



DRESSING ROOM POLICY

The SGHA Dressing Room Supervision policy establishes the guidelines that must be always followed by team staff, players, and parents for all levels from Under 7 (U7) to Under 18 (U18). The policy must be adhered to before, during and after games, practices, or team events. To safeguard the interests of both players and team staff, under no circumstances should a player and one (1) team staff member be alone in a dressing room without a third party such as a parent, guardian or other team official being present.

Certification

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

- a) Register in RAMP
- b) Submit a current Police Record Check (PRC) with vulnerable sector screening (less than six months old)
- c) Respect in Sport (RIS) for Activity Leaders.

Dressing Room – Who can enter?

At no time are siblings or other children permitted in the dressing room.

Under 7 (U7) and Under 9 (U9) 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 the room (must include one female bench staff).

Under 9 (U9) competitive to Under 18 (U18):

- Only den moms and female bench staff are permitted in the dressing room until ten (10) minutes prior to the scheduled ice time, at which time only team staff are allowed in the room (must include one female bench staff)
- Males (including dads and brothers) are not permitted in the dressing room
- Skate tying assistance shall be provided outside the dressing room or by Den Moms

Dressing Room Supervision

For Under 9 (U9) competitive to Under 18 (U18):

1. Supervision in the dressing room is the responsibility of the designated Den Moms.
2. If Den Moms are not on site, players are not permitted in the dressing room and must be supervised by parents in the lobby until Den Moms take over supervision.
3. If only one den mom is available then the door to the dressing room must remain open at all times with a Den Mom and a member of team staff standing outside the door.
4. A minimum of two (2) adult females ("Den Moms") are required to supervise a dressing room whenever players are in the room. There should not be more than three Den Moms in the dressing room unless in extenuating circumstances i.e. game time earlier

than expected at a tournament and more hands needed to get the players ready for the ice time.

5. Den Moms should be the last to leave the dressing room
6. At no time are non-team children permitted in the dressing room
7. It is the responsibility of the Den Moms to ensure that the dressing room is left in a neat and tidy condition after use.
8. There should be no locked doors except when the team is on the ice.

DEN MOM DUTIES

Den Moms are responsible for all players before bench staff take over during the ice time.

Den Moms should meet with the Head Coach to understand the expectations he/she has for the players before games/practices.

Den moms are required to support the following rules and guidelines within the change room, and beyond. If a player may be having a bad day, under the weather, or hurt something at school share this information with the Coaches, and/or Trainer.

DO's

1. Be visible and approachable to all players at all times. Pay equal attention to all players.
2. Keep the players on track. Players should be ready a minimum of 10 minutes before the ice time. Set achievable goals for players dressing independently. Encourage independence and time management with dressing and preparing for games and practices.
3. Keep the room safe (no bare feet, skate guards worn, no sticks or ball play in the room or in the hallways). Roller blades are not to be worn in City of Ottawa facilities.
4. Keep the room clean, during and at the end of team use
5. Create a welcoming and friendly environment
6. Be compassionate and helpful
7. Be patient and positive
8. Provide correction for poor behaviour. Discuss with the team manager and/or coach any issues that arise as quickly as possible
9. Keep discussions with players appropriate, and inclusive
10. The players should be having fun in the dressing room safely.

DO NOT ...

1. Allow players in the dressing room unsupervised at any time.
2. Allow any type of bullying, harassment, or foul language. Foul language includes Music lyrics and can be a touchy subject as the players get older. Set the rules early and stick with them. While some players may appear not to mind questionable lyrics the needs of every player must be considered.
3. Focus on your own daughter. Den moms are to help ALL players equally.
4. Embarrass/Judge the girls.
5. Allow cellphones to be used in the room. Step out of the room in cases in which cell phone usage is necessary. (Both players, team staff, and Den Moms)

6. Contradict the coaching staff or bring team, or individual player issues into the room
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. Allow a bad day to continue for the players. The rink/room should be a happy place where all troubles are forgotten for a couple of hours.

Team Staff in the Dressing Room

Team staff may enter the dressing room once they receive confirmation from the Den Moms that players are dressed and ready for the ice time. Should a female member of bench staff not be available then one Den Mom should remain in the dressing room during the coach's speech.

Parents and other non-team staff are not permitted in the dressing room at this time.

Following the ice time, an adult female must be present during the meeting, and absolutely no changing is to occur during this time.

Arrivals/Departures

Players may not enter the dressing room without the Den Moms being available.

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.

Players should be out of the dressing room at least 20 minutes following the ice time/after the coach's speech.

Late Arrivals

Players who arrive late (during pre-ice discussion) are 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.

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.

Cameras, Cell phones and other Electronic Devices

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

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. Use of these devices must be outside the dressing room only.

Additional restrictions regarding electronic devices in the dressing room can be imposed by the Head Coach including prohibiting devices in the dressing room.