



## THOMPSON OKANAGAN FOOTBALL CLUB

### Policy addressing player responsibility on Road Trips

Coaches are responsible for setting curfews and activities for teams during trips. The following rules while on the road, apply to ALL players:

- Represent TOFC with appropriate attire, appearance, and language.
- **ABSOLUTELY NO DRUGS OR ALCOHOL ARE TO BE CARRIED OR CONSUMED WHILE ON A LEAGUE TRIP.** Any player who violates this rule will be subject to suspension.
- Observe all curfews established by coaching staff.
- Players must have money for their own meals while on the road. Many of the hotels provide breakfast, but not always.

When Staying in Hotels:

- Players will be assigned to a room prior to their arrival
- **NO ONE BUT TEAM MEMBERS AND COACHING STAFF** are allowed in rooms.
- Be a courteous guest. Keep televisions turned down, doors closed and be quiet in hallways.
- For your protection, do not leave money or valuables unattended in your room.
- Absolutely nothing is to be taken from the hotel.

***The Club pays for the hotel room only. It is the responsibility of individuals occupying the room to pay for any additional costs they incur such as phone calls, room service or damages.***

### NOTE:

If players have brought any food with them, it must be nutritious in nature such as :

- **Fresh Fruit**
- **Vegetables**
- **Granola bars (nut free), fruit source bars, etc.**
- **Juice and water**

Things such as pop, chips and chocolate bars will not be allowed on any trip.

***It is the responsibility of the coaches and managers to ensure that players are aware of any allergies that fellow teammates have.***