pick-up of the participant.

**First occurrence:** Lead staff and/or Rec Coordinator will work with the participants and Parent/Guardian (if applicable) to identify solutions to assist the participant in displaying expected behaviours in the future.

**Second occurrence:** The participant may be re-introduced to the program following a meeting, with parents/guardians (if applicable) to establish an individualized plan to prevent further unacceptable behaviour and encourage positive behaviour

**Third occurrence:** The participant may be removed from the program on a part-time or full-time basis.

**If Goulds Recreation is unable to ensure the safety and well-being of patrons, participants, other, the security of property or program quality, we reserve the right to remove the patron/participant displaying unacceptable behaviour from the program or area.**

***\*\*This Soccer Package may be updated at any time in relation to COVID-19 public health measures and other possible situations that require changes\*\****