



OGHA - DRESSING ROOM POLICY

1.1 General

- 1.1.1 The OGHA supports and adopts the OWHA's Dressing Room Supervision 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 Supervision 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 Novice 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)
 - 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 Novice House League: Any one parent or guardian is permitted in the dressing room until ten (10) minutes prior to the scheduled ice time, at which time only team staff are allowed in, as detailed below in section 1.5.
- 1.3.2 For Novice Competitive, Atom and older 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.
- 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 Atom to Midget: 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.

Top Ten Den Mom : Dos

1. Keep the room safe (Skate guards ON, no sticks) and clean. The room should be left cleaner than it was found.
2. Create a welcoming and friendly environment.
3. Be loving, compassionate, and helpful (some games are tougher than others. Our players need to know everything will be alright)
4. Be patient, and ALWAYS positive.
5. Set achievable goals at each age group for dressing independently. Encourage independence and time management with dressing and preparing for games and practices.
6. Keep discussions appropriate, and inclusive.
7. Be visible and approachable at all times.
8. Pay equal attention to all players....treat the players the same way you would want your daughter to be treated.
9. (a) Meet with the Head Coach to understand the expectations he/she has for the players before games/practices.
(b) Help support these rules and guidelines within the change room, and beyond.
(c) 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.
10. Remember....this should be a blast! The dressing room should be a great time for our girls. (Even better if the Den Moms are having a great time, too!!!)

Top Ten Den Mom: Don'ts

1. Allow any type of bullying, harassment, or foul language. (Music is always a touchy subject as the girls get older. Set the rules early, and stay with them)
2. Focus on your own daughter.
3. Embarrass/Judge the girls.
4. Take over the room (Let the girls be, within reason, of course)
5. Allow cellphones to be used in the room. Step out of the room in cases in which cell phones usage is necessary. (Both players, and Den Moms)
6. Contradict the coaching staff. (Follow the 24 hour Rule).



7. Coddle (Let the players grow, develop, and leave their comfort zone)
8. Permit any negative talk about the team, players, coaches, or any staff member.
9. Bring team, or individual player issues into the room (See rule #6)
10. Allow a bad day to continue for our girls. The rink/room should be a joyous place where all troubles are forgotten for a couple of hours.

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 Mum 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.