

	Title	Locker Room Policy
	Policy #	Safety – 10.3
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	Owned By	Executive Committee

## 1.0 OVERVIEW

The purpose of this policy is to describe acceptable and unacceptable behaviours of conduct in and around hockey locker rooms, both in Airdrie and while traveling to other venues.

Airdrie Minor Hockey Association (AMHA) cannot be held responsible for any lost, stolen or damaged personal property that has been left in a locker room.

## 2.0 POLICY

### 2.1 Locker Room Conduct

Loss of ice or suspension of privileges and/or a fine may result if the following policies are violated by an individual(s) or team(s):

- 2.1.1 All teams are responsible for leaving the dressing room in the same condition as when entered. **Upon completion of the game** or practice, coaches and/or team managers will conduct a sweep of the locker rooms and shower areas to ensure that the facility is left in proper order for the next user group; i.e. floor is to be free of trash, water stays in the shower room, etc.

To ensure you are not paying for someone else's damage coaches/managers should check the dressing room **BEFORE** players enter and **AFTER** they leave. If any damage is seen this must be reported to the rink attendant immediately.

A fine from the City of Airdrie will be applied to all dressing room or rink vandalism. **The Fine payment will be the responsibility of the team.**

- 2.1.2 Alcohol, smokeless tobacco, drugs and vaping are **not permitted** and cannot be consumed within any facility.
- 2.1.3 All garbage including tape, food, paper and/or equipment items must be placed in supplied garbage or recycle receptacles.

- 2.1.4 AMHA will not tolerate harassment toward its staff or patrons; intimidating, insulting, malicious, degrading or offensive conduct toward any individual is considered harassment. If asked, the offender must leave the arena immediately and their return will be by permission only, given by the Facility Manager or AMHA staff.
- 2.1.5 All AMHA teams are expected to conduct themselves in an appropriate manner, this includes keeping music levels low and ensuring song choices are profanity-free.

## 2.2 Locker Room Monitoring

### 2.2.1 Dressing Room

AMHA believes that consistent monitoring inside of the locker rooms and changing areas will ensure the most effective way to prevent incidents. An individual team coaching staff member should never be alone in the dressing room with players at any time, and especially when they are showering or changing.

There should always be **two adults (that are certified/screened) in the dressing room**, this is referred to as the “Rule of Two” of supervision. If this is not practical, supervisor(s) must be within hearing distance of the locker room in order to protect the players. It is recommended to have either a coach or manager stationed directly outside of the locker rooms and changing areas during periods of use, to act as supervisor.

Should separate dressing rooms be required, both dressing rooms require the appropriate adult supervision.

Locker room doors shall be left open only when adequate privacy is still possible, so that only participants (coaches and players), approved team personnel, and family members are permitted in the locker room. Team personnel will also secure the locker room appropriately during times when the team is on the ice.

### 2.2.2 Injury Treatment

The safety person should avoid treating injuries out of sight of others. Use the “Rule of Two” (two adults) supervision system if someone is hurt and needing treatment in a dressing room.

### 2.2.3 Female Teams

AMHA recommends that when using the “Rule of Two” with female hockey teams, there shall be 2 female supervisors with the players where possible. If not possible, there may be one (1) male and one (1) female supervisor. The male supervisor, however, would not enter the dressing room but would be within hearing distance to protect supervisors or players.

### 2.3 Road Trips

Ideally, team personnel and players should not share accommodations, regardless of the potential cost savings or other benefits. If sharing a room is unavoidable, be sure that the “Rule of Two” is observed at all times.

### 2.4 Physical Contact

Team personnel should avoid touching a player. The comfort level and dignity of the player should always be the priority. Limit touching to “safe areas” such as hand to shoulder.

### 2.5 Isolated Spaces

Parents/guardians should never leave their child unsupervised in a facility, nor should they leave their child alone with a single personnel member (use the “Rule of Two” supervision system).

### 2.6 Sport and Training Facilities

Participants who are minors should never be left waiting in a facility without the supervision of their parent/guardian or personnel member (use the Rule of Two).

### 2.7 Parents in Locker Rooms

Except for players at the youngest age groups (U7, U9 and maybe U11), we discourage parents from entering locker rooms unless it is truly necessary. If a player needs assistance with his or her uniform or gear, if the player is or may be injured, or a player’s disability warrants assistance, then we ask that parents let the coach know beforehand that he or she will be helping the player.

Naturally, with our youngest age groups it is necessary for parents to assist the players getting dressed. We encourage parents to teach their players as young as possible how to get dressed so that players will be able to get ready independently.

In circumstances where parents are permitted in the locker room, coaches are allowed to ask that the parents leave for a short time before the game and for a short time after the game so that the coaches may address the players. As players get older, the coach may use their discretion to prohibit parents from a locker room. In general, parents should not enter the dressing room if the players undress to less than shorts and t-shirts.

### 2.8 Co-Ed Dressing Rooms

In all cases where members of a team include both male and female players, the following dress code will apply in the team dressing room:

- 2.8.1 Male players will not undress to less than a minimum of shorts while females are present.

2.8.2 Female players will not undress to less than a minimum of shorts and a t-shirt or sport bra while males are present.

2.8.3 When separate facilities exist for both male and female participants, males and females shall make use of these separate facilities in order to change to the point that they can adhere to the co-ed dress code noted above.

Note: Once dressed in accordance with the minimum requirements above, all players may return to the team (co-ed) dressing room.

2.8.4 When separate facilities do not exist for both male and female participants;

2.8.4.1. Players shall dress, undress and shower in shifts while maintaining the minimum dress code noted above.

2.8.4.2 Players of the under-represented gender shall be granted access to the shower facilities after the balance of the team.

It is the responsibility of the team to ensure that these guidelines are followed.

## 2.9 Use of Showers

Shower facilities are provided at AMHA home arena(s). These showers are for the convenience and hygiene of our players. The privacy of youth must be respected at all times. Coaches, parents and managers must respect the privacy of youth players and intrude only to the extent that health and safety require. Adults must protect their own privacy in similar situations.

2.9.1 Adults shall not shower at the same time using the same facility as youth players.

2.9.2 Players must exercise modesty while using showers. Players should be covered with a towel when walking to and from the shower area.

## 2.10 Smartphones and Other Mobile Recording Devices

Mobile devices/cell phones with recording capabilities, including voice recording, still cameras and video cameras, are not permitted to be used in the locker rooms. If music devices are to be used, then they must be connected to headphones or wirelessly to a speaker and kept in a bag or pocket.

If phones or other mobile devices must be used, they should be taken outside of the locker room.

Best practice is for cell phones to be turned off and put away at all times in locker rooms or left with a parent.

AMHA is not responsible for lost or damaged Smartphones, Mobile devices or music equipment.

#### 2.11 Prohibited Conduct and Reporting

AMHA prohibits all types of abuse; physical, sexual, emotional, this also includes bullying, threats, harassment, and hazing, as described in the AMHA Respect Matters Policy #2.1, and in accordance with Hockey Alberta and Hockey Canada Guidelines.

Participants and volunteers of AMHA may be subject to disciplinary action for violation of this locker room policy and/or engaging in any misconduct or abuse that is in violation of the Respect in Sport Program.

To file a complaint please follow the chain of command:

- start with speaking to your Team Manager(TM) or Head Coach(HC).
- If the TM or HC are the issue, then speak to the Division Coordinator.
- If you don't get a resolution to the issue, then please put your issue in writing to the stream Director.
- If all those steps don't resolve the matter or if it is a serious offense, please email the Discipline/Risk Management Coordinator at [amhadiscipline@airdriehockey.com](mailto:amhadiscipline@airdriehockey.com).