

Equipment and Jewelry Policy: Equipment falls into three categories: required, optional, prohibited.

*Required:* Players are required to wear the following equipment for soccer: shoes, socks, shin-guards, shorts, and shirt. Cleats are strongly recommended. Shin-guards must be completely covered by the socks. No gear may have sharp edges.

*Optional:* In cold weather - sweatpants, sweatshirts, jackets (<-all these should be worn under the uniform), gloves/mittens, and soft hats/ear-muffs are permissible. Eye-glasses for visual acuity are allowed, but it is recommended to use ones designed for sports to reduce the risk of cuts from frames or glass due to impacts with players or the ball.

*Prohibited:* All other extraneous gear is specifically prohibited under the rules of youth soccer. This includes all jewelry. It is not permitted to simply wrap/pad jewelry. Jewelry includes rings, watches, bracelets, wristbands, necklaces, ear-rings, body piercings, etc.

*Jewelry Exceptions:* Medical alert (bracelet/necklace) or a religious symbol (necklace) may be worn if wrapped (bracelet/necklace) and secured inside the shirt (necklace).

Note: If you have a recent piercing (6 weeks) that should not be removed (to prevent the hole from closing), you will NOT be permitted to play with the jewelry carefully wrapped to cover all sharp edges. Jewelry must be removed if you intend to play. Please, please, please, DO NOT GET A PIERCING BEFORE OR DURING SOCCER SEASON. If you cannot or choose not to remove it, you will not be allowed to play.

Weather Policy: Soccer is played in the rain. We will play/practice in dry conditions down to 35°F, and wet to 45°F. In hot weather, please be sure you have sufficient water. Soccer is NOT played with lightning/thunder. If lightning is seen or thunder is heard, players will be asked to clear the field and take appropriate shelter. The soccer bridge is NOT a shelter (you can be struck by lightning under a tree such as those present at the bridge). Inside a vehicle IS shelter. Play may not resume for a minimum of 20 minutes from the last occurrence of lightning/thunder.

Background Checks: Forest Ridge now requires and conducts criminal background checks on all referees and coaches who are working with our players. The reality today is that these are necessary to deter and identify potential child predators before they use our program to gain access to potential victims.

Concussions: Forest Ridge is compliant with Ohio Law regarding mandatory concussion training for all coaches and referees. Concussions are a mild brain injury typically caused by an impact with the ball, players, the ground or the goal posts. Given time to heal, the brain will recover fully. However, without being given time to heal properly, the damage and decreased brain function will often become permanent. If a coach or referee suspects a potential concussion has occurred, the player will not be allowed to return to play until a medical doctor qualified to assess concussions has cleared the player to return.