



## **OGHA Dressing Room Policy**

### **1.1 General**

1.1.1 The OGHA supports and adopts the [OWHA's Dressing Room Policy](#) to provide a safe and comfortable dressing room environment with proper supervision for the players and team officials.

1.1.2 The primary purpose of this Policy is to ensure the privacy of all players and to provide a safe and inclusive environment in the dressing room.

1.1.3 The OGHA Dressing Room Policy (the "Policy") establishes the guidelines that must be followed at all times by all team staff, players, and parents. The Policy is for all levels from U9 and above and must be adhered to before, during and after games, practices or team events.

1.1.4 To safeguard the interests of both players and team staff, under no circumstances should a player and one team staff member be alone in a dressing room without a third party such as a parent, guardian or other team official being present.

### **1.2 Certification**

1.2.1 Den Moms, Coaches, Assistant Coaches and On-Ice Helpers are required to submit:

- a) Current Police Record Check (less than six months old); and
- b) Respect in Sport (RIS) for Activity Leaders.

NOTE: The Respect in Sport for parents is not a sufficient certification for this position.

### **1.3 Males in the Changing Room**

1.3.1 For all age groups, no males (including dads and brothers) are permitted in the dressing room until ten (10) minutes prior to the scheduled ice time or as specified by the Head Coach, at which time only team staff are allowed in, as detailed below in section 1.5.

1.3.3 Up until this time, supervision in the dressing room is the responsibility of the designated Den Moms (see below). Any skate tying assistance shall be provided outside the dressing room or by the Den Moms.

### **1.4 Den Moms and Dressing Room Supervision**

1.4.1 For U11 to U15: Dressing rooms must be supervised at all times when players are expected to be in them, including before, during and after a game or practice. A minimum of two (2) adult females ("Den

Moms”) are required to supervise a dressing room until such time as the team staff are permitted in the dressing room before the scheduled ice time or until the last players have left the dressing room.

1.4.2 It is the responsibility of the Den Moms to ensure that the dressing room is left in a neat and tidy condition after use. There should be no locked doors except when the team is on the ice.

#### 1.4.3 Den Mom Tips

- Keep the dressing rooms safe (skate guards on, no sticks) and clean. Encourage players to clean the dressing rooms prior to leaving.
- At no time, cellphones are allowed in the dressing rooms.
- Create a welcoming and friendly environment.
- Be compassionate, helpful, patient and ALWAYS positive.
- Encourage independence and time management with dressing and preparing for games and practices.
- Keep discussions appropriate, and inclusive.
- Be visible and approachable at all times.
- Pay equal attention to all players....treat the players the same way you would want your child to be treated.
- Meet with the Head Coach to understand the expectations they have for the players before games/practices.
- Help support these rules and guidelines within the change room, and beyond.
- Keep the coaches in the loop. Someone may be having a bad day, under the weather, or tweaked something at school. This info may only come out in the room. It’s important to share this with the Coaches, and/or Trainer.

### 1.5 Team Staff in the Dressing Room

1.5.1 On confirmation by the Den Moms that girls are dressed and up to 10 minutes before and after ice time (or as specified by the Head Coach), the team staff are permitted in the dressing room to brief players on the expectations for the ice time and to debrief afterwards. At least one Den Mom must remain in the dressing room.

1.5.2 Parents and other non-team staff are not permitted in the dressing room at this time unless authorized by the Head Coach.

1.5.3 When there is a meeting with bench staff an adult female must be present at all times and no changing is to occur during this time.

1.5.4 All players should be in the dressing room at least 30 minutes prior to the scheduled ice time or as specified by the Head Coach (e.g. one hour prior to games, 30 mins. prior to practice) to ensure that players are dressed and ready to go for pre-ice instructions with the team staff.

1.5.5 Players who arrive late (during pre-ice discussion) will be permitted in the dressing room however they will be required to wait before getting dressed until the team staff has finished their pre-ice discussion and have left the dressing room.

1.5.6 After their ice time, players should not remove any equipment other than gloves and helmets until the team staff has had an opportunity for a quick post-ice time debrief.

### **1.6 Cameras, Cell phones and other Electronic Devices**

1.6.1 For the safety and protection of its players, the use of any electronic device to send, receive or record a message or images (including text messaging) within the dressing room is strictly prohibited.

1.6.2 Any players, parents, Den Moms or team staff that have an electronic device with them, shall keep the electronics device stored while in the dressing room. Additional restrictions regarding electronic devices in the dressing room can be imposed by the Head Coach.

### **1.7 Minimum Attire Procedure**

To best promote inclusion and to respect the privacy of all participants on a team, Hockey Canada requires all participants to wear 'minimum attire' at all times in a dressing room or in dressing environments where more than one participant is present. This means that participants should arrive at the rink wearing a base layer (e.g., shorts and t-shirt, compression shorts and shirt or sports bra). A participant not arriving at the rink wearing their base layer can use an appropriate private space (e.g., private restroom stalls or empty/unused dressing rooms) to change into the base layer and then enter the team dressing room with the other participants.

It is the responsibility of all coaches and team staff to instruct players regarding the minimum attire rule and ensure that players are complying with this Policy. Hockey Canada recognizes the physical limitations of some facilities and encourages associations to work creatively and proactively, using an athlete-focused, ethical, and values-based approach, with local facility management to ensure that appropriate and equivalent dressing environments are available to all participants who would prefer not to get dressed in the team dressing room.

*Revised October 2023, approved by OGHA board of directors on November 8, 2023.*