



Arlington Knights Hockey Locker Room / Code of Conduct



This Locker Room Policy and Code of Conduct apply to coaches, parents, and players for all Arlington Knights teams.

The purpose of this Policy and Code is to:

- maintain a safe, clean, and enjoyable environment for practice and games
- continue good relationships with rink facilities and other teams
- encourage and teach respect to Arlington Knights players
- comply with USA Hockey SafeSport policies found at usahockey.com/safesport

Please be aware that each Coach, Parent, and Player represents the Arlington Knights Hockey Club and should conduct themselves accordingly at every rink.

The Knights are required to follow the Locker Room Policy and Code of Conduct at all Arlington Knights practices, games, and events.

Team Locker Room Policy

- **Locker Room Inspection Before Use** - Inspect the Locker Room for cleanliness and damage upon entering, and notify rink management of any adverse conditions. In particular, check toilets, showers, and sinks. Failure to inspect the Locker Room and report issues puts the Knights at risk for liability for damage found in the room after use.
- **Locker Room Use** - Proper adult supervision must be provided while the locker room is occupied by Knights players, pursuant to **USA Hockey SafeSport policies**:
 - A coach or screened volunteers should be in the locker room whenever it is in use by the team, before and after games and practices;
 - Parents time in the locker rooms shall be limited;
 - Cellphones and the taking of any photographs/videos/recordings are prohibited in the locker room. If phones or other mobile devices must be used, they should be taken outside of the locker room.
 - Supervisor and players shall ensure no prohibited behaviors (abuse, harassment, bullying, hazing, threats, fighting, horseplay) are occurring in the locker room;
 - A separate locker room shall be provided for female players, and, if one is not available, ensure that female players dress/undress at separate times from male players. Teams may assemble in the locker room for the coach's pre- and postgame meetings.
 - Keep the door locked while the team is on the ice.
- **Locker Room Inspection After Use** – When the team finishes using the locker room, it should be left undamaged and clean. Inspect toilets, showers, and sinks for damage. Clean up any messes or spills. Be sure to remove all trash, including tape balls, paper, and empty bottles. When applicable ask a rink employee to inspect the locker room upon your departure, to ensure that your team is not held liable for any damage found later. Be aware that rinks may impose fines if a locker room is vandalized, and the team will be responsible for any and all repairs required as a result of inappropriate use of the locker room facilities.



Arlington Knights Hockey Locker Room / Code of Conduct



Locker Room Monitoring

There is predictable and limited use of locker rooms and changing areas (e.g., generally 30-60 minutes before and following practices and games). This allows for direct and regular monitoring of locker room areas. While constant monitoring inside of locker rooms and changing areas might be the most effective way to prevent problems, this would likely make some players uncomfortable and may even place staff at risk for unwarranted suspicion. If the coaches are not inside the locker rooms, either a coach or voluntary locker room monitors (each of which has been screened) will be posted directly outside of the locker rooms and changing areas during periods of use, and leave the doors 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.

Parents in Locker Rooms

Parents are discouraged 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 parents should let the coach know beforehand that he or she will be helping the player.

In circumstances where parents are permitted in the locker room, coaches are permitted 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 in his or her discretion prohibit parents from a locker room.

Mixed Gender Teams

Some of teams consist of both male and female players. It is important that the privacy rights of all players are given consideration and appropriate arrangements made. Where possible, male and female players should dress/undress in separate locker rooms and then convene in a single locker room before the game or team meeting. Once the game or practice is finished, the players may come to one locker room for a team meeting and then the male and female players proceed to their separate locker rooms to undress and shower, if available.

If separate locker rooms are not available, then the players will take turns using the locker room to change. These arrangements may require that players arrive earlier or leave later to dress, but this is the most reasonable way to accommodate and respect all of players.

Prohibited Conduct and Reporting

All types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Hockey SafeSport Handbook, are prohibited. Participants, employees or volunteers may be subject to disciplinary action for violation of these locker room policies or for engaging in any misconduct or abuse or that violates the USA Hockey SafeSport Policies. Reports of any actual or suspected violations may be made by email to USA Hockey at SafeSport@usahockey.org or call 1-800-888-4656.



Arlington Knights Hockey Locker Room / Code of Conduct



The head coach of each team shall be responsible for monitoring his or her own team so that locker rooms are properly supervised in accordance with USA SafeSport policy. When the head coach is not personally available for direct supervision, he or she may delegate responsibility to appropriate team personnel for certain activities, always with the understanding that the head coach is the primary supervisor of the team responsible for compliance with this policy.

Knights Player's Code of Conduct

All Arlington Knights Players are required to provide positive support and encouragement for all members of the Arlington Knights by following the Player's Code of Conduct.

- Not swear or use abusive language on the bench, in the rink, or at any team function.
- Not lash out at any official no matter what the call is. The coaching staff will handle all matters pertaining to officiating.
- Skate directly to the penalty box after receiving a penalty.
- Treat players, coaches, officials, parents and other fans, regardless of race, sex or creed, with respect relative to the use of abusive language, actions and gestures.
- Not drink, smoke, chew tobacco or use any illegal substance.
- I will conduct myself in a befitting manner at all facilities (ice rink, hotel, restaurant, etc.) during all team functions.
- Understand that in hockey, as in life, you should treat others as you would have others treat you.
- HAVE FUN!

All players were required to sign this document during registration. A violation of this player code of conduct or any action, which is detrimental to the Arlington Knights may result in my suspension or termination from any or all Knights activities.

Knights Parent's Code of Conduct

All Arlington Knights Parents are required to provide positive support and encouragement for all members of the Arlington Knights by following the Parent's Code of Conduct.

- Adhere to USA Hockey governing rules, regulations, policies and procedures, as well as the by-laws and decisions determined by the Arlington Knights Board of Directors.
- Recognize that coaches and club officials are volunteers.
- Leave the coaching to the coaches and not coach from the stands.
- Treat players, coaches, officials, club volunteers, parents and fans, regardless of race, sex, or creed, with the respect relative to the use of abusive language, actions, and gestures.
- Accept officials' decisions.
- Understand that winning is desirable, but winning at any cost defeats the purpose of the game.
- Understand that in hockey, as in life, you should treat others as you would have others treat you.



Arlington Knights Hockey Locker Room / Code of Conduct



All parents were required to sign this document during registration. A violation of this code of conduct or any action, which is detrimental to the Arlington Knights may result in my suspension or termination from any or all Knights activities.

Knights Coach's Code of Conduct

All Arlington Knights Coaches are required to provide positive support and encouragement for all members of the Arlington Knights by following the Parent's Code of Conduct.

- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.
- Be a positive role model to your players. Display emotional maturity and be alert to the physical safety of players.
- Be generous with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
- Adjust to personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.
- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
- Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- Be concerned with the overall development of your players. Stress good health habits and clean living.
- To play the game is great, to love the game is greater
- HAVE FUN!

All Coaches were required to sign this document during registration. A violation of this code of conduct or any action, which is detrimental to the Arlington Knights may result in my suspension or termination from any or all Knights activities.

Questions????

Please direct all questions or concerns about this document to
David McGraw @ coachmcgraw@arlingtonknightshockey.org or 703-403-9316.