



Parent Orientation

*What you need to know for
a successful season*

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CAMFA Board of Directors

Common Field Locations

Scotiabank North Field

- 605 Cliffe Street, Fredericton, NB

Scotiabank South Field

- 600 Knowledge Park Drive, Fredericton, NB

BMO Dome

- 25 McKay Drive, Fredericton, NB

Oromocto Turf

- 127 Winnebago Street, Oromocto, NB

Nashwaaksis Middle School Grass Field

- 324 Fulton Avenue, Fredericton, NB

Required Gear

NFL Flag Season:

- Cleats
- Shorts/pants WITHOUT pockets. (This is for safety reasons).
- CAMFA will supply one free mouthguard per athlete and a jersey that the athlete can keep at the end of the season.
- Gear that is not allowed:
 - Hats with hard brims, i.e. baseball caps. Soft brimmed hats are allowed i.e. bucket hats.
 - Jewellery – studded earrings can be taped
 - Handwarmer muffs.
 - Play books hanging from the flag belt. These are to be on the athlete's wrists/arm if being used.



Required Gear

Tackle Season:

- Cleats
- CAMFA will supply all required equipment (helmet, shoulder pads, pants, knee and thigh pads, belt, mouthguard). You can purchase a padded girdle and/or Battle mouthguard from CAMFA – just ask at the CAMFA Sideline Shop.
- If athlete would like a girdle, football gloves, or other equipment, those are to be supplied by the athlete.
- Gear that is not allowed:
 - Hoodies under equipment.

NOTE: All visors must be clear – this is for safety reasons.



Equipment Expectations

- Jerseys and equipment must be properly cared for.
- No modifications to protective gear.
- Lost/damaged equipment may incur replacement fees.



Equipment Care Instructions

Please follow these helmet care guidelines. Failure to do so may incur replacement fees.

1. Do not take apart the helmet. Do not remove or adjust any screws, hardware, padding, or facemask components.
2. Do not attempt to repair the helmet yourself. If something is loose, broken, or damaged, report it to your coach or equipment manager immediately.
3. Do not add stickers or tape to the helmet. The only tape permitted is green painter's tape if instructed by a coach.
4. Do not modify the helmet in any way. Alterations can compromise the helmet's safety certification.
5. Keep chemicals away from the helmet. Products such as bug spray, sunscreen, cleaning chemicals, or solvents can damage the helmet's surface and protective coating.
6. Handle the helmet with care. Do not throw it, sit on it, or store heavy items on top of it.
7. Report any issues right away. If the helmet feels loose, uncomfortable, or damaged, please tell your coach.



CAMFA
CAPITAL AREA MINOR FOOTBALL ASSOCIATION

FOOTBALL HELMET CARE INSTRUCTIONS

(FOR PARENTS & PLAYERS)

To ensure the safety and longevity of issued equipment, please follow these helmet care guidelines:

- 1. DO NOT TAKE APART OR MODIFY THE HELMET**
Do not remove or adjust any screws, hardware, padding, or facemask components. Alterations can compromise the helmet's safety certification.
- 2. DO NOT ATTEMPT TO REPAIR THE HELMET YOURSELF**
If something is loose, broken, or damaged, report it to your coach or equipment manager immediately.
- 3. DO NOT ADD STICKERS OR TAPE TO THE HELMET**
The only tape permitted is green painter's tape if instructed by a coach.
- 4. KEEP CHEMICALS AWAY FROM THE HELMET**
Products such as bug spray, sunscreen, cleaning chemicals, or solvents can damage the helmet's surface and protective coating.
- 5. HANDLE THE HELMET WITH CARE**
Do not throw it, sit on it, or store heavy items on top of it.
- 6. REPORT ANY ISSUES RIGHT AWAY**
If the helmet feels loose, uncomfortable, or damaged, please tell your coach.

Practice & Game Expectations

Attendance

- Athletes are required to attend all practices
- Notify coaches in advance for absences
- Repeated unexcused absences may impact playing time

Practice Behavior

- Arrive on time and prepared
- Respectful, focused, and coachable
- Attitude and effort matter more than skill

Game Day Procedures

- Arrival time and required pre-game warm-ups
- Uniform requirements
- Team conduct on sideline and during travel

ATTITUDE & EFFORT

What to Bring to Games – Flag Season

Players

- Mouthguard
- Cleats
- Water bottle
- Weather appropriate clothing
- Shorts/pants without pockets
- Flags

Parents/Guardians

- Chair
- Sunscreen
- Bug repellent
- Blanket
- Water
- Weather appropriate clothing

What to Bring to Games – Tackle Season

Players

- Mouthguard
- Cleats
- Water bottle
- Weather appropriate clothing
- All equipment (helmet, shoulder pads, pants, knee and thigh pads, belt)

Parents/Guardians

- Chair
- Sunscreen
- Bug repellent
- Blanket
- Water
- Weather appropriate clothing

When to Arrive at the Field

- Plan to arrive at least 30 minutes before a game, or when your coach tells you to arrive.
- Plan to arrive 15 minutes before practice.

Be ready to go when your coach calls you out onto the field
– Equipment is on and you are ready to warm up

NOTE: Do not leave athletes at the field unattended for U14 age and lower. Please ensure there is always an adult present that is responsible for your athlete. Sometimes practices can end early or there is an emergency.



Communication Guidelines

How Parents Can Reach Coaches

- Preferred contact method – Message or email through the Teamlinkt app
- Response times and availability

Parent–Coach Relationship

- Constructive conversations encouraged
- Avoid discussions during or immediately after games
- Playing time decisions are **coaches' responsibility**

Team Communications

- Announcements via Teamlinkt app
- Weekly practice & game schedules will be found in the Teamlinkt app
- Updates on weather, travel, and events will be made in the Teamlinkt app and on CAMFA's Facebook page.



How to Use the TeamLinkt app

- 1. Create an Account:** Download the app (iOS or Android) and create an account using your email address.
 - When you first register your status will be “Capital Area Minor Football Association – Pending Team”. Once the teams are divided CAMFA will place your athlete on a team within Teamlinkt where you will see all participants and your schedule.
- 2. Setting Availability (Players/Parents)**
 - Within the app, click on upcoming games or events.
 - Select your availability (Yes, No, Maybe) so coaches know who is attending.
 - The app sends automated reminders about upcoming events.
- 3. Team Communication**
 - **Chat:** Use the built-in chat feature for real-time messaging with the team.
 - **Notifications:** Receive push notifications for schedule changes, venue updates, or last-minute messages from the coach.
- 4. Other Features**
 - [Family Invites](#): Players can invite family members to view the schedule and receive updates

Codes of Conduct

When you registered your athlete or registered as a coach, you agreed to the following Code of Conducts:

- [Player Code of Conduct](#)
- [Parental Code of Conduct](#)
- [Coaches Code of Ethics](#)

Concussion Awareness

- [Football New Brunswick Awareness & Return to Play Information](#).
- [Sport Concussion Assessment Tool](#) – Please review and be familiar with the information.
- CAMFA has an agreement with Max Health to have the athletes be assessed ASAP. Contact them at [Max Health Institute and Physiotherapy](#), 506-451-6837

Fair Play Policy (as per Football New Brunswick)

Link to [Interlock fair play & two-way play policy](#)

Regular Season

- **Equal Opportunity:** All players will be provided with the opportunity to participate in practices, drills, and games, regardless of their skill level or experience. Coaches are expected to ensure that every player has the chance to contribute to the team's success and gain valuable on-field experience.
- **Playing Time:** Coaches will strive to provide equitable playing time for all players over the course of the season. While playing time in competitive situations may vary, every player should have significant game participation opportunities throughout the season. In non-competitive or developmental games, playing time should be distributed as evenly as possible.
- **Attendance and Preparation:** Coaches must consider the athletes' attendance and level of preparedness for a game situation. If you feel an athlete is an injury risk due to lack of attendance or being prepared for a game environment, their playing time can be modified.
- **Development Focus:** Coaches are encouraged to focus on skill development, teamwork, and sportsmanship. The emphasis should be on helping each player improve and enjoy their football experience, rather than solely focusing on the outcome of games.

Playoffs

- **Fair Play Policy:** This fair play policy is not enforced during the playoffs. However, coaches are encouraged to ensure that all players receive meaningful playing time.

Weather Policy

[Link to Weather Policy](#)

1. Games and practices be held in the event of inclement weather conditions, i.e. rain, wind or cold.
2. CAMFA will be responsible for determining if games or practices should be cancelled due to extreme weather conditions. The committee will consult with weather information sources, affected teams and officials as they deem appropriate.
3. Extreme weather conditions would include a forecast of **lightning, freezing rain, very heavy rain, very high winds** or a **combination thereof**.
4. In the event of a cancellation – CAMFA will advise the teams involved and the official's liaison as early as possible to avoid initiating any associated travel.
5. If a game has already begun and extreme conditions were to commence, the officials have the right to suspend play immediately. The officials may subsequently cancel the game following a 15-minute delay if, in their judgement, the risk persists. In the event of an occurrence of lightning during a game, all participants should be advised to immediately leave the playing field and seek shelter. If a game is at or beyond the halfway point when cancelled, the game will deem to have been completed. If a game is at less than the halfway point when cancelled, it will be treated as a postponement, and if possible will be rescheduled.

Weather Policy Notes

We play in all types of weather except when there is thunder or extreme conditions.

- If there is a chance of thunder do not go far from the field as practice could be called.
- It should be noted that parents make the final decision as to whether it is safe for their child to travel to a game or practice.

Volunteers

We cannot run a successful program without our volunteers!

- We require at least one parent volunteer to fill the role of team manager.
- The home team must also provide three to be part of the stick crew during tackle games. It is the best seats in the house and officials will tell you what you need to do and when you need to do it.
- Volunteers are needed at the CAMFA SideLine Shop. You can sign up for the timeslot before or after your athlete's game and watch your athlete play during their game time. Without volunteers the SideLine Shop may no be available.

FINAL NOTES

Do not leave athletes at the field unattended for U14 age and lower. Please ensure there is always an adult present that is responsible for your athlete. Sometimes practices can end early or there is an emergency.

You can always contact CAMFA by emailing info@camfa.ca or through messenger on our Facebook account (Capital Area Minor Football Association – CAMFA)

Resources

- [CRT6 Concussion Tool](#)
- [Max Health Institute and Physiotherapy](#)