

Georges River FC 2016 Manager's Manual



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1 Introduction

On behalf of the Committee I would like to thank you for taking up the responsibility of managing a team at the Georges River Football Club.

The Club has a great reputation, built up over many years, for friendliness and support. This is particularly enhanced by the efforts of the team manager. Georges River has close to 900 registered players making it one of the largest clubs in the Shire and we also have one of the best clubhouses.

The dedicated committee (all volunteers) are here to help you and your team, and ensure you have a memorable season.

The purpose of this manual is to assist you with your various duties as team manager.

This manual should be read in conjunction with the *Sutherland Shire Football Association Rule Book*, (the **Association Rule Book**). As team manager you do not need to know anything about the rules of football, however, you will be required to be aware of the rules in the *Association Rule Book*. Failure to observe the rules therein may result in the Club incurring monetary penalties, suspension of players and/or Coach/Manager and loss of competition points.

Your duties as team manager will include:

- Ensuring that there is a match ball available for each game
- Ensuring player ID cards are on hand at each match
- Inspecting opponent's ID cards
- Completing and signing match cards
- Making sure someone is wearing the green manger's high vis vest and another supporter an orange ground control vest at all games
- Arranging Ground Control duty rosters
- Organising a weekly team match report
- Encouraging support of Club social events
- Establishing a reliable communication system within the team
- Fostering a positive team Spirit for players and supporters

Should you have difficulties performing your managerial duties, the following Club personnel can be contacted (refer Committee list in this manual):

Age Division

Under 6 to Under 21
Junior, Senior & Over 30 Women
All Age, Over 35 & Over 45

Contact

Head Manager
Womens' Liaison Officer
Senior Liaison Officer

2 Communication

2.1 Club Communication

The club committee provides the majority of its communication to all players and parents via the club website grfc.com.au and [Facebook page](#). Managers should check the website on a weekly basis, at a minimum, to ensure that they receive the latest information from the club. **The best way to keep up to date is to subscribe to the website's RSS feed (click on the Subscribe for Updates link) and you will be notified of any updates to the website in a timely manner.**

The following information is available on our website:

- Match draw for the following week (time, venue, opponent)
- Ground Control duty teams for the following week
- Match results and points tables for previous weeks (U12 and older teams only)
- Match Reports for previous weeks
- Details of Club social events and other important notices
- General messages from the President affecting all members
- Club Sponsor advertisements (please encourage and support them as they provide some vital input to the Club's finances)

The club also has a very active Facebook page where all key news and updates are also posted: <https://www.facebook.com/GeorgesRiverFC>

The club maintains a list of coaches and managers for all teams with telephone and email contact information that is used by the committee to communicate important information to your team during the season. This list is available to you via a secure login to our website. If you are unsure of your login details contact the Head Manager (<mailto:head.manager@grfc.com.au>).

Please ensure that your contact information and that of your team's coach is kept up to date and advise the Head Manager (<mailto:head.manager@grfc.com.au>) of any changes.

3 Wet Weather

During the week the grounds are controlled by Council and they decide if the grounds are open or closed. If the Ground Closed sign is displayed **NO** training is permitted. The lights are often turned off by the committee to ensure that no training takes place. Council can fine the club, or impose other penalties if we let teams train on closed grounds. You can phone Council's Wet Weather line on **9710 0105** to hear a recorded message advising the status of grounds for training.

On game days it is the Association's decision if the grounds can be played on. If you are unsure about whether games are on telephone your contact shown below no earlier than 7:45am on match day. However for those 8am starts it must be assumed that the game is on. We will endeavour to contact these teams as early as possible. In the event of heavy rain a decision is often made on a Friday

Age Division	Contact
Under 6 to Under 21	Head Manager
Junior & Senior Women	Womens' Liaison Officer
All Age, Over 35 & Over 45	Senior Liaison Officer

Wet weather does not necessarily mean that the game is cancelled. The game may be transferred to another venue and another time.

Please keep an eye on grfc.com.au and the SSFA website for important updates.

4 Playing Strip

4.1 Personal Property

Each player must provide their own boots, socks, shin pads and shorts. Senior team players must also provide their own playing shirt, which **MUST** be purchased from the club, usually at the time of registration.

Good stocks of socks and shorts are available from the club's Gear Stall, which is open on match days. Note that socks and shorts **MUST** be purchased from the club as the wording 'TIGERS' on the socks and the thin yellow stripe on the shorts are part of our official uniform as registered with the Association.

There is no specific design requirement for shin pads or boots, except that boots with metal studs are **NOT** permitted.

SHIN PADS MUST BE WORN BY EACH PLAYER AT EVERY GAME. Failure to do so will result in the player being sent from the field by the referee until such time as the player is properly attired.

4.2 Shirts

THIS SECTION IS RELEVANT FOR MANAGERS OF JUNIOR TEAMS ONLY.

Junior team managers are issued with a bag containing the team's shirts. They remain the property of the Club and NOT the individual player. To ensure even fading, the entire kit should be laundered together in cold water. Full washing instructions are provided with the kit and should be strictly adhered to so as to ensure the maximum life of the garments. Managers should be aware that a significant monetary outlay is made by the Club on its playing strip each year.

UNDER NO CIRCUMSTANCES ARE SHIRTS TO BE TAKEN HOME SEPARATELY BY INDIVIDUAL PLAYERS.

Players not observing the preferred universal washing procedure may deny other players the opportunity to play if, as a result of their absence, no shirt is available for them at ensuing games. Also, it is much harder to control shirts if the correct procedure is not followed and this may result in the loss of Club property.

The manager is not personally responsible for washing the shirts and the club recommends that a washing roster be organised with players. The ring around list could be used to facilitate the rotation process.

4.3 Alternate Strip

For local (Sutherland Shire Association) competition, the alternate strip is utilised when playing a:

- HOME game against Como West-Jannali
- HOME game against Georges River (where there are 2 or more River teams in the same grade)

For State Cup games, teams are often asked to bring an alternate strip for away games.

The alternate strip will be made available to you on the day of play. Where no arrangements have been made with the Gear Steward for prior collection, the alternate strip can be collected from Ground Control on the day of play. Alternate strip bags will be clearly marked with the team with which they have been allocated. Unless prior arrangements have been made, shirts **MUST** be fully laundered and (in the case of games played on Saturday), be returned to Ground Control by commencement of play the next day. In the case of Sunday games, the shirts **MUST** be returned to Ground Control prior to the commencement of play on the following Saturday (preferably during the week).

5 Match Day duties

5.1 Match balls

A correctly sized and inflated match ball must be made available by each team at every competition game. The Club may receive a fine if no match ball is presented. Ensure it is clearly marked with the club's name and your team's age group and grade; a permanent marker pen is best used for this purpose.

Correct ball pressure can be determined by placing the ball on the ground and then with both hands around the ball, by pressing both thumbs into the ball. Only a minimal impression (10mm maximum) should be possible if the ball is correctly inflated (approx 10 psi). The club's Ground Control room provides an air hose with adapter suitable for inflating soccer balls.

Training balls are NOT to be used as match balls.

Loss of or damage to a match ball should be immediately reported to the Gear Steward (gear.steward@grfc.com.au).

Match balls are supplied on the following basis:

U/6 to U/9	Size 3
U/10 to U/13, W12, W13	Size 4
U/14 to U/21	Size 5
All Age, JW, SW, W30, O35 & O45	Size 5

Store all balls in a cool, dry place. The hot sun and dry conditions of locked cars are not good for match and training balls.

Clean balls regularly. Drying mud and dirt can damage balls.

5.2 Manager (fluoro green/yellow) jackets

As Manager you must wear a yellow jacket which is supplied in your team's kit bag. If you are unable to attend on match day you MUST appoint someone else to act on your behalf, including the wearing of the yellow jacket. Player managers have the option of wearing a Managers' armband. Please contact the Gear Steward if you require an armband.

5.3 Ground Control (orange) jackets

For all games, home and away, one of your team's supporters is required to wear an orange Ground Control jacket for the duration of the match. The person wearing the jacket is required to perform the following duties in conjunction with the Duty Officer:

- Ensure that spectators do not encroach onto the playing field during matches, especially keeping the area around and behind the goalposts clear of spectators.

- Ensure that NOBODY enters the field of play, including managers and coaches, until signalled to do so by the referee.
- Ensure that teams are not coached by persons situated behind the goal line.
- Assist referee where required in the control of problem spectators.

The name of the ground control person is to be recorded on the match sheet for all games.

5.4 Match card

Before the match commences ensure that the names of all players participating in the match are recorded correctly on the card. Beside each player's name ensure that their ID number (U11 and older teams only) and playing shirt number (U13 and older teams only) is also recorded. If you are borrowing players from another team record the player's usual team next to his/her name. In recent seasons the Association has permitted player names to be pre-printed on match cards so be sure to cross out any players NOT participating in the match. At the bottom of the player list complete the coach and manager names.

You will also need to name your ground control contact.

At the completion of the match check that the referee has recorded the correct score then on your team's side of the card tick the 3 boxes at the bottom of the form and then sign it. If the score shown on the card is incorrect, advise local Ground Control and the referee and try to resolve the problem. If the problem cannot be resolved, you must still sign the match card but make a signed notation on the back of the card and advise our Club Secretary.

Failure to complete the match card correctly will result in the Club being fined. Refer to the appendix for a sample completed match card. Our Club will receive a \$100 fine for every incorrectly completed match card.

5.5 Borrowing of players

All Coaches, Managers and Club Officials are reminded that they have a special "duty of care" responsibility to borrowed players by ensuring that they have the required levels of skill, strength and stamina to play in older age divisions and higher grades than their usual team.

Players can only be borrowed from teams within the same club. Teams may borrow up to 4 players for any match, with a maximum of 2 players from a lower age division. An individual player may be borrowed up to 3 times by any one team and cannot be borrowed by that team again unless officially transferred to that team. The penalty for playing more than 3 times for another team, without being transferred, is forfeit of the match by that team.

The general rule regarding age division and grade is that players can play for a team in the same age division and up to 2 age divisions higher and can only play in a lower grade if playing in a higher age division, except for 'A' grade players who can only play 'A' grade. When playing up an age division the player may only play down one grade (eg. 14B to 15C or 16C).

Clarification of Borrowing Rules (SSFA Rule 16) relevant to Age has been added this year to clarify the interpretation of the Borrowing Rules as per EC Meeting EM2013/2, 22 January 2013, Item 4.3.1.

Players aged up to and including 16 years of **age**; as given by the **age** they turn in the year; are only permitted to play or be borrowed into any side that is either 1 or 2 years above their **age**. They are not permitted to play in any age group that is more than 2 years above their **age**. Other normal borrowing rules apply.

There are many other rules covering borrowing of players so the club recommends that ALL managers read section 16 of the Association rule book.

5.6 ID cards

ID cards are required for all age divisions from U/10 to U/21, All Age, Over 35 & 45 Mens, Junior, Senior & Over 30 Women. Under the *Association Rules*, no player can participate in a game unless a valid ID card is on hand. It is therefore essential that close scrutiny and control is maintained over player ID cards. It is recommended that the Manager maintain responsibility for the ID cards at all times.

In the case of players requiring their ID card to play for another team, clear instructions should be given to the player to ensure that the card is returned to the Manager's care.

5.7 Record of Playing Time

It is club policy that during the course of the season ALL players receive an equal amount of game time. However, the coach will always reserve the right to place the most appropriate combination of players on the field. To assist the coach in determining equity in who should sit on the bench, it is the responsibility of the manager to maintain an appropriate record of player game time. With unlimited interchange for all Sutherland Association teams, this will be no mean feat for the manager.

There is no hard and fast rule as to whether or not absences or match suspensions should count as time off, however, there may be a need to exclude some time off from the count for disciplinary reasons (e.g. poor behaviour at training or the official suspension of players from match play – the Club's Code of Conduct should be read in conjunction with any determination). When a player cannot play due to a family commitment, illness or suspension, it means that other players can participate. It is therefore generally reasonable to include most absences in the non-playing time measurement.

A written record should be maintained of each player's participation. The record is only a guide and should not be used as an article of evidence by player or parent in determining perceived unfair participation. The coach is well aware of each player's capability and for strategic reasons will utilise players according to the state of play or particular circumstance for the good of the team as a whole. A well kept record will

assist the coach in maintaining equity and the application of appropriate internal disciplinary measures.

6 Reports

6.1 Weekly Match Report

A report covering the highlights of the game should be submitted each week. The players love reading about their game and, especially for the younger teams, their name being mentioned. This task does not have to be undertaken by the Manager and it can be delegated to the coach, a player or a spectator. You can even establish a roster for the writing of the match reports. The report ideally should be no more than 100 words and include the score and opponent. Please keep all comments positive and encouraging to the team. Derogatory remarks and other items deemed inappropriate will not be published. Match reports are to be submitted via the club's website and will be made available for viewing once the publicity officer has reviewed the report.

6.2 Season Report

A report covering the team's achievements for the season will be required after the team's final match of the season. This report can be up to 250 words in length and should list all player, coach, manager and other relevant participant names. Managers will be advised of the deadline for submission of the season report as well as the email address to send the reports to, usually the publicity officer or direct to the printing firm, at about round 16 of the competition.

7 Player Supplies

7.1 Drinking Water

Players should be encouraged to bring their own water bottle to each game, clearly labelled with their name. The manager may choose to provide a container (i.e. basket or esky) to universally store them on the sideline for half and full time breaks.

The provision of identical bottles by the manager is not recommended in view of the health risks imposed by the interchanging of bottles.

Gatorade, Isosport etc. replace lost nutrients arising from strenuous activity but are most effective when consumed TWO HOURS prior to the commencement of the game.

7.2 Oranges

These have been a popular half time refreshment. The manager may care to supply players with oranges each week. A player levy or roster may be introduced to offset the costs involved in this exercise.

It is always a good idea to check with parents regarding the supply of oranges. There is a school of thought that suggests the acidity of oranges is not desirable during periods of strenuous activity. This circumstance, however, is more directed at elite

athletes and it is unlikely to impact upon the performance of players at our Club team levels.

7.3 Garters

There is an increasing trend to utilise electrical tape as garters. As with the oranges, these can cause a considerable mess on the sideline. Electrical tape is certainly not biodegradable and managers should ensure that these too are appropriately disposed of following the game.

Managers might like to encourage the use of elastic garters or shoe laces to tie up socks as opposed to electrical tape.

7.4 First Aid

All Club Ground Control rooms should have some form of First Aid equipment, however, as voluntary organisations, supplies at some Clubs may be less than adequate. It is therefore recommended that teams be equipped with their own basic supplies such as dressings and ice packs, the costs of which could be spread around the team.

8 Injuries

No-one may proceed onto the field to attend to an injured player until invited to do so by the referee (refer to the *Association Rule Book*).

8.1 Prevention

8.1.1 Jewellery

All jewellery should be removed to prevent injury to self or other players. Body jewellery that is not easily removed must be securely taped down before a player will be permitted to take the field.

In recent seasons referees have shown an increased attention to the wearing of jewellery and will insist that the player remove jewellery before being permitted to participate in the match.

8.1.2 Shin Pads

Shin pads are compulsory. No player will be permitted to take the field without them.

8.1.3 Boot Studs

Screw-in studs must be secure and all sharp edges must be removed before the player takes the field. Metal studs are not permitted.

8.2 Severe Injuries

A player who appears to have received a severe injury must NOT be moved from the field by any persons other than Emergency Service personnel. In the case of suspected severe injury, the referee and Ground Control should be consulted. Ground Control is responsible for calling emergency services and ensuring that access to the field is not blocked in any way.

When invited onto the field of play, the manager should ensure that the player is adequately shielded from the elements pending the arrival of emergency service personnel.

The manager should also ensure that concerned parents, relatives and third parties are dealt with appropriately. Duplicate calls to the emergency services should be avoided.

8.3 Other Injuries

A player capable of removing themselves from the field of play for attention to the injury should do so to allow continuation of play. Instructions from the referee regarding the player's return to the field must be strictly adhered to.

Cuts and abrasions must be properly dressed before the player can return to the field. The referee may reserve the right to refuse the player's return pending the appropriate dressing of sustained injuries for obvious health and safety reasons. When cleaning injuries, care should be taken not to make use of water bottles that have come into contact with any other player's bodily fluids. All dressings should be appropriately discarded.

8.4 Head Injuries

Should a player receive a head injury, they should not continue playing and be encouraged to consult a doctor. Immediate medical attention should be sought if the player is rendered unconscious, becomes dizzy or sustains blurred vision as a result of the injury.

8.5 Eye Injuries

Immediate medical attention must be sought. Do not try and remove foreign bodies from the cornea. The eye should be covered with a dressing without applying pressure and arrangements to transport the injured player to a hospital should be made.

8.6 Tooth Injuries

If a permanent tooth is knocked out, an attempt to locate the tooth should be made. If found, the tooth should be thoroughly washed under clean running water. The tooth should be replaced in its original position and held for several minutes. A piece of aluminium foil should be moulded around the tooth and adjacent teeth to act as a splint. Immediate dental treatment should be sought. Similar splinting treatment should be applied to teeth loosened as a result of the injury.

8.7 Accident Reporting

All injuries are to be reported by way of the accident report form to be found in Ground Control at all fields.

The form should be completed at the ground where the accident took place as the Duty Officer at that ground will subsequently submit the form to the Association along with the day's completed match sheets. A form may, however, be submitted subsequently through the Oyster Bay Ground Control.

The completion of the form may be undertaken and submitted to the Association at a later date, however, in view of the limited time frame available for the lodgement of an insurance claim, it is strongly urged that the form be completed as soon as possible after the accident.

8.8 Insurance

Registration fees cover player insurance with respect to the following:

- Loss of income (non-students)
- Non-medical expenses
- Student assistance for tutoring
- Household assistance
- Parent inconvenience
- Legal liability
- Death and disability

In cases where registered players have claimed a student rebate on their fees, it should be noted that player insurance will NOT cover any loss of **part-time income**.

Other health care conditions should be referred to the player's own medical insurer and to Medicare.

Any claim must be submitted to the insurer within 30 days of the injury. Claim forms are available from the Club Secretary.

9 Ground Control

Each team will be required to fulfil ground control duties on a minimum of TWO occasions throughout the season. Teams will be notified on the club's website when it is their rostered turn. They may also be contacted by a committee member when it is their turn. **Teams should note that undertaking Ground Control duties is a condition of registration with the Club.**

Ground Control duties (depending upon the rostered control shift) will be as follows:

- Setting up fields for play (i.e. goal posts and nets, field marking and flags)
- Kiosk
- Gear Stall

- General cleanup of all areas (Kiosk, change rooms, Clubhouse, courtyard and field surrounds).
- Return of field equipment to the storage room and locking up of goal posts.
- The refereeing of games not covered by Official referees when required.

Managers are responsible for enlisting sufficient help of their team and supporters to cover the allocated time slot duties.

Managers should liaise closely with the Duty Officers, who are nominated from the ranks of the Management Committee, as well as other teams rostered on duty with you. Duty Officers are also listed on the club's website each week.

PLEASE NOTE: The wearing of the orange Ground Control jackets will be undertaken by the playing teams and will NOT be the responsibility of the Ground Control duty teams. The Duty Officer will ensure the appropriate changeover of jackets at the conclusion of each game.

9.1 Field Setup

On Saturday, eight (8) people are required at 7.00 am (where the first scheduled game is for 8.00 am) to set up the fields. On Sunday, (as nets are generally left on the goal posts overnight), four (4) people are required to mark the fields, put out flags and check for general playing hazards like broken bottles, rocks etc.

Line marking machines, goal nets and marker flags are kept in the equipment storage room at the southern end of the Clubhouse. Refer to the field marking plans in Ground Control.

All nets are to be pulled under the goal post ground rails from the outside of the rail and tied to the inside of the net in such a manner as to ensure a taut net set up. All holes in the net should be mended to the best of your ability. Referees may require further repairs prior to the commencement of games. Half-way flags must be placed one (1) metre from the sideline to safeguard player injury. Corner flags are compulsory on fields 1 and 2.

Small Sided Football (SSF), which was introduced in the 2008 season for junior teams (up to Under 11s), field boundaries will be marked with training cones or markers. For ages Under 6 and 7 collapsible goals will be used and these goals should not require any additional anchoring. Under 8, 9, 10 and 11 teams will use more rigid goals which will require additional anchoring, in the form of pegs, to ensure they remain in place. SSF goal posts are ready to go and located in the storage container. When SSF games complete they are to be returned to the container - they are to be returned the same way as they are found - i.e. NOT dismantled.

SSF matches are often played on Field 2 so the full sized goals will not be able to be erected for the start of play. However, duty teams are still required to attach the nets to the full sized goalposts and the goalposts carefully positioned away from the playing field to prevent any hazards to spectators or players prior to them being erected for full field matches. It will be the responsibility of the transitional teams to

correctly position these goals and anchor the netting by way of the ground rails at the commencement of normal competition games on Field 2-

The Club's volunteer Committee cannot be expected to shoulder all these ground control duties each week. The more personnel involved in the required duty, the less onerous the task will be.

9.2 General Preparation

Games scheduled for the day are to be written on the Ground Control board. This task is generally undertaken by the Duty Officer, however, circumstances may preclude the Duty Officer from completing this requirement. Assistance may be requested of the duty teams in these instances.

Garbage bins are to be strategically placed around the fields to ensure minimum amounts of refuse is left on the ground – usually around the Kiosk, spectator viewing and player kit up areas.

9.3 Association Requirements

The full requirements of Ground Control are set out in the *Association Rule Book*.

Each field in use **MUST** have at least one person in **attendance** wearing the orange ground control jacket. A further person will be required to act as the co-ordinating ground controller and work closely with the Duty Officer. These persons should not be in the Clubhouse, Kiosk or Bar areas. While the general responsibility of wearing the orange jackets will be that of the playing teams, circumstances may prevail where duty teams are requested to shoulder some of the responsibility.

Ground Controllers are to be constantly vigilant to ensure that:

- hazards are kept away from the sidelines (bikes, skateboards, rocks, broken glass etc.)
- spectators remain away from the sidelines, particularly in areas between fields and behind goals
- unleashed animals are impounded and owners or Council rangers are contacted for their collection
- instructions and requests from the referee to ground control are immediately and fully attended to, particularly in cases of injuries to players
- spectator disturbances are appropriately handled (refer to the *Association Rule Book*)

Ground Controllers must not consume alcohol whilst on duty.

Fines imposed on the Club as a result of a breach of the above requirements may, depending upon the circumstances, become the responsibility of the offending individual.

9.4 Cleaning Up

Field 2 & 3

At the conclusion of the final SSF games on fields two and three, the portable goals, pegs and cones are to be returned to the storage room.

Field 1 & 2

Saturday: Flags are to be returned to the equipment storage room.

Sunday: Goal nets, pegs and flags are to be returned to the equipment storage room and the goal posts are to be chained to the cyclone fence.

Garbage bins

Bins are to be returned the Clubhouse at the conclusion of the last game.

Any refuse on the ground should be collected and placed in the bins.

Cleaning

Clubhouse, change rooms, courtyard and all other paved areas should be swept and refuse placed in bins.

Match results

All results must be recorded on the Association's Result sheet and submitted with the match sheets, accident reports and any player ID cards requested by referees as a result of send offs or other offences to the Association headquarters by 9.00 am Monday (or Tuesday if Monday is a Public Holiday). Generally, this task will be coordinated by the Duty Officer.

9.5 Kiosk

The Kiosk is to be staffed from 20 minutes prior to the first game, 2 to 4 persons, depending on the allotted shift, is sufficient to handle the Kiosk duties. Ground controllers are to ensure that sale items, (i.e. shelf, refrigerator, pie oven, chip cooker, tea, coffee etc.), remain well stocked throughout their shift and are sufficient to meet demand.

At the conclusion of each day's trade, the Kiosk is to be cleaned – floors swept and mopped, all bench surfaces wiped down, perishable items returned to cold storage and refuse placed in bins.

All heaters and cookers and other electrical appliances are to be switched off.

Children under the age of 16 are not permitted in the Kiosk under any circumstances due to public liability insurance provisions.

9.6 Gear Stall

The Gear Stall is to be staffed from 20 minutes prior to the first game. 1 person is required to run the gear stall on match days. Note that the EFTPOS terminal is usually kept in the Kiosk but can be used to accommodate customers who wish to purchase from the gear stall using EFTPOS or credit card.

At the conclusion of each day's trade, the Gear Stall needs to be packed away and the day's takings handed to the Gear Steward.

SUTHERLAND SHIRE FOOTBALL ASSOCIATION INC**GROUND LOCATIONS**

GROUND	LOCATION	TELEPHONE
Anzac Oval	Anzac Avenue, Engadine	9520 – 2386
Austin Street	Austin St, Illawong	
Billa Road	Billa Rd, Bangor	9543 – 8432
Box Road Ovals	Box Rd, Sylvania Heights	9522 – 4087
Buckle Reserve	Barnes Cres, Menai	9543 – 2587
Bundeena Oval	Bundeena Dr, Bundeena	0404 681 848
Canberra Road Oval	Canberra Rd, Sylvania	9522 – 0800
Casuarina Oval	Casuarina Rd, Alfords Point	0434 019 111
Dobell Road Oval	Dobell Road, Engadine	9520 – 6956
Glen McGrath Oval	Willarong Rd South, Caringbah	9542 – 7216 or 0466 380 748
Grays Point Oval	Angle Rd, Grays Point	9524 – 5729
Gymea Bay Oval	Avenal & Gymea Bay Rd, Gymea	9525 – 1516
Heathcote Oval	Wilson Pde, Heathcote	9520 – 3918
Jannali Oval	Sutherland Rd, Jannali	9528 – 3519
Kareela Oval	Princes Hwy, Kirrawee	9521 – 8780
Kingswood Rd Oval	Kingswood Rd, Engadine	9548 – 1159
Kirrawee Oval	Forest Rd, Kirrawee	9521 – 1233
Lakewood City Oval	Coolidge Crescent, Bonnet Bay	9528 – 2838
Lilli Pilli Oval	Port Hacking Rd, Lilli Pilli	9526 – 1958 or 0466 380 748
Loftus Oval	Princes Hwy, Loftus	9521 – 8528
Narnia Park (Coachwood)	Coachwood Dr, Alfords Point	0424 263 711
North Caringbah Oval	Dianella St, Caringbah	9524 – 4914
Oyster Bay Oval	Oyster Bay Rd, Oyster Bay	9528 – 4949
Preston Park	Engadine Avenue, Engadine	9520 – 5610
Prince Edward Park	Prince Edward Park Rd, Woronora	
Seymour Shaw	The Boulevarde, Miranda	9524 – 3907
Solander Fields	Captain Cook Drive, Woollooware	9523 – 9447
Sutherland Oval	Grand Pde, Sutherland	9521 – 1681
The Ridge Ovals	Off New Illawarra Rd, Barden Ridge	0404 159 677 or 0478 108 356
Waratah Park Reserve	Rawson Ave, Sutherland	9521 – 6694
Woollooware Oval	Kingsway & Woollooware Rd, Woollooware	9523 – 8172 or 0466 380 748
Woollooware High School	Woollooware Rd, Woollooware	
Woronora Heights Oval	Willaroo Ave, Woronora Heights	9545 – 5576
Harrie Denning	Bates Dr, Kareela	9542 – 3577
5 Sports Caringbah	The Boulevarde, Caringbah	9540 – 6555

Georges River FC Member Protection Policy Coach/Manager Code of Behaviour

In addition to GRFC's General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by SSFA, a member association or an affiliated club and in your role as a coach appointed by SSFA a member association or an affiliated club:

1. Do not tolerate acts of aggression.
2. Provide feedback to players and other participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Recognise players' rights to consult with other coaches and advisers. Cooperate fully with other specialists (for example, sports scientists, doctors and physiotherapists).
4. Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
5. Encourage and facilitate players' independence and responsibility for their own behaviour, performance, decisions and actions.
6. Involve the players in decisions that affect them.
7. Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play.
8. Ensure that the tasks and/or training set are suitable for age, experience, ability, and physical and psychological conditions of the players.
9. Ensure any physical contact with players is appropriate to the situation and necessary for the player's skill development.
10. Be acutely aware of the power that you as a coach develop with your players in the coaching relationship and avoid any sexual intimacy with players that could develop as a result.
11. Avoid situations with your players that could be construed as compromising.
12. Actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.
13. Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your players.
14. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
15. Know and abide by rules, regulations and standards, and encourage players to do likewise. Accept both the letter and the spirit of the rules.
16. Be honest and ensure that qualifications are not misrepresented.