

SWBA Player Agreement - Effective, Jan. 26, 2025

SWBA voluntarily manages the senior women's basketball league and is committed to providing players a **safe, fun and respectful** environment. This Player Agreement provides you with important information on how the league promotes a healthy environment and strategies you and your team can implement to contribute toward keeping everyone safe and enjoying the game of basketball (See Addendum A).

SWBA'S CORE VALUES:

1. PHYSICAL AND EMOTIONAL SAFETY – Be Aware!

I understand that some people may have physical limitations that put them at greater risk.

Therefore, I commit to:

- Providing other players with physical space and separation, upon request.
- Playing at a speed that allows me to maintain control of my body and movements.
- Communicating with others using a calm and respectful tone.

2. SUPPORTIVE AND FUN – Be Encouraging!

I understand this is a recreational league and serves to support a healthy and active lifestyle.

Therefore, I commit to:

- Supporting all players by offering encouragement.
- Complimenting players' strengths and helping build self-confidence.
- Maintaining a positive attitude.

3. RESPECTFUL AND WELCOMING – Be Mindful!

I understand there are differences in how the game is played based on experience level and an individual's journey of becoming a basketball player.

Therefore, I commit to:

- Welcoming and valuing all ages, races, ethnicities, religions, gender identities, abilities and sexual orientation.
- Approaching differences with respect and with an openness to learn and understand.
- Accepting that everyone's reality is true for them.

SWBA'S RESOLUTION PROCESS

Our resolution process is built on creating an open communication environment and strengthening relationships between players and teams. Below outlines the steps to take if you have an unresolved concern or if there is something you believe is important for the league to know or learn more about.

1. Contact your Captain; or any of the people listed on the League Management Committee (LMC).
2. The LMC representative will schedule a time to talk with you and take what they learned back to the committee.
3. The LMC will collaboratively decide on a resolution which may include strategies such as talking with players individually, bringing both players together to talk; bringing both captains together to talk; facilitating a specialized training; or requesting a player to take a break from one or more games to provide time to come up with a plan that works for them.

By signing this Player Agreement, I commit to being aware, encouraging, and mindful, and to supporting my teammates and fellow league players in creating a safe, fun, and respectful playing experience for all SWBA players.

Player Name

Player Signature and Date

ADDENDUM A

STRATEGIES FOR CREATING A SAFE, FUN AND RESPECTFUL ENVIRONMENT

Below is a list of suggested actions we can take individually and as a team that are easy to do and will have a positive impact on maintaining a league that is safe and enjoyable for all.

BE AWARE

- Pull yourself out of the game for a few minutes to give yourself the space to de-escalate.
- Call a team timeout to allow space for yourself or your team to de-escalate.
- Stop play immediately when another player falls, regardless of what team they're on.

BE ENCOURAGING

- Share playing time and the ball with all teammates.
- Adjust you and your team's level of play and competition based on the other team's experience, mobility, and skill level.
- When your team is winning handedly, loosen up on defense, slow the game down, and provide opportunities for the other team to have success in scoring and running plays. Challenge your team to work on areas that need improvement
- Clap for and compliment great plays out loud, whether it is a play from your team or the other team.

BE MINDFUL

- Communicate feedback at an appropriate time, when things are calm, such as before the game starts, after the game ends, or at half time.
- Referees have the final decision, but they are human and will miss calls or make the wrong call on occasion. If you know you made a foul and the referee did not call it, acknowledge the missed call to the other team or player as a show of good sportsmanship.
- Debrief with your team at the end of game, by conducting a quick team self-assessment regarding how your team did in contributing to a safe, fun and respectful environment.