

PORTUGAL TRIP 2023

TRAVEL CODE OF CONDUCT + MEDICAL RELEASE

PLAYER NAME: _____

TEAM TRAVEL POLICY

1. Please realize that as a participant on a Culture FC Travel Tour, you are representing the team, your country, your family, your coaches, and yourself the entire time you are on the trip. This includes the bus, hotel, restaurants, and team activities in addition to the games. Your actions should positively represent the club as well as yourself.
2. Any hotel/restaurant/school/field items are to remain in that establishment. This includes items such as towels, blankets, pillows, silverware, glasses, and all other items belonging to the hotel, restaurant or school. Loss or theft to be charged to your account.
3. All team members not starting or playing are required to support the team and take advantage of the opportunity to learn from watching the games.
4. Players are required to meet with the coaches before and after every game and during team meetings.
5. All players are expected to wear team apparel and team gear to all team activities. The coaches will announce to the team as well as remind them which gear to wear on given days of game competition.
6. Players should sit with their teammates while at a game and should participate in all team activities. There will be moments where players will be able to interact with parents but must be approved by the coaching staff.
7. All members of the group, players, parents, and siblings, should show proper respect and sportsmanship towards coaches, officials, game administrators, competitors, and parents from other teams during a game.
8. All designated team areas should be left as clean, or cleaner, than when the team arrived on day one. This reflects our club in a positive light and also helps the hosts.
9. All questions a player or parent may have relating to results, an officiating call, or conduct at the game should be addressed to our staff. Our coach, through proper protocol and channels, will pursue the matter further if necessary.
10. The tournament policy does not allow any parents behind the benches at any point and time through warm ups or competition. Parents are asked to stay in the designated spectator area.
11. Players should be providing their bodies with proper nourishment and hydration to maximize performance during competition. When traveling, dehydration is very common so plan to hydrate constantly.
12. There shall be absolutely no outside visitors in any designated players' room without the knowledge and permission of the coaching staff.
13. Players cannot return early or leave the team prior to the conclusion of the event schedule.
14. Under no circumstance will alcohol, tobacco, any controlled substance, any IOC performance enhancing drugs, or any drug or paraphernalia be used, endorsed, or promoted. Any violation of this policy may result in immediate dismissal from the travel team and possibly further disciplinary action.
15. All players on the travel team will participate in all team functions. Players should know the team schedule and strictly adhere to them. Coaches will produce an itinerary schedule with times to be present. Be prompt and on time.
16. All members of the team must stay with the team at all times. Players are not to leave the school/hotel, or any other place the team has gathered without the permission of a coach or chaperone.

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17. Hotel rooms, hotel lobby, team bus, restaurants, and the team area at the game are all to be treated with respect and kept neat. Your personal belongings should be kept together and all trash picked up appropriately. Any damage to rooms or vehicles will be the responsibility of the parties involved and may result in being sent home early from the trip.
18. Players are not allowed to sleep in any other room other than the one they have been assigned by the coaches or chaperones. No exceptions.
19. Players are expected to strictly adhere to the curfews established by the coaching staff. At curfew, all lights, TV's, electronics, etc. must be turned off and no interactions will be permitted.
20. Players are expected to be quiet and respect the rights of their teammates and other hotel guests during the evening hours. There is to be no telephone use after the curfew and no room-to-room telephone use after curfew.
21. All telephone and incidental room charges will be added to your team account. This includes room service, movies, damages, etc.
22. When group meals have been contracted with a hotel or restaurant all players and chaperones on the trip are expected to participate with the team.
23. Players are expected to travel and stay with the team on team travel trips. Any exceptions to this policy must be approved by the Head Coach or his designee prior to the trip.
24. Violations of these rules will result in disciplinary action, including the possibility of being sent home from the tour at the expense of the player's family.

Code of Conduct Agreement

Please return this form. Make a copy for your records.

I have read and understand this Code of Conduct and by this signature agree to abide by it.

Player's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

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TRAVEL CODE OF CONDUCT + MEDICAL RELEASE

Medical Release

Name: _____ DOB: _____ Sex: Male Female

Emergency Contact

Name: _____ Relationship: _____

Home: _____ Office: _____ Cell: _____

Name: _____ Relationship: _____

Home: _____ Office: _____ Cell: _____

List all Known Medical Conditions, Including Food Allergies and/or Drug Allergies. In Addition, Include Any and All Over-the-Counter and/or Prescription Drugs Taken Regularly.

Physicians Name: _____

Phone Number(s): _____ Additional: _____

Primary Insurance Company: _____

Phone Number(s): _____ Additional: _____

Billing Address: _____

Policy Holder's Name: _____

Address: _____

Relationship to child/children: _____

ID Number: _____

Travel insurance: _____

Policy #: _____

Make a copy of the policy and bring it with you on the trip.

Statement of Consent:

In the event of an emergency or non-emergency situation requiring medical treatment, I, _____, hereby grant permission for any and all medical and/or dental attention to be administered to my child/children, in the event of an accidental injury or illness, until such time as I can be contacted. This permission includes, but is not limited to, the administration of first aid, the use of an ambulance, and the administration of anesthesia and/or surgery, under the recommendation of qualified medical personnel.

Signature: _____ Date: _____

Print Name: _____ (Parent / Guardian 1)

Signature: _____ Date: _____

Print Name: _____ (Parent / Guardian 2)