

ICE HOCKEY CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Noble High School hockey team. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport. Hockey is a highly competitive, fast-action game in which physical contact plays a major role. Because of the speed and contact with which the game is played, squad members, their families and the coaching staff must accept and share certain responsibilities to enhance the safety and enjoyment for participants.

Each player will receive a demonstration of proper wearing of equipment by coach at the beginning of the season. Proper wearing and use of all protective equipment is the exclusive responsibility of the player after the orientation has been completed.

Preparing for Practice:

1. Wear all protective and supportive equipment, pads or braces - including mouth guards to every practice or game unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players needing protective tape, padding or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry, including earrings and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
9. No horseplay, rough-housing, hazing or initiations.

In the Locker Room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room floors.
3. Keep floors free of litter. Place all belongings in equipment bags when at a rink or in lockers when at school.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Refrain from horseplay and rough-housing in the locker/shower areas.
7. Identify incidents of foot or other skin infections to coach(es) immediately.
8. Be cautious not to injure other players with your skates while dressing
9. No horseplay, rough-housing, hazing or initiations.

Movement to Practice/Contest Site or Travel to Practice/Contest Site:

1. Be alert to:
 - a. Ramps and steps leading to contest or practice area.
 - b. Raised thresholds, gates and metal hardware at rink entry points.
 - c. Changes in texture (ice, mats, concrete, wood).
2. Location and activity in proximity to:
 - a. Goal cages and shooting drills.
 - b. Passing drills.
 - c. Agility and sprinting drills.
3. Horseplay with sticks is prohibited.
4. Absorb contact and shots with padded surfaces.
5. Avoid straight arm contact with the boards.
6. No broken or cracked sticks may be used.

7. Throwing sticks is prohibited.
8. Tripping, kneeling, high-sticking, slashing, butt-ending, buffing, or spearing with the helmet or face mask and grasping the opponent's face mask are prohibited.
9. Frequent drink breaks will be scheduled during practice and players should hydrate themselves frequently during practice and games.

Hazards Specific to Hockey:

1. Shooting practice is to be conducted only in designated areas, at specified times, and in specified sequences. Be certain the goal keeper is looking at you and ready for practice shots.
2. Do not high stick.
3. Do not slash with the stick.
4. Do not butt end with the stick.
5. Do not throw a stick regardless of its condition.
6. Do not spear or butt with the helmet or face mask.
7. Do not make punitive attempts to elbow or knee opponents.
8. Do not shoot at other players.
9. Do not charge or contact the goal keeper.
10. Do not alter stick curvature or shape.
11. Do not grasp the face-mask of another player.
12. Contact should be absorbed with padded surfaces.
13. Absorb or make contact in a low, balanced position.

Emergencies:

Because of the nature of hockey, some injuries will occur. All injuries must be called to a coach or the trainer's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity. Assist by:
 - a. Helping with the injured person.
 - b. Call for additional assistance,
 - c. Bring first aid equipment or supplies to the site.
 - d. Keeping onlookers away.
 - e. Direct the rescue squad to the accident site.
4. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building.
 - b. Move and remain 150 feet away from the building.
 - c. Be prepared to implement the emergency procedures outlined in # 4 above.

Acknowledgment:

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation on the Noble High School Hockey team.

Athlete Signature

Date

Parent/Guardian Signature

Date

Print Athlete's Name