



AMRA DRESSING ROOM POLICY

Players need to build camaraderie and the dressing room is a great place to do so but we need to make sure our kids are being respectful of their teammates, parents, opposing players and themselves.

Dressing rooms should be a restricted area for the exclusive use of players to change into their equipment and uniforms, share the team experience, and expect privacy. In general, access to team dressing rooms is limited to designated team officials, players, coaches, managers, trainers or designated female parents/supervisor over the age of 18. Parents, siblings, friends and other persons should not infringe upon the dressing room privacy of our players as they dress and prepare for a game or after a game.

The dressing room is also an area for the players to build team spirit, to physically and mentally prepare and focus on game preparation and strategies, and to receive instructions and direction from the Coach and team management staff.

- No male coaches or parents are permitted in the dressing room while the players are getting dressed. This rule is mandatory at U10 and above, and up to discretion of bench staff for younger ages (*may be at the request of a player or parent or if a bench staff member notices discomfort in one of the players – for example, the girl goes to the washroom to put on any portion of their equipment*).

If a male parent is required to assist with skates they may enter the room once the designated room supervisor has deemed that all players are dressed appropriately and has invited them back into the dressing room.

- There should be at least two adult females in the dressing room at all times.
- Players must be fully dressed at least 10 minutes before ice time so the coaches can enter the change room to discuss the game with the players
- No cameras, video cameras or pictures of any kind are to be taken in the change room. Note that this is a rule enforced by virtually all sporting facilities.
- Voices will be kept to a reasonable level. No screaming or yelling.
- No graffiti or vandalism or any sort to any part of the sports facility.
- No swearing, rude or offensive language of any kind.
- Fighting, badmouthing and general abuse of fellow or opposing players will not be tolerated.
- No use alcohol or tobacco.
- Leave the dressing room clean. The same way you would expect it to be when you arrive.

Player Name: _____

Parent Signature: _____

Team Official: _____

Date: _____