

Flag Football games will take place on Wednesdays. A volunteer driver form is mandatory for any parent taking students who are not their own. Please fill out the form attached to this package and bring it to the office with your insurance papers for verification.

Driving Information:

Wednesday, April 15th at Bert Edwards Elementary – leave Savona at 1:45 pm

- I will be driving my child to and from the basketball game. I can take ____ students with me, *including* my child. Volunteer Driver's Name: _____.
- My child will need a ride to this game. I will be at Savona Elementary to pick my child up by 4:30 pm.

Wednesday, April 29th at Ralph Bell Elementary – leave Savona at 2:00 pm

- I will be driving my child to and from the basketball game. I can take ____ students with me, *including* my child. Volunteer Driver's Name: _____.
- My child will need a ride to this game. I will be at Savona Elementary to pick my child up by 4:30 pm.

Wednesday, May 6th at Summit Elementary – leave Savona at 2:00 pm

- I will be driving my child to and from the basketball game. I can take ____ students with me, *including* my child. Volunteer Driver's Name: _____.
- My child will need a ride to this game. I will be at Savona Elementary to pick my child up by 4:30 pm.

Wednesday, May 13th at Aberdeen Elementary – leave Savona at 2:00 pm

- I will be driving my child to and from the basketball game. I can take ____ students with me, *including* my child. Volunteer Driver's Name: _____.
- My child will need a ride to this game. I will be at Savona Elementary to pick my child up by 4:30 pm.

School District No. 73 (Kamloops-Thompson)

VOLUNTEER AND STAFF DRIVER FORM

_____ School

Driver's Name:			
Driver's Address:			
Phone Numbers:		Home:	Cell:
BC Driver's License No.			
BC Vehicle License Plate No.			
Vehicle Make/Model/Year:			
Max Number of Passengers:		(Excluding the Driver)	
Insurance Documents:	Reviewed by:	Expiry Date:	
Third Party Liability Insurance:			
My vehicle has [] seats that meet the criteria for safe placement of booster seats.			

DRIVERS DECLARATION:

In volunteering to transport students, I declare the following:

- I am legally permitted to operate a motor vehicle with a valid BC Driver's License.
- I am at least 21 years of age and in good health and not a secondary student.
- The vehicle I will be using is in safe operating condition and meets all of the current requirements of the Motor Vehicle Act and the Regulations.
- My vehicle is insured with a minimum of one million dollars (\$1,000,000) third party liability insurance coverage.
- I will operate my vehicle in a safe and legal manner while transporting students.
- I will not, at any time during my performance as a volunteer driver, consume or be under the influence of any alcoholic beverages or restricted substances.
- I will provide a non-smoking environment while transporting students.
- I will ensure all passengers wear seatbelts and I will not permit a child under 13 years of age to occupy the front passenger seat of a vehicle equipped with a passenger seat air bag.
- I will comply with all child restraint and booster seat requirements
 - Children over 9 years of age OR over 4 ft. 9 in. – No Booster seat is required
 - Children over 18 kg/40 lbs AND under 4 ft. 9 in. – Booster seat is required

I have read, I understand and I agree to the above and agree to follow Administrative Procedure - 490 Volunteers in Schools and the procedures associated with it.

Driver's Signature

Date

PRINCIPAL OR DESIGNATE APPROVAL

Signature

Position

Date

APPENDIX B -2

ELEMENTARY STUDENT-ATHLETE EXPECTATIONS AND PARENT ACKNOWLEDGEMENT FORM

Student-athletes and parents are expected to follow the guidelines outlined in this form to ensure that all participants have a positive experience while playing extra-curricular sports, as these form the foundation of the extra-curricular athletic program in their school.

Student-athletes are expected to:

- ✓ Be willing and eager to learn and improve their skills
- ✓ Demonstrate commitment to their teams by attending practices, meetings and games
- ✓ Participate with effort and enthusiasm
- ✓ Respect the decisions made by their coaches and the officials
- ✓ Demonstrate sportsmanship, appreciation and respect for their opponents and teammates
- ✓ Demonstrate responsible behaviour at all team functions at their school and when visiting other schools
- ✓ Play by the rules of the competition
- ✓ Play for the enjoyment of the game. Be gracious in both winning and losing.

Parents are expected to:

- ✓ Ensure that their child is playing for their enjoyment
- ✓ Value the time and effort that volunteer coaches commit to providing a positive experience for children
- ✓ Demonstrate sportsmanship, appreciation and respect towards all student-athletes, coaches and officials
- ✓ Model positive and encouraging behaviours for students-athletes and other spectators
- ✓ Discuss any concerns they may have directly with the coach, and in a private and respectful way. Do not attempt to discuss concerns with the coach immediately before, during or after practices/games. Employ the "24 hour rule" before contacting the coach to discuss a concern. This allows time for reflection and for emotions to subside, which increases the likelihood of a positive interaction.
- ✓ **Fill out and submit, along with this form, Appendix C (Medical Consent Form), to ensure that coaches are aware of any medical/safety considerations and accommodations that need to be made. Safe participation is a primary goal for parents and coaches alike.**

School Name: _____ Date: _____

I, _____ (student name) have read and understand the expectations of me as a student-athlete.

Student signature: _____

I have read and understand the parental expectations, and have reviewed the student-athlete expectations with my child to ensure they understand their expectations. I have also completed the Medical Consent Form for my child.

Parent Name: _____

Parent Signature: _____

APPENDIX C

MEDICAL CONSENT FORM

The safety of your child in their participation in extra-curricular sports is of the utmost importance to you as a parent, and this attention to safety is shared by all school/district staff and coaches (both community and district employee coaches). The following Medical Screening Checklist provides the school and coach the necessary information to ensure awareness and, where appropriate, accommodations are made by the coach in order that your child can participate safely. Appendices D, E, F and G of "School District No. 73 (Kamloops-Thompson) Extra Curricular Safety Guidelines Handbook", specifically addresses protocols and procedures regarding concussions and suspected concussions

Please be aware that some medical conditions will prevent a student-athlete from being eligible to compete in extra-curricular athletics. The ineligibility may be temporary, permanent or sport specific.

The intent of the Medical Screening Checklist is to provide important medical information to the school and coach. Any medical symptoms and/or conditions identified that could impact your child's ability to participate in extra-curricular athletics will result in a confidential follow-up meeting with the school principal, athletic director and/or coach to collaboratively plan the next steps prior to participation

Please circle all symptoms/conditions that apply to your child. Should you require clarification or have questions about any of the following prior to completing this checklist, please contact the coach or athletic director.

AREA	CONDITIONS/SYMPTOMS		
Blood	Bleeding/clotting problems	Chest pain	
Head	Frequent headaches	Skull defect	Concussion history
	Uncontrolled Epilepsy		
Eye/Ear/Nose	Severe myopia	Blindness (one eye)	Blindness (both eyes)
	Detached retina	Perforated eardrum	Deafness
Heart	High blood pressure	Abnormal heart sounds/rhythm	
	Previous heart failure		
Lungs	Severe asthma	Acute/chronic infection	
	Asthma/other breathing problems (specify) _____		
	Respiratory insufficiency		
Endocrine	Uncontrolled diabetes		
Abdomen	Disease of liver/kidney/spleen	Cirrhosis	Ileitis/Colitis
	Ascites	Hydrocephrosis	Crohn's disease
Muscular/Skeletal	Muscle disease	Active hip disease	
	Recurrent joint dislocation	Incomplete healing of any fracture Bone deformity	
	Atlanto-axial abnormality	Recurrent sprains, muscle tears,	
	Back/joint pain		
	Joint effusion or bleeding		
Severe allergies	Specify: _____		
Other	Fainting episodes	Chronic shortness of breath	
	Chronic Infection		

Other medical conditions not mentioned above that the school/coach needs to be aware of are:

My child uses the following medications/medical technology:

Hearing aids insulin pump insulin/needles for injection EpiPen Asthma inhaler

Other (specify): _____

I have completed the Medical Screening Checklist for my child and have circled all symptoms/conditions that apply, as well as adding all symptoms/conditions not specifically listed on the checklist. I am aware of the risks and dangers inherent in participation in sports.

I grant permission for my child to participate in extra-curricular sports subject to the limitations and restrictions of the medical conditions/symptoms identified above. I affirm that my child is medically fit to participate in extra-curricular sports with the following restrictions. I acknowledge that, depending upon the conditions/symptoms identified, a follow-up meeting with the coach, athletic director and/or school principal may be required to determine next steps to ensure the safe participation of my child.

I hereby give permission for emergency medical treatment to be administered to my child as may be determined in the reasonable discretion of their coach. It is understood that whenever reasonably possible, I (or emergency contact provided in the event I am not able to be contacted) will be contacted and informed of the medical concern, diagnosis, treatment required and anticipated medical results.

Should there be any change in my child's medical status during the course of this school year, I will promptly inform the coach and/or athletic director.

School: _____ School Year: _____ Date: _____

Student-Athlete name: _____ Care Card Number: _____

Parent Name: _____ Parent Signature: _____

Parent Phone Number(s): _____

Emergency Contact Name and Phone Number: _____

Savona/Pinantan Flag Football Schedule

April 15, 2026 Away game vs. Bert Edwards Elementary

April 22, 2026 BYE - no game this week

April 29, 2026 Away game vs. Ralph Bell Elementary

May 6, 2026 Away game vs. Summit Elementary

May 13, 2026 Away game vs. Aberdeen Elementary

****Jamboree - Tentative date June 3rd. More information to follow**

Kamloops Elementary Flag Football Official Rules

Each game will be played on the day scheduled, rain or shine unless agreed to by both teams to reschedule.

1. A fumble will result in play being whistled dead. The offense will maintain possession and scrimmage from the spot of the fumble.

** A botched exchange between Center and QB is NOT considered a fumble - the QB can pick up the ball and continue the play as he will still have FIVE steamboats before defense can rush.

2. On kickoffs and punts- if the ball remains "stationary" on the ground for more than TWO seconds- the ref will blow the whistle to end play. The ball can still skip across the ground and be picked up by the returner; HOWEVER, at any time the referee feels players may be in danger of colliding with another- he/she should blow the play dead immediately.

1. the referee is always right, even if he's wrong
2. each team will field **nine players with a minimum of 3 girls on the field at one time**
3. Games will consist of two 25 minute halves with a 5 minute half time. The halves will be run time
4. NEW FROM 2023: **At the Two minute warning at end of 1st half and end of game: There will be three plays allowed and then the half will end. (If there is a turnover on the first or second play, the other team will get the 2nd and/or 3rd play. (Basically- a total of 3 plays will take place after the two minute warning)**
5. teams have one time-out per half.
6. Games will start with one team kicking off to the other. The kicking and receiving team will be decided by the flip of a coin
7. The kickoff must stay in bounds. (Kickoff takes place from 10 yards behind the centre line of field) If it goes out of bounds it will be re-kicked five yards back.
8. Onside Kick: Either team can recover a kickoff provided the ball has traveled at least 10 yards from the original kickoff mark and has touched the ground.
**Rule 2 applies for onside kicks as well.

9. Each team will have four attempts (downs) to move the ball 10 yards downfield. If a team is unable to move the ball 10 yards after the third down, it has the option to kick (punt) or gamble.
10. If a punt goes out of bounds, the team receiving the punt will scrimmage the ball at the point where it went out of bounds.
11. Player fielding a punt must be given a 5 yard zone to catch the ball. Any defensive player within that zone before the catch is made will receive a "no-yards" penalty.
12. Teams scrimmaging the ball 10 yards or closer from the end zone **must** pass the ball. Ball may not be run into the end zone. The only exception to this rule is IF the quarterback is rushed, the quarterback may then run the ball.

Rules for scrimmaging the ball

13. The point from where a play is started by the offense is called the "line of scrimmage". Any play from the line of scrimmage must be started with an exchange between the legs (snap) from the center.
14. **The Quarterback:**
 - has 5 seconds (steamboats) to throw the ball without being pursued by the defense. After a count of 5 steamboats however, the defensive team may pursue him/her. *Steamboats will be counted by an official*
 - Can only cross the line of scrimmage if the defense crosses line of scrimmage
 - Can hand off to any member of his/her team
 - Can throw to any member of his/her team.
 - Must make a reasonable effort to attempt at least two passes to each member of his team during the game
 - Cannot intentionally throw the ball away to avoid being tackled (grounding). (5 yard penalty or loss of down)
15. **The Receivers:**
 - all players on the team are eligible receivers
 - must have at least one foot in bounds when making a catch
 - may not make any intentional contact with a defensive player while attempting to make a catch
 - must start the play 1 yard behind the line of scrimmage

16. The Defense:

- must line up at least 1 yard off the ball at the beginning of each play
- may not cross the line of scrimmage before 5 steamboats have been counted
- may not make intentional contact with a receiver while attempting to make a catch (penalty – ball scrimmage where infraction occurred or at 5 yard line if infraction occurs in the end zone)

17. Scoring:

- a touchdown is scored if the entire football crosses the plane of the goal line. It is the referee who determines this and makes the call
- touchdowns are worth seven points. If they wish to, offensive teams can try for a two point convert, resulting in 8 points. But, if the attempt is unsuccessful, they will only receive six points
- a field goal may be attempted by the offensive team at any time, not just on 4th down.
- Field goals must be first snapped from center to a holder. The ball must be kicked off of the ground, not off the holder's toe.
- If a field goal is missed, the defensive team takes possession at the line of scrimmage from where the kick originally occurred
- A missed field goal may be run out of the end zone
- A missed field goal may result in a single point if the ball travels out of bounds through the end zone or if the point is conceded by the defensive team... the ball is then scrimmage from the 20 yd line
- A single point may be conceded on a punt. The ball is then scrimmage from the 20 yd line
- A 2 point safety is scored if a player brings a ball into his own end zone and is then downed

General Conduct Rules:

1. Players are expected to conduct themselves in a polite manner and to exhibit appropriate sportsmanship.
2. Players cannot “guard” or “block” their flags. Any attempt to do so will result in the play being whistled down and the ball scrimmaged from where the infraction occurred. Flags must be on either side of the player’s waist and over top of jerseys.
3. Players may NOT jump to avoid being flagged. Players may spin to avoid flagging but one foot must be in contact with the ground at all times. Players who leave the ground to avoid being flagged are considered down where the infraction occurred.
4. Blocking is permitted along the line of scrimmage provided the block is not overly-aggressive and is not initiated from behind the player. An illegal block will result in the play being whistled down and the ball scrimmaged from where the infraction occurred. Blocking may NOT occur down field.