

Kodiak Hockey League
Coaches Handbook



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Kodiak, Alaska
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INTRODUCTION TO KHL

The Kodiak Hockey League (KHL) is an affiliate of the USA Hockey Association and the Alaska State Hockey Association (ASHA), in good standing. The purpose of KHL is the promotion of youth hockey within the City and Borough of Kodiak, in Kodiak, Alaska. This organization is organized exclusively for charitable purposes within the meaning of section 501(c) (3) of the Internal Revenue Code. General membership is open to all persons eighteen (18) years of age and older upon your child's annual KHL registration and a minimum of ten (10) volunteer hours or registration and participation as a KHL volunteer coach, manager, or committee member. General members may participate in all the programs and projects of the association and will be allowed to vote on matters raised at the Annual Membership Meeting, including voting for Board of Directors, and are qualified to hold office.

KHL YOUTH HOCKEY MISSION STATEMENT

KHL was established in 2014 with the mission to provide a safe, fun, competitive environment, with an emphasis on sportsmanship and teamwork, where hockey players of all ages can develop skills.

KHL YOUTH GOALS AND OBJECTIVES

KHL is staffed by a volunteer Board of Directors, coaches, parents, and others, who are committed to providing an enriching and challenging program through teamwork, respect, discipline, and a lifelong appreciation of the game of hockey. KHL defines success as continual player development through active participation in the sport of hockey, while building sportsmanship and character. Hockey activities are designed to meet the needs of all levels of youth, with progressive and challenging programs as they move up age divisions.

In accordance with the American Development Model (ADM), KHL expects good sportsmanship from all members and participants, which means all players are given a fair opportunity to play during games. All divisions emphasize skating skills, stick control, puck handling, different player positions, teamwork, and general objectives of the game. Emphasis is placed on the player gaining age-appropriate abilities and enjoying the sport of recreational hockey. It is KHL's goal to deliver the appropriate level of coaching, mentoring, and inspiration, to ensure players have developed the skills and character to continue on to various levels of hockey beyond 18U.

Each Hockey Season, KHL may participate in both Rec A and Rec B of the ASHA State Tournament. The Rec A and B levels are tiers that KHL has chosen as a means of continuing a learning and recreational atmosphere for development. Divisions eligible to compete are 10U, 12U, 14U, 16U & 18U.

Development of all travel team(s) will be based on availability of resources, ice time, selection process, funding, travel costs, the desires of its players and the commitment of membership. However, final approval is required by the KHL Board of Directors.

KHL ADMINISTRATIVE BODY

KHL is managed by a nine (9) member Board of Directors who are duly elected by the General Membership at the Annual Meeting and are volunteers who receive no compensation. The Directors hold their seat for a two (2) or three (3) year term. Board of Directors holds regular bimonthly meetings or four (4) meetings per season. Any member of KHL may attend these meetings and address the board during public comment.

President: Breanna Peterson

Vice President: Angela McFarland

Treasurer: Melissa Cook

Secretary: John Wyszowski

Registrar: Ashley Hansen

Board Members: Angie Hietala, Carmel Carty, Jennifer Caskey

Director of Coaching: Joshua McCarthy

COACHING REQUIREMENTS AND MINIMUM QUALIFICATION STANDARDS

A. COACH REGISTRATION

Prior to the start of the season, all ice hockey coaches, as well as instructors of USA Hockey programs, shall register annually as individual participants of USA Hockey for the current season, in order to be eligible to coach or instruct in any regular-season activities (practices, clinics, games, tournaments, try-outs, etc.), state, district, regional playoff, national championships, or in the USA Hockey Player Development Programs. There will be an annual fee to register all coaches and instructors. Coaches who also play on a USA Hockey registered team are required to pay this registration fee only once per year. Coaches must register as participants online at www.usahockey.com and must also register as a coach at www.kodiakhockeyleague.org.

Note 1: All USA Hockey Coaching Education Program (CEP) Instructors and National Player Development Camp coaches will be exempt from the annual participant registration fee, but must complete the participant registration process.

Note 2: The head coach and all assistant coaches of each disabled hockey team must complete the required CEP registration and online age-specific module(s) for each level of play. Those volunteers or employees who assist with helping disabled hockey teams (i.e., interpreters, pushers, on-ice mentors, etc.) must be properly registered with USA Hockey, but are not required to attend a CEP clinic and otherwise comply with these rules and regulations.

All ice hockey coaches and instructors of registered USA Hockey Youth 18U and below, high school, girl's/women's 19U and below, and disabled programs must properly wear an approved ice hockey helmet during all on-ice sessions, including practices, controlled scrimmages, and all CEP clinics and/or workshops.

B. COACHING EDUCATION PROGRAM REQUIREMENTS

(1) Required Coaching Education Program Levels for Ice Hockey

USA Hockey requires that all affiliates and/or districts shall establish the following requirements without modifications for all coaches (head and assistant).

All coaches must have the required certification level by December 31 of the current season.

- (a) All coaches must enter USA Hockey's Coaching Education Program at Level 1. They must continue their education with a coaching clinic each year until they achieve at least Level 3. (EXCEPTION: Coaches of 8U or younger players may remain at Level 1 or their current level). A coach may only advance one level per year but must attend a minimum of (1) certification clinic per year. Coaches who do not coach in continuous years must re-enter the program at the next level when they resume coaching responsibilities. Once Level 3 is achieved, periodic renewal [as outlined in Paragraph (c) below] is required for coaches who have not achieved Level 4. Coaches of national tournament bound teams (Tier I 14U, 16U and 18/19U and Tier II 16U and 18/19U) must complete Level 4 in their fourth season of coaching. Coaches who attain Level 4 certification are not required to attend any further certification clinics but must adhere to the age-specific requirement as outlined in Paragraph (b) below.
- (b) In addition to the training in paragraph (a) above, coaches must also complete online age-specific training modules specific to the level of play they are coaching, if they have not already taken that module. This requirement applies to all coaches at all levels, 1 through 5. Coaches may complete more than one age-specific module in any given season. Modules must be completed prior to taking part in any coaching activities.
- (c) Coaching certification at Level 3 is valid for two (2) seasons, as indicated by the expiration date.

A coach whose Level 3 is due to expire must take the online Level 3 Recertification Track 1 curriculum or they may move up to Level 4. Level 3 Track 1 Recertification is valid for two (2) seasons.

A coach whose Track 1 Level 3 recertification is due to expire must take the online Level 3 Recertification Track 2 curriculum or move up to Level 4. Level 3 Track 2 Recertification is valid for two (2) seasons.

Coaches whose Track 2 Level 3 Recertification is due to expire must attend a Level 4 clinic prior to the expiration of their Level 3 Recertification.

Coaches must complete the online recertification program in order to recertify their Level 3 certifications. Attending a clinic or workshop is no longer valid for recertifying any certification level.

(d) Grandfather Clause. For coaches who enrolled in the Coaching Education Program prior to May 1, 2011, their entry into the above program will be at their current certification level. Level 1 and 2 coaches must adhere to paragraphs (a) and (b) above, effective May 1, 2011. Current Level 3 coaches must adhere to paragraph (b) and (c) above; effective with the season their Level 3 expires.

This chart outlines the progression for a new coach. Coaches with preexisting certifications will enter the new program at their current certification level and must adhere to paragraphs 1. (a) and (b) above.

Year 1 (ex: 2014-15)	Level 1 clinic + age-specific component
Year 2 (ex: 2015-16)	Level 2 clinic + age-specific component if not previously taken for current age level.
Year 3 (ex: 2016-17)	Level 3 clinic (expires Dec. 31, 2018) + age specific component if not previously taken for current age level
Year 4 (ex: 2017-18)	No Level certification required but can attend a Level 4 clinic + age-specific component if not previously taken for current age level
Year 5 (ex: 2018-19)	Complete the online Level 3 Recertification Track 1 (expires Dec. 31, 2020), or attend a Level 4 clinic + age-specific component if not previously taken for current age level
Year 6 (ex: 2019-20)	No Level certification required but can attend a Level 4 clinic + age-specific component if not previously taken for current age level
Year 7 (ex: 2020-21)	Complete the online Level 3 Recertification Track 2 (expires Dec. 31, 2019), or attend a Level 4 clinic + age-specific component if not previously taken for current age level
Year 8 (ex: 2021-22)	No Level certification required but can attend a Level 4 clinic + age-specific component if not previously taken for current age level

Year 9 (ex: 2022-23)	Must attend a Level 4 clinic + age-specific component if not previously taken for current age level
Year 10 and beyond	No Level recertification required but must complete age specific components if not previously taken for current age level. Coaches are highly encouraged to attend a continuing education course every two years.

(2) Evidence of Level

All USA Hockey coaches will possess a printout from the USA Hockey online certification list.

It is the responsibility of the local association to identify those coaches who do not meet the certification requirements. All coaches have until December 31 of the current season to attend a USA Hockey coaching clinic. Age-specific playing level module(s) must be complete prior to coaching for the current season.

(3) Penalty and Enforcement

All coaches must have current certification and online component verification beginning January 1 of the current playing season. Any coach not in possession of these requirements will be ineligible to coach for the remainder of the season. Districts and/or affiliates are required to uphold this penalty. It will be the responsibility of the local association registering the team to enforce the national policy.

C. UNDER-AGE COACHES

(1) Student Coach

A player aged 13 through 17 who is currently properly registered with USA Hockey may serve as a Student Coach.

(2) Qualifications

- Must attend a training session conducted by the local hockey association or audit a Level 1 clinic (not required to pay nor will they receive certification credit).
- Must always be under the supervision of a carded, screened adult coach during all practices, clinics, try-outs and in the locker room.
- May help out at practices, clinics, try-outs only. (May not participate as a player in scrimmages or games when acting as a STUDENT COACH).
- May not act as a head coach or an assistant coach during practices or games.
- May be on the bench during games with an adult. The STUDENT COACH will count as one of the maximum of four Team Officials allowed on the bench.
- Must wear a helmet with full face shield, gloves, and skates while on the ice. Must wear a helmet during games while on the bench.
- May only work with players at least one full playing age level below the STUDENT COACH (e.g., a 14U age player may act as a STUDENT COACH at the 12U, 10U or 8U).

- The organization that is using the STUDENT COACH must provide a form indicating on the team on which he/she is participating as a STUDENT COACH, and, if applicable, what team he/she is properly registered/rostered as a player. A model form is available on the usahockey.com website.
- Upon reaching the age of 18, the STUDENT COACH must comply with the USA Hockey Screening Program and meet the USA Hockey Coaching Education Program requirements which will qualify him/her to act as an assistant or head coach.

D. SCREENING POLICY

All USA Hockey coaches and instructors will comply with the USA Hockey Screening Policy. Failure to comply with the policy will result in the forfeiture of coaching privileges in programs, at sites, or events under USA Hockey’s governance. KHL coaches are required to apply for a background check administered by the Alaska State Hockey Association.

E. COACHING ETHICS CODE

All USA Hockey ice hockey coaches (head and assistant) and instructors must abide by the USA Hockey Coaching Ethics Code and understand that violations may result in full or partial forfeiture of coaching privileges in programs, at sites or events under USA Hockey’s governance.

All coaches have an obligation to be familiar with USA Hockey’s Coaching Ethics Code. Lack of awareness or misunderstanding of an ethical standard is not itself a defense to a charge of unethical conduct.

COACHING ETHICS CODE

INTRODUCTION

This USA Coaching Ethics Code (“Code”) intends to provide standards of ethical conduct for coaches involved with USA Hockey and its member organizations. It provides General Principles and Ethical Standards which cover many situations encountered by coaches, with its principle goals the welfare and protection of participants with whom coaches work. In addition to the Code, the USA Hockey SafeSport Program provides resources for the safety of all involved in the game. For more information, go to usahockey.com/safesport. Coaches will respect and protect human and civil rights and not knowingly participate in or condone unfair discriminatory practices.

GENERAL PRINCIPLES

COMPETENCE

Coaches will maintain a standard of excellence with regard to education and information related to coaching and make an on-going effort to maintain competence in the skills they use.

INTEGRITY

Coaches will exercise integrity in the practice of coaching and be honest, fair, and respectful of others.

PROFESSIONAL RESPONSIBILITY

Coaches will uphold professional standards, clarify professional roles and obligations, accept appropriate responsibility for behavior, and adapt methods to the needs of participants.

RESPECT FOR PARTICIPANTS

Coaches will respect the fundamental rights, welfare, dignity, values, opinions and worth of all participants and will be aware of cultural and individual differences including those due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, and socio-economic status.

CONCERN FOR PARTICIPANTS

Coaches will be sensitive to different roles and responsibilities of all participants and not exploit or mislead them.

RESPONSIBLE COACHING

Coaches will be aware of ethical responsibilities to society and the community in which they work and live as well as comply with the law and encourage the development of policies which serve the interest of the sport and USA Hockey.

ETHICAL STANDARDS

APPLICABILITY OF THE ETHICS CODE

Although many aspects of personal behavior and private activities may seem far removed from the official duties of coaching, Coaches will be sensitive to their positions as role models for participants and will consistently obey the standards of the Code. Additionally, the USA Hockey SafeSport Program has policies prohibiting sexual, physical and emotional abuse, hazing, bullying, and harassment. There are also locker room, travel, billeting, and electronic communications policies that are intended to reduce the risks of potential abuse.

DISCRIMINATION

Coaches will not engage in or condone discrimination based upon age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, socio-economic status or any other basis prescribed by law.

SEXUAL HARASSMENT

Coaches will not engage in sexual harassment which includes but is not necessarily limited to sexual solicitation, unwelcome physical advances and verbal or non-verbal conduct. Coaches will not deny any participants the right to participate in any activity based upon their having made or their being the subject of a sexual harassment claim.

HAZING/BULLYING

Coaches will not engage in or condone behavior which is harassing, harmful or demeaning to participants.

PERSONAL PROBLEMS AND CONFLICTS

Coaches will recognize a personal problem may harm participants. Coaches have an obligation to take reasonable steps to prevent impaired performance by recognizing a personal problem and seeking assistance for it.

AVOIDING HARM

Coaches will take reasonable steps to avoid harm being caused to participants whether it be physical, verbal or through electronic/social media.

MISUSE OF INFLUENCE

Coaches will guard against the misuse of influence and understand any action or judgment may have an effect on participants.

OUTSIDE RELATIONSHIPS

Coaches will refrain from entering into personal, professional, financial, or other relationships with anyone if such a relationship may impair objectivity, interfere with properly performing coaching functions or directly or indirectly exploit or harm participants.

Coaches will refrain from taking on obligations if a pre-existing relationship may create a conflict of interest.

EXPLOITATION

Coaches will not exploit or have a sexual or intimate relationship with participants.

STATEMENTS

Coaches will not make a statement which is deceptive, false, fraudulent, or misleading.

COMMUNICATION WITH PARTICIPANTS

To avoid any misunderstanding with participants, coaches will discuss the nature and course of training with them and answer any questions they may have.

RELATIONSHIP INVOLVING COACHES, PARTICIPANTS AND PARENTS

Coaches will clarify the role of each party and any service provided relative to a relationship with participants and parents.

ALCOHOL, DRUGS AND TOBACCO

Coaches will refrain from using and discourage the availability or use of alcohol, tobacco or performance enhancing or recreational drugs in conjunction with, including traveling to or from, any USA Hockey competition, training or practice session and prohibit the use of alcohol, tobacco or performance enhancing or recreational drugs by participants.

GAMBLING

Coaches will refrain from and prohibit gambling of any kind in conjunction with, including traveling to or from, any USA Hockey competition, training, or practice session.

PORNOGRAPHY

Coaches will refrain from and prohibit the use of pornographic or sexually explicit material in conjunction with any USA Hockey competition, including travel to or from any USA Hockey competition, training, or practice session.

RECRUITING

Coaches will not recruit a participant who is already a member of another USA Hockey team. Direct contact by a Coach or his/her staff or indirect contact through an agent or parent during the playing season with a participant who is a member of another USA Hockey team is considered tampering and is prohibited.

EVALUATING PARTICIPANTS

Coaches will evaluate participants on actual ability, attitude, and performance and in a manner consistent with the Code.

RESOLVING ISSUES

FAMILIARITY WITH CODE

Coaches will be familiar with the Code. Lack of awareness or misunderstanding of general principles or ethical standards included in the Code will not excuse violations of the Code.

CONFRONTING ISSUES

Coaches will consult with other coaches when they are uncertain if a particular situation or course of action violates the Code.

ORGANIZATIONAL CONFLICTS

Coaches will clarify the nature of any conflict between the demands of an organization and the Code, make known their commitment to the Code and seek to resolve the conflict in a way which adheres to the Code.

REPORTING VIOLATIONS

Coaches will inform participants of any perceived violation of the Code and their right to report any violation to the president or other appropriate designee of their association and complete an Ethical Violation Form provided by the association. Any violation of the Code shall be addressed via the process explained in USA Hockey Bylaw 10 and referred to the appropriate law enforcement agency as required. USA Hockey requires coaches to report abuse, misconduct, and violations of its safety policies. Procedures by which coaches should respond to allegations of abuse and misconduct are also outlined in USA Hockey's SafeSport Program Handbook.

COOPERATION WITH INVESTIGATIONS, PROCEEDINGS AND RESOLUTIONS

Coaches will cooperate with any investigation, proceeding or resolution related to a perceived violation of the Code as mandated by USA Hockey or any of its member organizations. Failure to cooperate in itself is a violation of the Code

ACKNOWLEDGEMENT

Coaches acknowledge the USA Hockey Coaching Ethics Code is administered under the authority of USA Hockey and its member organizations. Any violation of the Code subjects the violating Coach(es) to the disciplinary processes of USA Hockey and its member organizations.

F. REIMBURSEMENT

Upon completion of a full season, KHL will reimburse coaches for expenses related to achieving all required credentials that will allow coaches to be on the ice and compliant with USA Hockey. Eligible expenses include, but not necessarily limited to the following:

Background check; Safe Sport Certification; Age-appropriate Module; USA Hockey registration (only if coach is not participating in other activity that would also require USA Hockey registration);

Receipts showing proof of expenditures are to be submitted to the KHL Treasurer for reimbursement by February 1 of the season the expenditure was made.

Costs associated with coaching travel teams will be reimbursed up to \$1000.00 per tournament up to \$3000.00 per season. Other reimbursements may be considered if there are additional funds available and if the request for additional reimbursement is of a reasonable nature.

DIRECTOR OF COACHING

The Director of Coaching oversees all coaches and the Coach Education Program (CEP) to ensure all coaches are certified to be on the ice and that all issues that arise during the course of the season are addressed in a timely manner.

Some responsibilities of the Director of Coaching include, but are not limited to the following:

- Recruit and retain coaches
- Organize Coaches meeting at the beginning of the season
- Maintain the KHL Coaching Manual
- Disseminate information to coaches, as-needed
- Work with coaches to ensure that appropriate skills and drills are being coached for the appropriate age groups, according to the ADM model
- Ensure fair ice time for all players
- Conduct parent meetings, as-needed
- Assist in dispute resolution as needed among coaches and/or parents
- Assist with coaching disciplinary action, as needed
- Assist with player disciplinary action, as needed

The Director of Coaching also works closely with the KHL Registrar, to ensure coaches obtain their certification, so that coaches can be on the ice and in the locker rooms with the kids. The Director of Coaching works closely with ASHA and USA Hockey. Rules and requirements change every year, and the Director of Coaching is responsible for being informed about these changes and ensuring KHL coaches are current with all certification requirements and maintain good

standing with USA Hockey.

Some responsibilities of the CEP include but are not limited to the following:

- Correspond with District Coach in Chief
- Coordination of on-ice and off-ice classes for coaches
- Attend USA Hockey Coach Education Training, as-needed
- Attend USA Hockey Officials training classes annually
- Assist in selection of Head Coaches and Assistant Coaches
- Disseminate information to coaches, as-needed
- Enforce USA hockey coaching philosophy among KHL coaches
- Manage the Player Move-Up Policy

COACHES

All KHL Head Coaches are volunteers, approved by the Board, at the recommendation of the Director of Coaching. Each tier of each age group shall have one Head Coach and at least one assistant. These individuals devote countless hours to the youth in KHL and deserve all the respect and patience they can be offered by the membership. They are responsible for the safety of all players before, during and after all games and practices. Coaches must meet eligibility requirements set by USA Hockey, Alaska State Hockey Association (ASHA), and KHL:

- Register as a coach at USAHockey.com
- Register as a coach at www.kodiakhockeyleague.org
- Meet USA Hockey Coaching Education Program (CEP) training requirements.
- Pass a background check administered through Alaska State Hockey Association (ASHA).
- Any fees associated with achieving these requirements may be reimbursed to the coach by KHL.

QUESTIONS AND CONCERNS

Questions and concerns are a natural occurrence. Members who have issues for which they desire some explanation or resolution are encouraged to first contact the Head Coach. By doing so, most issues may be resolved. However, if the matter is unresolved, please contact the Director of Coaching. The feedback form on the KHL website may also be used. Serious matters will be brought to the attention of the KHL Board of Directors.

INSURANCE COVERAGE

Each registered player and coach is covered by a group insurance policy with USA Hockey. This is a secondary policy, which means that it only covers costs not covered by a member's primary insurance carrier. If a member has no primary insurance, then this insurance may be considered a primary policy covering hockey related injuries.

In all cases, there is a minimum deductible that varies year-to-year. In the event that a player suffers an injury, the player or the family must: contact the head coach (if not on the ice); the Head Coach and parent will work with the KHL Registrar to complete the required insurance form; and notify the Board of Directors of the incident at board@kodiakhockeyleague.org.

It is the responsibility of the Head Coach to receive the required claim forms from the KHL Registrar. If a player or coach suffers an injury, even where no intent or need for filing of a claim is perceived at the time of incident, the player, coach, and parent/guardian are required to report the matter to the team's Head Coach, who will also notify the Registrar and the Director of Coaching of the incident in case a claim needs to be filed at a later date. Note that in most cases, treatment must be received within 30 days of the incident to receive coverage through USA Hockey insurance policy.

The Head Coach may request that the player or coach be seen by a physician if the injury is deemed potentially serious. Parents will be notified immediately and the consent to treat forms will be used in the event the parent(s) are unavailable. Any player who suffers an injury during a KHL sanctioned session that requires ongoing medical treatment must provide a Doctor's statement of release before they will be allowed to return to and participate in KHL. If the injury prevents the player from returning to the ice for the duration of the season, then a refund may be requested for a prorated amount.

GENERAL PROGRAM INFORMATION

KHL's Youth Hockey Program is an organization whose purpose is to promote the enjoyment, recreational, and competitive benefits of youth hockey. It is our goal to teach the fundamentals of hockey and the fun of playing. We are not an organization whose purpose is to win at all costs. We try to support fair ice time for all players regardless of playing ability, to measure development in personal growth, hard work, self-discipline, and teamwork. We hope to teach the valuable lessons that can be equated to everyday life...work hard, play fair, and enjoy a great experience.

Ice Times

Players need to arrive early enough to be fully dressed in all required gear and ready to skate onto the ice when their designated ice session is scheduled to begin. No player may enter the ice before the ice resurfacing vehicle (the "Zamboni") is completely off the ice and the doors behind it are closed. Coaches will give permission for players to enter the ice for practices and referees will give permission to enter the ice for games.

PLAYER DEVELOPMENT AND AGE DIVISIONS/MOVE-UP POLICY

Players improve their skills and mature physically at different rates. Coaches are expected to manage their teams in a way that allows all players an opportunity to develop physically and emotionally, as an individual and as a teammate.

USA Hockey regulations prohibit players from playing in an age group lower than that established by the player's age at the end of the calendar year, December 31, with the exception of 18-year-olds, who have until June 30 of the following year.

Occasionally a talented player may not be adequately challenged in his/her age group. Coaches wishing to move a player to an upper division or return a player to their respective age division, after receiving approval to change divisions, must follow the KHL Move Up Policy. *Note: KHL has a strict policy in place to evaluate and move players. See below.*

The division Head Coach identifies potential candidates for moving to an older division. That coach informs the older division Head Coach and Director of Coaching about the candidate(s) and inquires if the older division is interested in receiving additional players. If the receiving Head Coach and Director of Coaching agrees that the candidate(s) would fit in physically and emotionally and is willing to accept another player(s), then:

Parents/guardians are notified privately and asked what they prefer, considering player readiness to be with players up to 3 years older, player safety, changing to different practice/game schedule during week, etc. Only if parents/guardians accept all these considerations will the player be offered the opportunity to begin attending older division practices and games. The player is then privately asked if they would like to move-up age divisions. They can accept or decline the offer. If the player accepts, parent/guardian, coaches, and coach coordinator sign KHL's form acknowledging/accepting risk associated with playing with older players. *Player shall move up pending Board of Directors approval.*

EQUIPMENT

When players are on the ice, coaches, players, and parents/guardians are responsible for ensuring all player are furnished with the following mandatory safety equipment:

- helmet with face mask, approved by USA HOCKEY – HECC, with a valid expiration date
- internal mouthpiece of a color other than clear
- neck guard
- shoulder and chest pads
- elbow pads
- hockey gloves
- athletic supporter with hard plastic cup
- hockey pants
- shin pads
- hockey skates (regular sharpening recommended)
- hockey stick

The safety equipment is made mandatory by USA Hockey Rules and KHL's insurance coverage. Failure to wear this equipment on-ice negates our insurance coverage. At the start of any game, the referee may conduct an equipment check. Any player not wearing mandatory safety equipment required will not be allowed to play. If a piece of equipment

breaks during the course of a game, it is to be repaired or replaced before the player may continue on-ice.

Coaches are required to properly wear an approved helmet with chin strap during all on-ice sessions including practices, scrimmages, clinics, and workshops. Failure to comply will result in a 30-day suspension per USA Hockey regulation.

KHL YOUTH HOCKEY LOANER GEAR

A KHL appointed volunteer will inventory and check out KHL owned hockey equipment by appointment only. Available equipment is intended for first year players aged eight and under. It is available on a first come first serve basis and KHL cannot guarantee availability of sizes. KHL owned goalie gear is available for use, for 8U and 10U, at every practice or game and will be kept at the rink.

CONDUCT

SPORTSMANSHIP

Fair play is stressed at all times, for both participants and spectators. Spectators shall not interfere with the referees. KHL has a Spectator Code of Conduct that all visitors to the rink are expected to follow.

A referee has the authority to halt play and inform the coaches of the offensive behavior of any spectator. It shall then become the responsibility of the coach to correct the situation. If a referee suspends play, the game shall not be replayed or restarted, without approval from the KHL Board, in accordance with USA Hockey Rules.

NOISEMAKERS

Objectionable mechanical and electrical noisemakers, including cowbells, are not allowed at KHL sponsored events. Use of whistles during a game by anyone other than the referee is not allowed.

ABUSIVE LANGUAGE AND BEHAVIOR

The use of profanity, obscene language, or gestures on the ice or anywhere in the rink will cause a ten-minute misconduct penalty to be imposed on the offending player for the first offense. A second penalty will result in ejection from the game and a three-game suspension. These USA Hockey rules will be strictly enforced. If parents or spectators ignore warnings about abusive behavior towards players, coaches, or officials, they run the risk of having their children removed from the KHL program.

STICK AND PUCK MISUSE

Sticks and pucks will only be used on the ice surfaces or on arena premises, under the direct supervision of a coach. Players caught doing otherwise may be required to forfeit their stick and puck to Baranof Park Ice Rink staff or a KHL official. Mini sticks are also subject to this rule. Parks and Rec asks that players do not purposely shoot pucks at the glass or metal walls of the

building. Players/KHL may be held financially responsible for glass replacement.

FIGHTING

A player penalized by the referee for fighting during a game shall receive a game misconduct penalty. A second offense shall result in an indefinite suspension from KHL, with notification made to the player by the Disciplinary Chair. The suspended player, their coach, and the referee must appear before the Disciplinary Committee, who will then decide when the player may return to the league. Noncompliance can result in suspension/financial obligations, as a result of the committee's rulings. KHL will not provide refunds to players suspended as a result of a fighting incident. Players fighting before or after a USA Hockey/KHL Sanctioned game shall be suspended for one game. USA Hockey rules regarding fighting will be strictly adhered to.

VANDALISM AND THEFT

Vandalism and/or theft at Baranof Park Ice Rink are unacceptable and will not be tolerated. Violators will be dealt accordingly, which may include a suspension, restitution, and possible criminal charges.

SUBSTANCE ABUSE

The illegal use and/or sale of drugs or the consumption of alcoholic beverages is strictly prohibited by anybody engaged in any KHL activity. Each hockey rink will have their own zero tolerance policy regarding drugs and alcohol and these rules must be followed.

LOCKER ROOM and CHANGING AREA SUPERVISION

The Head Coach is responsible for making sure the locker room or changing area is a safe place and conduct is appropriate for co-ed activity. The Head Coach and team are responsible for making sure the locker room or changing area is left clean—always leave the locker room or changing area cleaner than you found it. If vandalism is discovered or the locker room or changing area is littered upon entering, notify a rink employee or a KHL official immediately before accepting responsibility for the locker room or changing area. If a KHL team litters a locker room or changing area, the entire team will be required to pay a cleanup fee. If such behavior continues, the offending team may be denied further use of locker rooms or changing areas. Restitution will be made by any individual or team responsible for damages they have caused.

Coaches must supervise locker rooms or changing areas used during any KHL sponsored activity to ensure player safety, prevent bullying, and keep the facilities clean. Coaches must prevent unauthorized access to the locker rooms or changing areas by parents/guardians, siblings, and other spectators. Parents of younger age players are entitled to enter locker rooms or changing areas to assist their player getting equipment on and off.



USA Hockey's American Development Model



Hockey for Life

Any Age – Players can enter at any stage. 'Hockey for Life' can provide quality recreational opportunities for all ages. USA Hockey also hopes that as adults we lead a physically active lifestyle and continue to contribute to the sport through volunteerism as coaches, referees and administrators.

Active Start

Ages 0-6

This early development period is essential for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching, striking...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. USA Hockey encourages activity that incorporates fundamental movement skills in the 4 environments that lead to physical literacy:

- **In the water:** Swimming
- **On the ground:** Athletics
- **In the air:** Gymnastics
- **On ice and snow:** Sliding (skating)

Kids should start with a learn to skate program and then a learn to play program as their initial steps into ice hockey.

6 & Under (Mites):

- 50-60 ice sessions
- 2-3 on-ice/1 off-ice sessions/week
- 50-60 minute ice sessions
- 9-12 skaters per team
- 0 full-time goalies
- 34-40 quality practices
- 16-20 cross-ice game days

FUNDamentals

**Ages 6-8 Female
Ages 6-9 Male**

The objective of this stage is to refine fundamental movement skills and begin to acquire basic sports skills. This is the time when a foundation is laid for future acquisition of more advanced skills.

The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, while the participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are also introduced. FUN competitions are also introduced in a team environment.

8 & Under (Mites):

- 50-60 ice sessions
- 2-3 on-ice/1 off-ice sessions/week
- 50-60 minute ice sessions
- 9-12 skaters per team
- 0 full-time goalies
- 34-40 quality practices
- 16-20 cross-ice game days

Learn to Train

**Ages 8-11 Female
Ages 9-12 Male**

This is the period of accelerated learning of coordination and fine motor control and is the critical stage for the acquisition of hockey skills.

Prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on.

Players should be able to begin to transfer skills and concepts from practices to games. Group interaction, team building and social activities should be emphasized. A balance of practices and games will promote the continued development and mastery of key hockey skills.

10 & Under (Squirts):

- 95-100 ice sessions
- 3-4 on-ice/2 off-ice sessions/week
- 60 minute ice sessions
- 10-12 skaters and 1 goalie
- 75-80 quality practices
- 20-25 game days

12 & Under (Peewees):

- 105-120 ice sessions
- 4 on-ice/2 off-ice sessions/week
- 60+ minute ice sessions
- 12 skaters and 2 goalies
- 80-90 quality practices
- 30-35 game days

Train to Train

**Ages 11-15 Female
Ages 12-16 Male**

The focus of this stage is to further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and stamina while maintaining flexibility.

Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

14 & Under (Bantam) & 16 & Under (Midget):

- 160 ice sessions
- 4-5 ice sessions per week
- 80 minute ice sessions
- Combined and separate practices for team/position
- 9 month training calendar
- 16 skaters and 2 goalies
- 120-130 quality practices
- 40-50 games
- Appropriate off-ice training for LTAD stage

Learn to Compete

**Ages 15-18 Female
Ages 16-18 Male**

This is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes.

The focus is on optimizing fitness preparation and to begin to specialize in ice hockey. Training should be individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. During this stage, training volume will increase, as does training intensity. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical and tactical skills under competitive conditions. Mental skills that contribute to performance are also emphasized.

18 & Under (Midget) & 19 & Under (Female):

- 200 ice sessions
- 5-6 ice sessions per week
- 80 minute ice sessions
- Combined and separate practices for team/position
- 10 month training calendar
- 18 skaters and 2 goalies
- 130-140 quality practices
- 50-60 games
- Appropriate off-ice training for LTAD stage

Train to Compete

**Ages 19-21 Female
Ages 19-23 Male**

The objective of the Train to Compete stage is to transfer from the training environment to a competitive environment. Athletes must consolidate technical skills, and maintain ancillary skills and underlying physical capacities. During this stage training volume remains high while intensity increases with the importance of competitions. The training is usually 10+ months of the year and is disciplined and hockey-specific. Athletes will usually be required to move away from home for training and competition environments that fit this level of athlete development. The training is individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery.

Junior, NCAA:

Training calendar that equally supports both training and competition.

Train to Win

**Ages 19+ Female
Ages 19+ Male**

The focus of this stage is the stabilization of performance on demand characteristics and excellence within the highest level of performance at the NHL, World Championships and Olympics. This is the final phase of athletic preparation that only a very small minority will achieve. Maturation is complete and all the performance factors should be fully established to optimize performance in national or international competitions. The athletes in this stage will be performers in the highest level professional league and at the highest international level. It is important to build a winning strategy with these athletes, and to individualize training and recovery programs to prevent over-training.

NCAA, Professional:

Appropriate training that supports competition calendar.

For complete details, visit ADMkids.com



Concussion Management Program

Michael Stuart MD
Kevin Margarucci ATC

A sports concussion management program must be incorporated within each affiliate. All USA Hockey programs should follow this protocol as a minimum standard and conform to their individual state concussion statutes.

Accepted current medical practice and the law in most states requires that any athlete with a suspected Sports Related Concussion (SRC) is immediately removed from play.

- A concussion is a traumatic brain injury- *there is no such thing as a minor brain injury*.
- A player does not have to be “knocked-out” to have a concussion- *less than 10% of players lose consciousness*.
- A concussion can result from a blow to head, neck, *or body*.
- Concussions often occur to players who don’t have or just released the puck, from open-ice hits, unanticipated hits, and illegal collisions.
- The **youth** hockey player’s brain is *more susceptible* to concussion.
- Concussion in a young athlete may be *harder* to diagnosis, takes *longer* to recover, and is *more likely* to have a recurrence, which can be associated with serious long-term effects.
- The strongest predictor of slower recovery from a concussion is the severity of **initial symptoms** *in the first day or 2* after the injury.
- Treatment is individualized and it is impossible to predict when the athlete will be allowed to return to play- *there is no standard timetable*.

A player with *any symptoms/signs* or a *worrisome mechanism of injury* has a concussion until proven otherwise:

“When in doubt, sit them out.”

Follow these concussion management steps:

1. Remove immediately from play (training, practice, or game)
2. Inform the player's coach/parents or guardians.
3. Refer the athlete to a qualified health-care professional (as defined in state statute)
4. Initial treatment requires a short period of rest, but the athlete may participate in light exercise (if their symptoms are not made worse).
5. Begin a graded return-to-sport and return-to-learn.
6. Provide written medical clearance for return to play (the *USA Hockey Return to Play Form* is required)

Diagnosis

Players, coaches, officials, parents, and health care providers should be able to recognize the symptoms/signs of a sport related concussion. (See attached *Concussion Recognition Tool 6*)

Symptoms:

- Headache
- "Pressure in head"
- Neck Pain
- Nausea or vomiting
- Balance problems
- Dizziness
- Drowsiness
- Blurred vision
- Difficulty concentrating/remembering
- "Don't feel right"
- Sensitivity to light/noise
- More emotional or irritable
- Fatigue or low energy
- Feeling like "in a fog"
- Feeling slowed down
- Confusion
- Sadness
- Nervous or anxious

Observable Signs:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion
- Inability or slow to respond appropriately to questions
- Blank or vacant look
- Slow movement or incoordination
- Balance or walking difficulty
- Facial injury after head trauma

Management Protocol

1. If the player is ***unresponsive***- call for help & dial 911
2. If the athlete is ***not breathing***: start **CPR**
3. Assume a neck injury *until proven otherwise*
 - ✓ DO NOT move the athlete.
 - ✓ DO NOT rush the evaluation.
 - ✓ DO NOT have the athlete sit up or skate off until you have determined:
 - no neck pain
 - no pain, numbness, or tingling
 - no midline neck tenderness
 - normal muscle strength
 - normal sensation to light touch
4. If the athlete is conscious & responsive without symptoms or signs of a neck injury...
 - help the player off the ice to the locker room.
 - perform an evaluation.
 - do not leave them alone.
5. Evaluate the player in the locker room: **Concussion Recognition Tool 6** or other sideline assessment tools
 - Ask about concussion ***symptoms***.
 - Observe for concussion ***signs***.
 - ***Memory Assessment***
 - What venue are we at today?
 - What period is it?
 - Who scored last in this game?
 - Did your team win the last game?
 - Who was your opponent in the last game?

→ If a healthcare provider is not available, the player should be safely removed from practice or play and referral to a physician arranged.
6. A player with any symptoms or signs, disorientation, impaired memory, concentration, balance, or recall has a concussion and should not be allowed to return to play on the day of injury.
7. The player should not be left alone after the injury, and serial monitoring for deterioration is essential over the initial few hours after injury.

If any of the signs or symptoms listed below develop or worsen go to the **hospital emergency department** or dial **911**.

- Severe throbbing headache
- Dizziness or loss of coordination
- Ringing in the ears (tinnitus)
- Blurred or double vision
- Unequal pupil size
- No pupil reaction to light
- Nausea and/or vomiting
- Slurred speech
- Convulsions or tremors
- Sleepiness or grogginess
- Clear fluid running from the nose and/or ears
- Numbness or paralysis (partial or complete)
- Difficulty in being aroused

8. Concussion symptoms & signs *evolve over time*- the severity of the injury and estimated time to return to play are unpredictable.

9. A qualified health care provider guides the athlete through **Return-to-Learn** and **Return-to-Sport** strategies.

10. Written clearance from a qualified health care provider is required for an athlete to return to play without restriction (training, practice, and competition). Only the **USA Hockey Return to Play Form** is acceptable:

Return-to-Sport (RTS) Strategy: each step typically takes a minimum of 24 hours.

Step	Exercise Strategy	Activity at each step	Goal
1	Symptom-limited activity	Daily activities that do not exacerbate symptoms (e.g., walking)	Gradual reintroduction of work/school activities
2	Aerobic exercise 2A—Light (up to approximately 55% max HR) then 2B—Moderate (up to approximately 70% max HR)	Stationary cycling or walking at slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation* of concussion symptoms.	Increase heart rate
3	Individual sport-specific exercise Note: If sport-specific training involves any risk of inadvertent head impact, medical clearance should occur prior to Step 3	Sport-specific training away from the team environment (e.g., running, change of direction and/or individual training drills away from the team environment). No activities at risk of head impact	Add movement, change of direction
Steps 4–6 should begin after the resolution of any symptoms, abnormalities in cognitive function and any other clinical findings related to the current concussion, including with and after physical exertion.			
4	Non-contact training drills	Exercise to high intensity including more challenging training drills (e.g., passing drills, multiplayer training) can integrate into a team environment.	Resume usual intensity of exercise, coordination, and increased thinking
5	Full contact practice	Participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

*Mild and brief exacerbation of symptoms (i.e., an increase of no more than 2 points on a 0–10 point scale for less than an hour when compared with the baseline value reported prior to physical activity). Athletes may begin Step 1 (i.e., symptom-limited activity) within 24 hours of injury, with progression through each subsequent step typically taking a minimum of 24 hours. If more than mild exacerbation of symptoms (i.e., more than 2 points on a 0–10 scale) occurs during Steps 1–3, the athlete should stop and attempt to exercise the next day. Athletes experiencing concussion-related symptoms during Steps 4–6 should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities. Written determination of readiness to RTS should be provided by an HCP before unrestricted RTS as directed by local laws and/or sporting regulations.
HCP, healthcare professional; max HR, predicted maximal heart rate according to age (i.e., 220-age).

Return-to-Learn (RTL) Strategy

Step	Mental Activity	Activity at each step	Goal
1	Daily activities that do not result in more than a mild exacerbation* of symptoms related to the current concussion	Typical activities during the day (e.g., reading) while minimizing screen time. Start with 5–15 min at a time and increase gradually.	Gradual return to typical activities
2	School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work
3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with greater access to rest breaks during the day.	Increase academic activities
4	Return to school full time	Gradually progress in school activities until a full day can be tolerated without more than mild* symptom exacerbation.	Return to full academic activities and catch up on missed work

Following an initial period of relative rest (24–48 hours following an injury at Step 1), athletes can begin a gradual and incremental increase in their cognitive load. Progression through the strategy for students should be slowed when there is more than a mild and brief symptom exacerbation.

*Mild and brief exacerbation of symptoms is defined as an increase of no more than 2 points on a 0–10 point scale (with 0 representing no symptoms and 10 the worst symptoms imaginable) for less than an hour when compared with the baseline value reported prior to cognitive activity.

CRT6™



Concussion Recognition Tool

To Help Identify Concussion in Children, Adolescents and Adults

What is the Concussion Recognition Tool?

A concussion is a brain injury. The Concussion Recognition Tool 6 (CRT6) is to be used by non-medically trained individuals for the identification and immediate management of suspected concussion. It is not designed to diagnose concussion.

Recognise and Remove

Red Flags: CALL AN AMBULANCE

If **ANY** of the following signs are observed or complaints are reported after an impact to the head or body the athlete should be immediately removed from play/game/activity and transported for urgent medical care by a healthcare professional (HCP):

- **Neck pain or tenderness**
- **Seizure, 'fits', or convulsion**
- **Loss of vision or double vision**
- **Loss of consciousness**
- **Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)**
- **Weakness or numbness/tingling in more than one arm or leg**
- **Repeated Vomiting**
- **Severe or increasing headache**
- **Increasingly restless, agitated or combative**
- **Visible deformity of the skull**

Remember

- In all cases, the basic principles of first aid should be followed: assess danger at the scene, check airway, breathing, circulation; look for reduced awareness of surroundings or slowness or difficulty answering questions.
- Do not attempt to move the athlete (other than required for airway support) unless trained to do so.
- Do not remove helmet (if present) or other equipment.
- Assume a possible spinal cord injury in all cases of head injury.
- Athletes with known physical or developmental disabilities should have a lower threshold for removal from play.

If there are no Red Flags, identification of possible concussion should proceed as follows:

Concussion should be suspected after an impact to the head or body when the athlete seems different than usual. Such changes include the presence of **any one or more** of the following: visible clues of concussion, signs and symptoms (such as headache or unsteadiness), impaired brain function (e.g. confusion), or unusual behaviour.

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CRT6™

Developed by: The Concussion in Sport Group (CISG)

Supported by:



**CRT6****Concussion Recognition Tool**
To Help Identify Concussion in Children, Adolescents and Adults**1: Visible Clues of Suspected Concussion**

Visible clues that suggest concussion include:

- Loss of consciousness or responsiveness
- Lying motionless on the playing surface
- Falling unprotected to the playing surface
- Disorientation or confusion, staring or limited responsiveness, or an inability to respond appropriately to questions
- Dazed, blank, or vacant look
- Seizure, fits, or convulsions
- Slow to get up after a direct or indirect hit to the head
- Unsteady on feet / balance problems or falling over / poor coordination / wobbly
- Facial injury

2: Symptoms of Suspected Concussion**Physical Symptoms**

Headache
 "Pressure in head"
 Balance problems
 Nausea or vomiting
 Drowsiness
 Dizziness
 Blurred vision
 More sensitive to light
 More sensitive to noise
 Fatigue or low energy
 "Don't feel right"
 Neck Pain

Changes in Emotions

More emotional
 More Irritable
 Sadness
 Nervous or anxious

Changes in Thinking

Difficulty concentrating
 Difficulty remembering
 Feeling slowed down
 Feeling like "in a fog"

Remember, symptoms may develop over minutes or hours following a head injury.

3: Awareness

(Modify each question appropriately for each sport and age of athlete)

Failure to answer any of these questions correctly may suggest a concussion:

"Where are we today?"

"What event were you doing?"

"Who scored last in this game?"

"What team did you play last week/game?"

"Did your team win the last game?"

Any athlete with a suspected concussion should be - IMMEDIATELY REMOVED FROM PRACTICE OR PLAY and should NOT RETURN TO ANY ACTIVITY WITH RISK OF HEAD CONTACT, FALL OR COLLISION, including SPORT ACTIVITY until ASSESSED MEDICALLY, even if the symptoms resolve.

Athletes with suspected concussion should **NOT**:

- Be left alone initially (at least for the first 3 hours). Worsening of symptoms should lead to immediate medical attention.
- Be sent home by themselves. They need to be with a responsible adult.
- Drink alcohol, use recreational drugs or drugs not prescribed by their HCP
- Drive a motor vehicle until cleared to do so by a healthcare professional



USA HOCKEY CONCUSSION MANAGEMENT RETURN TO PLAY FORM

The USA Hockey Concussion Management Protocol and most state statutes require that an athlete be removed from any training, practice or game if they exhibit any signs, symptoms or behaviors consistent with a concussion or are suspected of sustaining a concussion. The player should not return to physical activity until he or she has been evaluated by a qualified medical provider who has provided written clearance to return to sports.

This form is to be used after an athlete has been removed from athletic activity due to a suspected concussion and must be signed by their medical provider in order to return without restriction to training, practice or competition.

Player Name: _____ Date of Birth: ____/____/____

District/Affiliate: _____ Name of Person Reporting: _____

Association and Team: _____ Date of Injury: ____/____/____

Location of Injury/Arena: _____

Injury Signs/Symptoms: _____

Print Health Care Professional Name: _____ License No: _____

Address: _____ Phone Number: _____

I HEREBY AUTHORIZE THE ABOVE NAMED ATHLETE TO RETURN TO ATHLETIC ACTIVITY FOR FULL PARTICIPATION WITHOUT RESTRICTION.

Signature: _____ Date: ____/____/____

I AM THE PARENT OR LEGAL GUARDIAN OF THE PLAYER IDENTIFIED ON THIS FORM AND I CONSENT TO THEIR RETURN TO ATHLETIC ACTIVITY WITHOUT RESTRICTION.

Parent/Legal Guardian Name: _____

Signature: _____ Date: ____/____/____

I AM THE COACH OF THE PLAYER IDENTIFIED AND I CONFIRM RECEIPT OF THIS CLEARANCE FORM ACKNOWLEDGING THE HEALTH CARE PROVIDER AND PARENT HAVE APPROVED THE ATHLETE'S RETURN TO PARTICIPATION WITHOUT RESTRICTION.

Coach Name: _____

Signature: _____ Date: ____/____/____



INJURY REPORTING FORM



One form must be completed for each "injury" is defined as: Any ice hockey related ailment, occurring on the rink or player's bench, that kept (or would have kept) a player out of practice or competition for 24 hours or required medical attention (trainer, nurse or doctor) and all concussions, lacerations (cuts), dental, eye and nerve injuries.

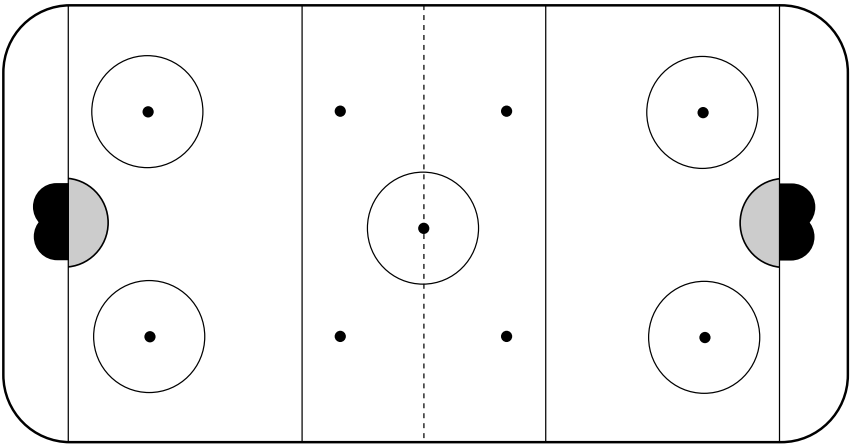
Name _____ Date of Injury ____-____-____ Trainer/MD Name _____

Street Address _____

City _____ State _____ Zip Code _____

Position played at time of injury (W, C, D, G) _____ Game opponent (team) _____

Time of injury (Warm-ups, 1, 2, 3, OT, After) _____ Game frequency (1st, 2nd, 3rd, etc. game of event) _____

<p>TYPE OF INJURY</p> <p><input type="checkbox"/> Contusion <input type="checkbox"/> Fracture</p> <p><input type="checkbox"/> Laceration <input type="checkbox"/> Dislocation</p> <p><input type="checkbox"/> Strain <input type="checkbox"/> Concussion</p> <p><input type="checkbox"/> Sprain</p> <p><input type="checkbox"/> Other _____</p>	<p>BODY PART AFFECTED (Check the affected areas and indicate left or right side)</p> <p><input type="checkbox"/> Head/Scalp <input type="checkbox"/> Chest</p> <p><input type="checkbox"/> Face/Nose <input type="checkbox"/> Abdomen</p> <p><input type="checkbox"/> Eye(s) <input type="checkbox"/> Back/Spine</p> <p><input type="checkbox"/> Mouth/Teeth <input type="checkbox"/> Buttocks</p> <p><input type="checkbox"/> Neck/Ear <input type="checkbox"/> Groin</p> <p><input type="checkbox"/> Shoulder <input type="checkbox"/> Hip</p> <p><input type="checkbox"/> Arm/Elbow <input type="checkbox"/> Leg/Knee</p> <p><input type="checkbox"/> Wrist <input type="checkbox"/> Ankle</p> <p><input type="checkbox"/> Hand/Finger <input type="checkbox"/> Foot/Toe</p>	<p>INJURED'S CATEGORY</p> <p><input type="checkbox"/> Player <input type="checkbox"/> Coach</p> <p><input type="checkbox"/> Referee <input type="checkbox"/> Manager</p> <p><input type="checkbox"/> Volunteer <input type="checkbox"/> Spectator</p> <p><input type="checkbox"/> Other _____</p> <p>INTENT TO INJURE? (according to injured player)</p> <p><input type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>PENALTY CALLED?</p> <p><input type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>NEW INJURY?</p> <p><input type="checkbox"/> YES <input type="checkbox"/> NO</p>
<p>HOW INJURY OCCURRED</p> <p><input type="checkbox"/> Contact with boards</p> <p><input type="checkbox"/> Contact with goal/net</p> <p><input type="checkbox"/> Body contact with another person</p> <p> <input type="checkbox"/> Caused by a body check</p> <p> <input type="checkbox"/> Incidental to playing puck/ball</p> <p><input type="checkbox"/> Struck by a stick</p> <p><input type="checkbox"/> Contact with skate</p> <p><input type="checkbox"/> Contact with floor</p> <p><input type="checkbox"/> Struck by puck</p> <p><input type="checkbox"/> No apparent contact</p> <p><input type="checkbox"/> Other _____</p>	<p>LOCATION (X on diagram where injury occurred)</p>  <p>Please indicate the injured player's defending goal</p>	

Brief description of injury (what happened): _____

What action was taken for injury? _____

Name of Person Treating _____ Phone _____

*KHL's Coach Handbook was updated August 2024
If you have any suggestions, please email the KHL Board of Directors at:
board@kodiakhockeyleague.org*