



Hockey Fundamentals Safety Procedures

Safety is the priority on any PowerSkate session. Below are some tips to keep your session safe, fun and a welcoming environment for learning.

THE SESSION

- 10 skaters to 1 coach ratio on all PowerSkate sessions

THE ICE

- The Coach will be sure to check the entire ice surface for debris, bumps or holes. Clear, repair or clean as necessary.
- All board doors will be closed during the session.
- The Coach will ensure all the hockey/ringette nets are off the ice.
- The Coach will review proper conduct and behaviour expectations with skaters prior to the season starting. This could include:
 - Always skate with your eyes up to avoid physical contact with other players.
 - When skating backwards, be mindful of what is behind you.
 - If you fall, get up quickly.
 - If you knock a pylon over, it is your job to replace it.
 - Be respectful to those around you.
 - When skating on the fast track, it is your responsibility to ensure you do not get in the way of another skater on a circuit.
 - Be mindful of the direction of the day for fast track laps.
 - Inform skaters there is no shooting of the puck or ring in the PowerSkate program.
- On circuits:
 - The Coach will provide lanes when possible to accommodate faster skaters.
 - The coach will ensure pylons or other teaching aids help identify direction of traffic, and pathways.
 - Allow skaters to pass on a circuit to ensure everyone can skate at their own pace.
 - The Coach will ensure all teaching aids are safely placed and maintained.

THE SESSION ENVIRONMENT

- Bullying or aggressive behaviour will not be tolerated (see on ice etiquette and bullying policy below)
- The Coach will establish drop off and pick up procedures to ensure skaters are being handed off to the appropriate parent or guardian.



- The Coach will be sure to provide opportunities to create a safe environment for all skaters, regardless of race, gender or ability (within the limits of the program).
- The Coach will ensure there is a fully stocked First Aid Kit available and located close to the ice.
- The Coach will ensure all coaches know the Emergency Action Plan in case of an emergency (ie. Evacuation, fire, loss of power etc).
- The Coach will inform parents/guardians that skaters must have a designated responsible adult in the building at all times.

EQUIPMENT

- Ensure all skaters are wearing appropriate skates, hockey gloves and a CSA approved and valid helmet.
- The Coach will provide instructions for proper use and conduct of hockey or ringette

ON-ICE RULES AND ETIQUETTE - On-ice sessions run smoothly and safely when everyone observes the following rules and skating “etiquette”. It is important that you go over these rules with your skater so that they are not involved in a collision or injury.

- No gum or candy on the ice
- Get up quickly after a fall. Skaters lying on the ice are vulnerable
- When skating backwards, always look in the direction of travel (over your shoulder)
- Skaters must check with a coach before leaving the ice surface
- Skaters shall not enter the ice surface until the zamboni has left and the gates are closed. There must also be a coach present.
- Skaters must leave the ice surface promptly when a session has ended
- Foul, offensive and abusive language will not be tolerated. Be polite and courteous to all skaters, coaches, parents, arena staff and volunteers.
- Use of the facilities and equipment is a privilege, not a right
- During an emergency, skaters must follow the instructions of coaches and arena staff

ZERO TOLERANCE ON BULLYING AND HARASSMENT

- Bullying can be defined, but is not limited to, the activity of unwanted repeated, aggressive behaviour intended to hurt another person, physically or mentally whether it be in person or cyber-bullying.



- Cyber-bullying is the use of cell phones, instant messaging, email, chat rooms, or social networking sites such as Facebook and Twitter to harass, threaten or intimidate someone.
- Any club member who intimidates or bullies another member of the Club will be dealt with in the following sequential steps:
 - i. A verbal warning from the Lead Coach or any member of the Board of Directors. The President will be notified of this verbal warning for the Club's records
 - ii. The President will create a conflict resolution committee to discuss the situation. They will bring their findings to the Board of Directors, and based on the evidence, a written warning will be issued.
 - iii. A declaration stating the skater is "a member not in good standing" and the skater is NOT permitted on any ice sanctioned by Skate Canada until permission has been granted by the Board of Directors to return. The skater and parent/guardian (if applicable) must request to meet with the Board of Directors to present their case for reinstatement to the Club

SKATE CANADA CODE OF ETHICS - All skaters, officials, coaches, employees, board members, volunteers, alumni, parents and guardians who participate in and observe related Skate Canada activities must adhere to the Skate Canada Code of Ethics. The Skate Canada Code of Ethics can be found at:

<https://info.skatecanada.ca/index.php/en-ca/policies/79-skate-canada-code-of-ethics.htm>

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