



# Goulds Recreation

2025

Hello and a huge welcome to those interested in our 3 on 3 Outdoor Basketball Program! We are excited to offer this program again this summer! Our priority is to provide a safe and fun environment for our participants, while offering quality programming. If you have any questions regarding program details, do not hesitate to contact us at us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com). 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.

## AGES:

Our 3on3 program is open to youth ages 10-14. Our youngest registrants MUST be turning 10 in 2025 and our oldest turning 14 in 2025. Ages will be broken up into specific age categories, depending on the number of registrants. Our age groups this year will be 10-12 and 13-14. This may change, depending on registration and abilities/skill level.

## 3on3 BASKETBALL LEAGUE

Goulds Rec is offering practices and games geared towards 3on3 basketball for ages 10-12 and 13-14. Practices will consist of basketball fundamentals and drills to help each player develop their skills. The 3on3 games will be played on 7.5 feet rims. Each game will be 4 quarters of 4 minutes each, totaling 20 minutes per game. Teams will be based on registration numbers and depending on registration, teams could be set for the summer. The teams will be drafted by staff. Requesting to be placed on certain teams can be taken into consideration, but not promised due to keeping teams competitive.

## REGISTRATION:

Registration will start 9am, Wednesday, May 7<sup>th</sup>, 2025.

Where to find the link:

- [www.gouldsrecreation.com](http://www.gouldsrecreation.com) and click on **Goulds Rec 2025 Summer Sports & Programs Registration**
- Goulds Recreation Facebook Page will have a current post containing the 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. We will not be sending emails to the participants email addresses.

### **SCHEDULE:**

**DRAFT COMBINE TIMES:** We will use the draft combine to get a feel for everyone's current level of play to ensure the teams are as fair and competitive as possible. Everyone will be placed on a team regardless if they attend the draft combine, adjustments may be made during the first 2 weeks, as we will be using this as a trading period if needed. These times will take place before June 30<sup>th</sup>. Those registered will receive an email with the times.

### **WEEKLY SCHEDULE BEGINNING JUNE 30<sup>TH</sup>**

The program will run for 8 weeks June 30<sup>th</sup> to August 21<sup>st</sup>.

<b>Girls 10-12 3 on 3 League Time Slots</b>		
10-12 Girls	Games	Tuesdays @ 3:45-4:45
10-12 Girls	Practices	Thursdays @ 3:45-4:45
<b>Boys 10-12 3 on 3 League Time Slots</b>		
10-12 Boys	Practices	Mondays @ 3:45-4:45
10-12 Boys	Games	Wednesdays @ 3:45-4:45
<b>Girls 13-14 3 on 3 League Time Slots</b>		
13-14 Girls	Games	Tuesdays @ 2:30-3:30
13-14 Girls	Practices	Thursdays @ 2:30-3:30
<b>Boys 13-14 3 on 3 League Time Slots</b>		
13-14 Boys	Practices	Mondays @ 2:30-3:30
13-14 Boys	Games	Wednesdays @ 2:30-3:30

***\*\*There will be no sessions on Canada Day and Regatta Day.***

### **COST:**

\$60 (1 child); \$55 each additional child in same family.

Fee must be paid prior to draft combine times. Fees are preferably paid through e-transfers to [gouldsrecreg@gmail.com](mailto:gouldsrecreg@gmail.com). Refunds will not be issued passed the June 16<sup>th</sup> date (2 weeks prior to official program start time). 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.
- The program will consist of fundamental movements, and skill development in reference to the game of Basketball. 3on3 basketball games within the group will be played, based on registration numbers, in league format.
- Goulds Rec will have basketballs on site.
- Team records will be tracked and used for seating placement in playoffs.
- Player of the game will be given after each game.
- Each player is permitted a maximum of 3 fouls before fouling out of that game.
- Our staff will ref the games.
- Each basket is worth 2 points
- Parents are encouraged to spectate games; however, any foul spectatorship is **strictly** prohibited.

**This is meant to be fun, friendly competition.**

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

This is a drop-off program. Parents/Guardians do not need to stay. The drop off will be at Jess' Court. This is the outdoor basketball court next to the Skatepark. Vehicle entrance is just past the Goulds Fire Station (on same side). We are not responsible for any participants on site prior to or after their scheduled time slot. If you are dropping off your child, they cannot be dropped off prior to session start time and if you are picking them up, must be picked up by the pick-up time, no later. If you are dropping off, we ask that you stay with your child off of the court until drop-off time. A counselor will sign the participants in. We ask at pick-up to remain off of the court. If you decide to stay for the duration of the program, please do not come on to the court. Only participants and counselors are permitted on the court during the program. This is a safety protocol.

## **WHAT TO BRING**

- A labelled bottle of HAND SANITIZER (at least 60% alcohol based).
- Suitable clothing for the sport. This includes sneakers that can be tied snugly, and proper "gym" clothes to easily move around in.
- Sunblock (minimum 30+) (please put sunblock on before coming to the program)
- Labelled hat (hat can be worn for some activities and will be needed on hot, sunny days)
- Water in a labelled water bottle
- Ensure all personal items are marked with your child's name

## **SAFETY MEASURES**

- Participant information will be confirmed prior to the first day of the draft, 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 alcohol or other drugs. 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 Outdoor 3on3 Basketball league.
- 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.
- Participants should be fully trained; able to independently wash their hands. Children who require assistance with personal care may be accompanied to the program by an independently hired respite worker/caregiver.
- Counselor to child ratio will be a max of 1 counselor to 10 participants, however, we strive to do better than that for this program.
- Counselors will 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 in accordance with public health recommendations.
- Should your child need to go to the washroom while engaged in the program, they will go to the public washrooms by the courts. The maintenance/cleaning/sanitizing of these washrooms is carried out by the City of St. John's, following their cleaning/sanitizing protocols. We recommend that your child use the washroom at home prior to arrival to the program.

### **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. However, please remember that our weather can change quickly! We may not always be able to give that hour notice.

Refunds will not be issued for cancellations and we cannot guarantee that make up sessions will take place.

### **MANAGING ILLNESS:**

Youth **MUST** stay home if they feel sick (fever, sore throat, cold symptoms, headache, diarrhea, vomiting, etc).

- Parents/Guardians must ensure that you list your child's underlying health conditions and/or symptoms due to allergies

- If a child displays symptoms of concern during the program the following will be adhered to:
  - Contact guardian immediately
  - Seek support from a second counselor/staff member
  - The child will be isolated
  - Good handwashing for child and counselor/staff
  - Both the counselor/staff and child will wear mask and gloves and guardian will immediately come to the site to pick up their child
  - Materials used by the child will be removed and area will be sanitized according to sanitization guidelines
- Counselor/Staff who present with symptoms will be removed and follow the most up-to-date recommendations/guidelines by Public Health

### **MEDICATIONS/ALLERGY/ BEHAVIOURAL/DISABILITIES/NEURODIVERSE INFORMATION:**

Please do not bring nuts or nut products, fish products, kiwi or avocado on site. We are also scent aware.

It is very important that you disclose to use information on your child in regards to medical, allergies, behavioural, disabilities, neurodiversity, etc. Your information is kept confidential! We do our best to provide an inclusive environment for all participants. With this disclosure, we are able to take the necessary steps to ensure your child and all children in the program have the best experience. We want to work with you and your child. The key is OPEN COMMUNICATION.

### **COUNSELOR/STAFF CONTACT INFORMATION:**

If you have any questions or concerns on our outdoor 3on3 basketball league, 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 refrain from contacting our staff through their personal phone numbers and/or social media accounts.***

***\*\*This 3 on 3 Basketball Package may be updated at any time***

***Please review following behavioural guidelines.***



P.O Box 40, Goulds, NL, A1S 1G3  
 509 Main Road, Goulds  
 Ph: 709-745-7575  
 Email: [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com)

## **BEHAVIOURAL GUIDELINES**

***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.**