



Athabasca and District Minor Hockey Association (ADMHA)

APPROVED: September 25, 2022

POLICY: DRESSING ROOM

PURPOSE: To promote and ensure that all athletes have access to safe, inclusive, and equitable dressing room spaces.

RESPONSIBLE: ADMHA MEMBERS

ACCOUNTABLE: ADMHA EXECUTIVE

**The following policy is in addition to Hockey Canada's Co-Ed Dressing Room Policy (see below). **

All athletes have a right to access safe, inclusive and equitable dressing room spaces. In this regard, all athletes have the right to utilize a dressing room or appropriate and equivalent dressing areas based on their gender identity and/or gender expression and that meets their individual needs.

Athletes are responsible for asking for assistance and support, to the best of their ability, from ADMHA if they believe they are experiencing or have experienced discrimination based on their gender identity and/or gender expression or when requiring related accommodation.

In the event that an athlete requests such an accommodation, they agree to work cooperatively with the ADMHA to locate appropriate and equivalent dressing areas when faced with facility limitations.

To best promote inclusion on a hockey team and to respect the privacy of all athletes on a team, **ADMHA requires that all teams require all athletes to wear "minimum attire" at all times in the dressing room.**

- **This means that athletes should arrive at the rink wearing an appropriate, covering layer beneath their clothes that is respectful of others.**
- **An athlete not arriving at the rink wearing this layer can use an appropriate space (e.g., restroom or empty/unused dressing room) to change into the covering layer and then enter the team dressing room with the other athletes.**

Use of showers (especially when showers are not separate from the dressing room or individualized) shall be permitted in a manner respecting all athletes' privacy.

Cell Phones in the Dressing Room

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras **are not permitted to be used in the dressing rooms**. If phones or other mobile devices must be used, they should be taken outside of the dressing room.

HOCKEY CANADA CO-ED DRESSING ROOM POLICY

The following is the policy of Hockey Canada with respect to co-ed dressing:

Hockey Canada firmly believes in accommodating both genders in our great game. We further believe in balancing this goal with the safety, privacy, modesty and wishes of ALL our members without compromising the aspects of camaraderie, social integration and bonding inherent in a team sport. This policy attempts to meet all these goals while providing a safe and respectful environment for our participants.

1. Hockey Canada stresses the importance of coaches in ensuring both male and female players have equal access to pre and post team sessions and to all team related activities.

2. Hockey Canada recognizes the physical limitations of some facilities and encourages our members to work with local facility management to ensure that appropriate changing facilities are available to both genders.

3. Hockey Canada allows co-ed dressing room situations to exist at the U7, U9 and U11 levels, provided participants in a co-ed situation either arrive in full equipment or wear at a minimum gym shorts or long underwear as well as a full t-shirt (no tank tops) all of which must be in good condition and without holes/tears.

4. At the U13 level and above the following conditions will apply in all co-ed team environments:

- Females and males will change in separate rooms
- Both genders shall congregate in one dressing room fully prepared to participate in the game/practice not more than 15 minutes prior to the scheduled ice time unless otherwise indicated (to be there earlier) by the coaching staff.
- The lesser represented gender shall depart the dressing room not more than 15 minutes after the game/practice unless otherwise indicated (to stay longer) by the coaching staff.
- The gender in the majority shall not begin changing, helmets, gloves and skates excepted, prior to the departure of the lesser represented gender.
- When necessary, due to facility limitations, dressing and showering shall be done in shifts with the gender in the majority dressing and showering first. Once the room with shower facilities has been fully vacated the lesser represented gender may use the shower facilities.

It is the belief of Hockey Canada that these provisions adequately address issues of team unity/camaraderie and provide for the modesty/privacy of all participants.