

## ABINGTON P.A.L.

1.	ALL members of PAL <b>MUST</b> be Abington Township residents.
2.	No member is permitted to leave PAL once he or she is signed in before PAL is over without <b>EXPRESS CONSENT</b> from his or her parent or guardian. If you leave early, you <b>MUST</b> sign out.
3.	Everyone must be <b>11 through 19 yrs. old</b> or attending <b>Abington Public School</b> . PAL Membership expires upon Graduation or your 19 <sup>th</sup> birthday.
4.	<b>NO ONE</b> will be admitted after 8:30pm
5.	Everyone <b>MUST</b> have a <b>PAL I.D. CARD</b> . You must bring your card with you to the PAL Center for check in.
6.	<b>Appropriate dress is required!</b> NO short shorts, tank tops, halter tops, midriff tops, boxer shorts, or anything with obscene or foul language on it. You will not be admitted .
7.	<b>Shirts MUST be worn</b> at all times. No flip flops, slippers, or sliders. <b>ONLY sneakers</b> on basketball court.
8.	<b>EVERYONE</b> is responsible for cleaning up/throwing away his or her own trash. As a member of PAL, Team work clean up is encouraged.
9.	<b>NO Drugs, Alcohol, Fighting, Smoking, Foul Language.</b>
10.	<b>Respect MUST</b> be shown to the Site Managers and Volunteers. Respect each other.
11.	Guests <b>MUST</b> be Abington residents and <b>ARE</b> permitted 1 visit, but must sign up as a member to return.
12.	<b>ALL Members</b> riding in the <b>PAL Van's MUST</b> wear their seat belt.

**PAL Site is open Friday and Saturday nights 7:00pm - 10:00pm**

**Violation of any of these rules will result in disciplinary action up to and including suspension from the PAL program. Further violations could result in dismissal. Abington PAL is not responsible for any personal items lost or stolen while at the PAL Center . Membership at PAL is a privilege and can be revoked at any time.**

### DICIPLINE

Infraction of the rules will result in Disciplinary action. Upon the first offence the member will receive a verbal warning which will be documented. If a second infraction occurs the member will be given a 2nd verbal warning which will be documented and their Parent / Guardian will receive a phone call discussing the members infraction. Upon the third infraction the member will be suspended from participating in all PAL programs. Suspensions can range from 2 months to 6 months. Parent /Guardian will receive written notice as well as a phone call. At any time a Site Manager may ask the member to leave for the night due to their behavior, and their Parent / Guardian will be called . NO one will be admitted back to the PAL Center until the member completes their suspension and Parent/Guardian can come into the Police Station to meet with PAL Executives and Police Command Staff. Fighting will result in an automatic expulsion from PAL.



# Abington Township Police Athletic League

## Member Handbook

# Abington Police Athletic League

## Our Mission

The Abington Police Athletic League (PAL) is a non-profit 501C3 organized to prevent juvenile crime and violence by providing programs encompassing education, training and resources to our children. PAL's existence is a statement to these young people that the community cares about them. Our PAL utilizes community-based programs such as activities, mentorship, and community service opportunities to keep children and families involved in a pro-active situation where law enforcement officers and volunteers work together displaying a positive image through good role models.

PAL staff supervise healthy, community-oriented, educational, cultural, social and athletic activities that provide the groundwork for the development of happy, healthy community members. PAL centers offer structured and personal guidance in a safe, friendly environment. PAL offers a wide range of physical and intellectual activities addressing the various needs of Abington's youth.

While Abington PAL is sponsored through the Abington Township Police Department, PAL receives no direct funding from them. As such, PAL is dependent on volunteer support from local, community-oriented individuals, business leaders, corporations and foundations.

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## Core Beliefs

Our PAL utilizes a recreation-oriented juvenile crime prevention program that relies heavily upon athletics and recreational activities to help kids go right and stay right. Safe, positive, fun and rewarding programs offering a supportive teamwork environment is the key to the PAL success story that builds happy, well adjusted youth and safer communities. All Members must be an Abington Township resident or attend School in Abington Township. Proof of Address and copy of School report card must accompany all registration applications. Verification will be done through the schools.

All members must be 11 years old till their High School Graduation or their 19th Birthday.



## Parent Permission Form

### Parent/Guardian Permission and Release for Students Participation in the PAL Program

As parent or legal guardian of \_\_\_\_\_, I/we give permission to participate in the PAL Program, which includes all related programs and events. In consideration for our child's participation in the program, and intending to be legally bound, our child and we agree and understand that we assume all risk in full for our child's participation in the program, and with full knowledge of the risks inherent in such a program. We hold harmless the Abington Township Police Department, the Township of Abington, The Abington Township Parks and Recreation Department, Abington PAL and all of their employees, volunteers, assigns and heirs, from any and all liability, damages, or claims for any and all personal injury, bodily injury, and/or property damage arising or related to our child's participation in the program. In the event of personal injury to our child, this will serve as permission for any qualified medical personnel to treat such injury to the best of their professional abilities.

Our child and we understand and agree to abide by all rules and regulations established by the Abington Township Police Department, Abington PAL and Abington Township Parks and Recreation Department.

We further understand that from time to time photographs of our child participating in PAL activities will be taken and used in various PAL Media. Cameras are recording in all rooms during PAL hours of operation.

**We also understand and agree that if we as parent/guardian of the child involved provide transportation to an off-site location, that we are responsible for a timely pick-up of the child from the site of the individual activity. PAL is under no obligation to provide supervision after the conclusion of the individual activity away from the PAL site and understand that the child will be left at the off site location unattended until we pick him/her up.**

**Abington PAL offers the children of the community an opportunity to be involved in sports activities. Along with sports activities, we offer crafting classes, and painting. Also we will from time to time offer an off site program or Movie night. PAL will run Trivia, Bingo and game nights. Board games available for the children and also Gaming consoles are available, PlayStation, Xbox, Wii . All games available to the members are rated P-13. NO R-rated games will be played at the PAL Center.**

**Book Club, Kids on the Hill golf program, Gents, Gems, Youth Police Academy and other special programs are available during the year. These popular programs are available to a limited number and on a first come first serve basis.**