

Richland Youth Hockey, Inc.



Richland Rangers

Parent / Player Handbook

2023 - 2024

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Dear parents and players,

Richland Youth Hockey was formed to promote hockey and the fundamentals of the game for the youth in Richland County. We want to help each child improve his/her skating skills and hockey ability, but we seek to accomplish more than that. We want each child to emerge from this hockey experience possessing certain positive human values such as self-control, respect for others, cooperation, leadership, and all of those qualities generally described as “good sportsmanship”. In order to accomplish these goals, a cooperative effort is necessary between parent, coach and player. Inasmuch as players emulate adults, we must be good role models. We need to be cognizant of our behavior before, during and after games and set certain goals.

Hockey is a fast, competitive sport and situations arise during games, which become highly charged with emotions. It is in these situations that parents and coaches have the collective responsibility to set a good example for the players. We must concentrate on respecting our opponents, both on and off the ice, attempting not to degrade opponents before, during or after the game, and attempting to win with humility and graciousness and to lose with dignity.

Parents and coaches must accept the decision of the officials without question. The coach should be the only person who is permitted to question the officials, and this must be done in a calm, sportsmanlike manner.

We must play the game to the limit of the skill, endurance, and strength within the framework of the rules. Of course, we must seek to win as to not seek victory is to be a dishonest competitor and destroys the essence of sports. The game should be played in fun for both the coach and players. Winning or losing is not the principal point.

Parents should be encouraged to praise their child’s efforts and demonstrate their involvement and support through their actions and remarks about sportsmanship and fair play. Coaches may be called upon to fairly criticize and redress players but should be equally required to praise the player’s efforts.

We are keenly aware that our hockey program would not exist and could not be successful without your continued support and interest. Therefore, our lines of communication are always open. We invite you to come and view our hockey practices and games and attend our meetings.

Remember that youth hockey is a team event made up of the players, coaches and parents. If we achieve some of these goals, the players, parents and the coaches will all be winners!

As the new season approaches, we would like to leave you with a few thoughts. We would not exist as an organization if it were not for our children. Let us strive to demonstrate positive examples in patience, courtesy, cooperation, and sportsmanship for our kids to model themselves by. After all, “Children learn what they live.”

HAVE A GREAT SEASON!!

Richland Youth Hockey Board of Directors

INTRODUCTION

This booklet is an effort by the Richland Youth Hockey Board of Directors to provide players, parents, and coaches with general information about the program.

THE PROGRAM

In addition to what is contained in the bylaws, the following is the policy of Richland Youth Hockey:

1. We want to teach the fundamentals of hockey and skating.
2. We want all participants to have a positive recreational experience.
3. We want to instill sportsmanship, teamwork, and respect for coaches, officials and fellow players.
4. We want to help our youth develop mentally, physically and morally into youth adults with good values, compassion, self-esteem and pride in themselves and their community.

ASSOCIATION MEMBERSHIP

Parents of players in Richland Youth Hockey automatically become voting members when registration and equipment rental fees are paid and when, at the end of each season, all rented equipment has been returned. A member will be entitles to one vote per family in order to maintain equality between single and married parents or guardians. Richland Youth Hockey does not acknowledge proxy votes or absentee ballots.

BOARD MEETINGS

The board hold meetings on the 2nd and 4th Monday of the month. Meetings start at 6 p.m. at the Richland Youth Hockey Building. Meeting dates and times are subject to change. Please contact the Club President to be placed on the agenda.

The 2022-2023 Board Members:

Justin Verhasselt President Term Expires May 2024 Phone: 406-480-2232	Dustin Haralson Vice President Term Expires May 2025 Phone: 406-480-7573	Tonya Garsjo Director Term Expires May 2024 Phone: 406-489-6523
Dawn Rehbein Treasurer Term Expires May 2026 Phone: 406-489-1172	Theresa Edwards Secretary Term Expires May 2026 Phone: 406-480-7252	Carlos Trevino Director Term Expires May 2024 Phone: 1-406-489-3315
Kallie Berndt Director Term Expires May 2025 Phone: 406-480-5578	Chris Lee Director Term Expires May 2025 Phone: 406-480-0049	Kevin Clausen Director Term Expires May 2026 Phone: 1-406-480-1916

The 2022-2023 Committee Chair Persons:

RYH Board of directors Safesport Coordinating Group	Dustin Haralson Coach in Chief Phone: 406-480-7573	Chris Lee Referee in Chief Phone: 406-480-0049
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COMMUNICATION

Website

- richlandrangers.org contains schedules, contacts and other valuable information.

Email

- Email is used whenever possible. If you have an email address and check your email regularly, please list current one when registering.

Board Meetings

- Contact any board member for time and place.
- Thoughts and questions about the program should be directed to a member of the board or a committee member. We welcome your ideas and input.

Annual Meeting

- The annual meeting will be held at the conclusion of each season or at the beginning of next season.

REGISTRATION

Registration of players and coaches will take place in September or October of each year. A late fee of \$100.00 will be assessed to those who register after the scheduled registration dates. Referees will be responsible for their own registration.

Richland Youth Hockey Registrar is Tim Averett 406-489-0169 or bigsky2616@gmail.com

Total fees are due at registration unless other arrangements have been made with the Registrar. Registration fees are waived for any person who desires to participate but is unable to pay. If you know of such a situation, please contact the Board.

All skaters must register with USA hockey prior to registering with RYH by going to www.usahockey.com/registration. Please provide USA Hockey Registration Number when registering. Birth certificates or baptismal records must be uploaded when registering as proof of age for first time skaters.

Players who have not paid their registration or equipment rental fee by December 1st, will not be allowed to participate in any games. They may still attend practices. Families can make special arrangements with the Board if fees pose a financial hardship.

REFUNDS

Refunds for registration (less USA Hockey fees) or equipment fees will be given **ONLY** to first time players if it's within the first month of joining hockey. Refunds may be considered in special cases such as an injury within the first month of hockey. This will be at the discretion of the Board of Directors.

AGE / TEAM CATEGORIES

There are eight levels of play in the Ranger hockey program. Teams will be formed at the Termite, Mite, Squirt, Peewee, Bantam, Girls 14U, Girls 19U, and Jr. Gold level. If there is more than one team in a group, teams will be divided by the coaches. Movement of players will be determined by the coaches and/or Board and dependent upon the size of teams in each age group. Parents will be consulted on the movement of their child to another age group.

FEES

Team	Ages	Fee's	1 st Year Fee's
Jr. Gold	6/01/2003 – 5/31/2007	\$525	N/A
Girls 19U	6/01/2003 – 5/31/2009	\$525	N/A
Bantam	6/01/2007 – 5/31/2009	\$500	N/A
Girls 12U	6/01/2009 – 5/31/2011	\$500	N/A
Peewee	6/01/2009 – 5/31/2011	\$500	N/A
Squirt	6/01/2011 – 5/31/2013	\$440	\$220

Youth 8 U	6/01/2013 – 5/31/2015	\$260	\$130
Youth 6 U – Full Session	6/01/2015 – 5/31/2018	\$260	\$130
Youth 6 U – Half Session	6/01/2015 – 5/31/2018	\$130	\$65

COACHES FEES (Squirts level and up)

Parents will share the expense of coaches’ fees for those who coached the team your child/children played on for the season. (This includes any cross rostering a skater might do for the games they played in or went to for the team they cross rostered to) RYH will contribute the first \$1000 to go toward these coaches’ fees. This is a reimbursement for hotel, meals and one-way miles traveled to games. The exception to this is if the coach is the parent of one or more of the players on the team, then no coaches’ fees are paid to them. The treasurer will provide the excel spreadsheet to calculate these costs. These fees are paid out at the following rates:

\$.56 per mile, one way per coach (unless they ride together)

Meals @ \$20 per day/per coach

Hotel @ the cost of the room plus tax per coach (unless they share a room)

Coaches have to be present at games and attend majority of practices in order to receive reimbursement.

Coaches reimbursement fee’s will not exceed \$500 per player. If the fee’s do exceed \$500 per player, RYH will pick up the overage.

Team managers will calculate and submit coached fees to the treasurer who will then pay out the \$1000.

Parent coaches will split the \$1000 paid out by RYH

COACHES AND TEAM GIFTS

A coach’s and team gifts are not mandatory and will be at the digression of the team. Parents who choose not to participate in purchasing a gift for the coaches or the team can opt out.

EQUIPMENT

Equipment is available for a rental fee from the club for the three younger age groups. Only limited equipment is available for the other age groups (Peewee and up). All rental equipment is property of RYH and labeled as such. Rental equipment is expected to be returned by date set in rental equipment. Rental equipment is expected to be cleaned before it is returned. A neck guard, colored mouth guard, stick and cup supporter will need to be purchased by skater.

The Club will provide most of the equipment at no charge to all first time skaters in the 10 or under age groups. Players are responsible for any issued gear. If lost or turned in late, he/she will be charged a replacement or late fee. Please keep equipment clean and in good repair. If tears occur, please repair them immediately.

All RYH jerseys are club owned. All purchases, designs and styles will be at the discretion of the board. Do not put game jersey in hot dryer. Club owned jerseys are for game use only. **Do not wear club-owned jerseys for practice or any other occasion. Use of game jerseys for other occasions must be approved by coach.**

Official Ranger colors are red, white and blue. Socks are to coordinate with jersey as per board. Replacement of game jersey for any reason is at the expense of the player/parent.

Richland Youth Hockey Equipment Rental Parents are Taryn Lee 406-480-5408 and Chris Lee 406-480-0049.

THE PROTECTIVE EQUIPMENT

The following is a summary of the important points raised regarding each piece of equipment. It is the responsibility of every coach to ensure that each of his players is adequately protected before engaging in competitive hockey. It is the responsibility of the parent and player to make sure he/she has all his/her equipment on and it fits properly and in good repair.

For Players:

Athletic Supporter and Protective Cup

- Must completely cover and protect external genitalia. Purchase according to waist size.

Shin Pads

- Shin pads that are too long or too short will result in the knee or instep being exposed and unprotected. Must properly protect shinbone and kneecap. Best fitted while player is sitting. Measure from center of knee to top of skate boot. Should not extend beyond top of skate. Match the player's shin size to the inches of shin guard. Space between kneecap and shin section must be flexible yet well protected.

Pants (Breezers)

- Should reach top of knee and extend to cover the kidney and lower ribs. The molded polyethylene hip, kidney and tailbone pads and foam padding should cover all critical areas. Purchase about 6" larger than normal waist size.

Shoulder pads

- Constructed with hard caps for shoulder tips, plus flexible shock absorbing material over the upper arms, chest and back. Measure chest just below armpits. Match chest size to the shoulder pad that corresponds.

Elbow Pads

- When fastened securely, there should be no gap between the pad and either the biceps extension of the shoulder pad or the cuff of the glove. Should not be able to slip. Must cover the complete elbow joint with good shock absorbing material.

Helmet with Face Mask

- Helmets (available in different sizes) must have a chinstrap and fit properly at the forehead, temple and base of the skull. When player's mouth is closed, chin should fit comfortably into chin cup and the helmet should not move around on head. Straps must be fastened. Faceguard (available in clear plastic or cage type) should fit snugly to chin. If too long, it may come into contact with nose or mouth during impact. Both helmets and facemasks must meet required standards. Helmets must be HECC approved and will have an expiration date on sticker. Sticker must be left intact.

Mouth Guard

- A properly fitted internal mouth guard worn in combination with the face guard provides maximum protection to the mouth and teeth. Must be colored, not clear. Should be trimmed and molded to fit the teeth and gums per instructions.

Neck Guard

- USA Hockey and Richland Youth Hockey do not require, but highly ENCOURAGE the use of. Richland Youth Hockey obtains the right, at any time, to make them mandatory.

Gloves

- Should be purchased to fit properly. Should not be so large that they will inhibit ability to properly feel stick, yet so small as to jam your fingertips to the end of the gloves. Must be well padded over fingers, thumb and back of hand, yet flexible to allow movement. Should be hard fiber protection covered with shock absorbing material over wrist and forearm. Must extend up arm to the elbow pads. With forearm bent, measure distance between fingertips and the elbow pad.

Skates

- Molded skates fit the same as your shoe size, while a sewn skate generally fits 1 to 1 ½ sizes down from your regular shoe size. Skater should put on the skate while sitting down and kick his heel back into the skate. Toes should barely touch the toecap. Lacing the boot up, the heel should be continuously kicked back to ensure a tight fit. When up walking, foot should feel comfortable with the rear snug and resting on foot bed. Toes should be extended flat and be able to feather the toecap. When fitting children, following the above steps, allowing ½ size extra for growth. Anything over the recommended ½ size could result in premature breakdown of the skate. (1/2" room would be equivalent to one finger between heel and back of skate.) Skates too large could hinder skating ability.

For Goalies:

Goal Skates

- Should have goalie specific skates.

Goal Pads

- When properly tied to the front post of the skate blade and to the leg, should extend about 4" above the knee. Should not be so large or heavy that the individual's mobility is hampered. Each pad has an extra roll of padding running down the outside edge and when worn, it should be on the outside of the leg.

Goal Pants

- Must have additional fiber padding running up the inside of the leg, as well as over the hip area. Should be fitted a little larger than normal to allow for belly pad.

Blocker

- Special protection on back, allow easy grip on the stick.

Goal Glove

- Catcher should be well formed, with a flexible pocket, and extra padding on inside of wrist. Do not purchase too large, as they will be too heavy and awkward, thus hindering movement.

Shoulder, Arm, Belly Pad

- When fastened, must extend from the neck, down the entire length of the arm, and inside the gloves. Entire pad must be of shock absorbing material, with hard fiber on front of shoulder, upper arm and inside of forearm.

Mask – Helmet

- Recommend that a combination helmet-mask be worn. Wire mask must rest firmly on forehead and chin. Fiberglass, fitted mask must be padded at all contact points chin, cheekbones, nose and forehead. Helmets will have an expiration date on sticker. Sticker must be left intact.

VOLUNTEERISM

Volunteering is the name of the game when you become a member of the Richland Youth Hockey. A successful operation of any youth program requires diverse talents and responsibilities. Your participation in this Association is vital to maintaining its existence. We receive no outside help in running this Association. Richland Youth Hockey has no paid employees.

Volunteers are needed in 3 main areas:

1. Building improvements, maintenance and repairs.
2. Game time and open skating: which includes coaching, refereeing, concessions, ice maintenance, score keeping, and calling mom/dad.
 - Richland Youth Hockey parents are **required** to staff the concession stand, gate and time clocks at all home games and tournaments. Parents will be asked to assist in the planning and operations of tournaments run by RYH. Donations of food items will also be gratefully accepted.
3. Fundraising
 - The expenses of running our hockey program are paid for by fees collected from registration, equipment rental, season passes, and concession/gate receipts. The rest of the money is raised through annual fundraisers. The

money collected from these fundraisers is used to facility improvements and maintenance along with loan payments on our facility.

Our current fundraisers include Fireworks Stand, Fair Food Booth, Advertising Banner Sales, Showcase and Gun Raffle.

There are also various smaller fundraisers done throughout the hockey season such as raffles, etc. As these fundraisers are **VITAL** to keeping Richland Youth Hockey going and to keep our fees down, so all families are expected to participate.

Volunteers receive their true reward from the knowledge that someone's life has been enriched through their effort. Richland Youth Hockey has a long history of dependence upon volunteerism for our existence.

Volunteerism provides benefits to those who serve, as well as those who are served!

We thank you for your efforts to help in this Association!

DONATIONS

Richland Youth Hockey is a non-profit organization and all contributions are tax deductible. If any parent owns or works for a company that makes charitable contributions, please make a Board Member aware of this.

ANY AMOUNT IS ACCEPTED WITH MANY THANKS!

GATE FEES FOR ALL GAMES

Sr. Citizens - \$2.00

Adult - \$5.00

Student - \$2.00

Ages 5 and under – Free

CONCESSION PARENT REQUIREMENT

Two concessions parents from each team will put together a schedule for their individual team. Every parent is expected to work equal amount of shifts (if you did not participate in fair & fireworks fundraisers you could be assigned additional shifts during season). If unable to work a shift, it is that person's responsibility to find a replacement. Please post changes to schedule on Master Schedule posted outside of kitchen door.

Absolutely no one under the age of 15 is to be in the kitchen at any time. If you are not working, you need to stay out of concessions area.

When working concessions and gate, come 1 ½ hour early if you are the ones opening the games. Otherwise come 1/2 hour before your game.

If your team has last game of day, it is your teams' responsibility to clean up building. All team parents are expected to help even if you are not scheduled to work. Also please help in concessions between periods if scheduled workers are busy.

When running concessions during open skate, one worker can help skate rental and/or gate at beginning of open skate.

All families are expected to volunteer when we host any tournaments, even if it is not your team.

WHEN YOU ARE WORKING, YOU ARE REQUIRED TO PAY FOR YOUR ITEMS.

ABSOLUTELY, NO CHARGING!

PARTICIPATION

The philosophy of Richland Youth Hockey is that the development of each player is of prime importance and that a player should not go for any extended periods without skating a regular shift. **The goal is to provide equitable time, not equal.** It is important that the coach have the right to juggle personnel in certain crucial situations. Examples: (A) Power plays, (B) Win-lose situations; (C) In tournament situations coaches can select to play the strongest players.

COACHING: All program coaches are volunteers.

THE COACHES WILL:

1. Teach hockey skills
2. Teach fundamentals of the game
3. Promote sportsmanship
4. Maintain discipline

Coaches have the right to expel a player from locker rooms, practice, or games for disciplinary reasons. Fighting, profanity, obscenity, and failure of the player to conduct himself/herself in a sportsmanlike manner are examples of such action.

Coaches are responsible to the coaching committee. Problems concerning coaches should be brought to the attention of the coaching committee chairman. If an occasion arises after a game or practice when a parent is dissatisfied with the results of coaching. **REMEMBER the “24 HOUR COOLING OFF PERIOD”.** Wait 24 hours before confronting the coaching committee about the situation. Try to resolve the situation with the coach privately. Avoid involving the player if possible.

OPEN SKATING POLICY

1. No sticks or pucks are allowed during Open Skating.
2. Skate guards are required on steps, bleachers, and in concession area.
3. No food or drinks allowed on the ice.
4. All skaters will skate in one direction around the ice.
5. No pushing or shoving, playing tag or other games.
6. No racing or high speed skating.
7. No profanity, fighting, or obscenities will be tolerated.
8. No one without skates is allowed on ice.
9. Music will not be played too loudly.
10. No fighting, wrestling, or running in any areas of the facility.
11. It is advised that small children be supervised by an adult or older sibling.
12. No one is allowed in players' boxes, locker rooms, and equipment rooms or coaches' rooms. Locker rooms will be locked during open skate.
13. No throwing of objects such as hats, gloves, ice chips, etc.

SKATE RENTAL

Be sure to spray out the skates with Lysol and wipe the blades dry before hanging them back up. Laces need to be tied together.

Open Skate hours are Sundays from 6 to 7:30 p.m.

OPEN HOCKEY POLICY

1. Open Hockey is for Members only.
2. Players will be accompanied by a parent if they are not high school age.
3. A minimum of helmet and gloves are mandatory or you will need to get off the ice.

4. Sticks and pucks are allowed during Open Hockey.
5. No slap shots allowed.
6. No food or drink allowed on the ice.
7. Older kids should remain on one end of the rink and the younger on the other end.
8. No checking or slamming against the boards.
9. No profanity, fighting or obscenities will be tolerated.
10. No one without skates is allowed on the ice.
11. Music will not be played too loudly.
12. No one is allowed in the coaches' room.

Failure to follow OPEN SKATE OR OPEN HOCKEY rules will result in that person being removed from the facility at the discretion of the person in charge of the skating session. Disciplinary actions may be taken against RYH players, which could result in missed game time.

USA HOCKEY INSURANCE COVERAGE

All participants and head coaches registered with RYH are registered with the USA Hockey Inc. Insurance Program. Sometime during the course of the year each player will receive a membership card and number, as well as an insurance pamphlet with the names and phone numbers of District Risk Managers. Each coach will receive an insurance booklet. Report any injuries to the head coach and/or District Risk Manager. Remember that the USA Hockey Insurance Program is an excess accident coverage policy only.

It will be up to each individual player to look into or file any claims with USA Hockey. Refer to your brochure for instructions.

DISCIPLINE POLICY OF PARENTS, PLAYERS AND FANS WHILE AT THE HOCKEY RINK

Any adult (parent or RYH member) may politely ask another adult or child to leave the rink if that individual is behaving in an unruly or disrespectful manner.

Examples of this behavior include but are not limited to:

Fighting, profanity, bullying, smoking, under the influence of alcohol or drugs, being in a locker room or coach's room without permission, lighting matches in locker rooms, and vandalism.

PROCEDURE FOR ADULTS:

1. Politely ask the individual to stop the behavior or leave.
2. If the individual is unwilling to leave and the behavior continues, phone the Sidney Police Department and ask for assistance. 406-433-2919 or 911

PROCEDURE FOR CHILDREN:

1. If the parent/guardian is present, politely ask the parent to stop the child's unwanted behavior or take the child home.
2. If the parent/guardian is not present, a responsible adult may politely ask the child to stop the unwanted behavior. If the behavior persists, the parent(s) should be called to pick up their child.
3. To ensure that the child gets home safely, make sure he/she has a ride home.

Any problems/disagreements between parents, coaches, or other players should FIRST try to be worked out on a personal level. Try to resolve the issue with the other person on your own. Please try not to involve anyone else.

If you are unable to resolve the issue yourself, then you may bring it to the attention of the Coach in Chief and then to the **Board**, if necessary (ONLY IF IT IS A DIRECT RELATION TO HOCKEY).

Failure to follow this policy will result in suspension of the player, parents or fans from games, dependent upon the situation.

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 goalkeeper is 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 facemask.
7. Do not make punitive attempts to elbow or knee opponents.
8. Do not charge or contact the goalkeeper.
9. Do not shoot pucks at other players.
10. Do not alter stick curvature or shape.
11. Do not grasp the facemask.
12. Contact should be absorbed with padded surfaces.
13. Absorb or make contact in a low, balanced position.

EMERGENCIES

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance.
 - b. Bringing first aid equipment or supplies to the site. A kit is located in the kitchen concession area.
 - c. Keep onlookers away.
 - d. Direct the rescue team to the accident site.
5. In case of fire:
 - a. Evacuate or remain outside the building as far away as possible.
 - b. Call 911

HAZING

There shall be no hazing of any participant involved in any of USA Hockey's Member Programs by any employee, volunteer, independent contractor or other participant.

Hazing includes any conduct which is intimidating, humiliating, offensive, or physically harmful. The hazing conduct is typically an activity that serves as a condition for joining a group or being socially accepted by a group's members.

Examples of hazing prohibited by this Policy include, without limitation, requiring or forcing (including through peer pressure) the consumption of alcohol or illegal drugs; tying, taping, or physically restraining a participant; sexual simulations or sexual acts of any nature; sleep deprivation, or the withholding of water and/or food; social actions (e.g. grossly inappropriate or provocative clothing) or public displays (e.g. public nudity) that are illegal or meant to draw ridicule; beating, paddling, or other forms of physical assault. The activity known as "Locker Boxing" (fighting with helmet and gloves) is also a form of hazing that can produce head trauma in children and young adults and is prohibited in any USA Hockey Member Program.

Activities that fit the definition of hazing are considered to be hazing regardless of a person's willingness to cooperate or participate.

Hazing does not include group or team activities that are meant to establish normative team behaviors, or promote team cohesion, so long as such activities do not have reasonable potential to cause emotional or physical distress to any participant. Examples of activities that do not constitute hazing include directing or allowing a younger player to pick up pucks or move nets after practice or bring or fill water bottles, or giving older players first preference in team assignments, responsibilities, accommodations, facilities, or equipment.

While other team members are often the perpetrators of hazing toward their teammates, it is a violation of this Policy if a coach or other responsible adult knows or should know of the hazing but takes no action to intervene on behalf of the targeted participant(s).

A USA Hockey participant or parent of a participant who violates this Hazing Policy is subject to appropriate disciplinary action, including but not limited, to suspension, permanent suspension and/or referral to law enforcement authorities.

LOCKER ROOM POLICY

Youth players are particularly vulnerable in locker rooms, changing areas and restrooms due to various stages of dress/undress and because they are often less supervised than at other times. Athlete-to-athlete problems, such as sexual abuse, bullying, harassment or hazing, often occur when a coach or other responsible adult is not in a position to observe – this is especially true in locker rooms. Adherence to a locker room policy enhances privacy and reduces the likelihood of misconduct. Proper supervision of the locker room areas also helps ensure that players that may have suffered an injury during a game or practice have an adult present to confer with regarding such injury.

Locker Room Supervision USA Hockey is concerned with locker room activities between minor participants; minor participants and adult participants; adults being alone with individual minor participants in locker rooms; and with non-official or non-related adults having unsupervised access to minor participants at team events.

It is the policy of USA Hockey that all USA Hockey Member Programs have at least one responsible screened adult present monitoring the locker room during all team events to assure that only participants (coaches and players), approved team personnel and family members are permitted in the locker room and to supervise the conduct in the locker room. Acceptable locker room monitoring could include having locker room monitors in the locker room while participants are in the locker room, or could include having a locker room monitor in the immediate vicinity (near the door) outside the locker room that also regularly and frequently enters the locker room to monitor activity inside. If the monitor(s) are inside, then it is strongly recommended that there be two monitors, both of which have been screened. A local program or team may impose or follow stricter monitoring requirements. Any individual meetings between a minor participant and a coach or other adult in a locker room shall require that a second responsible adult is present. The responsible adult that monitors and supervises the locker room shall have been screened in compliance with Section III of this Handbook.

Further, responsible adults must also secure the locker room appropriately during times when minor participants are on the ice.

It shall be permissible for a local program or team to prohibit parents from a locker room. However, in doing so the team shall be required to have properly screened adults monitoring and supervising the locker room as required above. With younger players, it is generally appropriate to allow parents to assist the player with getting equipment on and off before and after games or practices and they should be allowed in the locker room to do so.

Cell phones and other mobile devices with recording capabilities, which includes voice recording, still cameras, and video cameras, increase the risk for some forms of abuse or misconduct. As a result, the use of a mobile device's recording

capabilities in the locker rooms is not permitted at any USA Hockey sanctioned event, provided that it may be acceptable to take photographs or recordings in a locker room in such unique circumstances as a victory celebration, team party, etc., where all persons in the locker room are appropriately dressed and have been advised that photographs or recordings are being taken.

All local programs shall publish locker room policies to the parents of all minor participants that are specific to the facilities they regularly use. The local program's policies shall include the program's (a) practices for supervising and monitoring locker rooms and changing areas; (b) permission or lack of permission for parents to be in the locker rooms; (c) prohibited conduct, including at least all forms of abuse and misconduct prohibited by USA Hockey; and (d) specific policies regarding the use of mobile electronic devices and phones and prohibiting the use of a device's recording capabilities. A sample locker room policy form may be found at www.usahockey.com/safesport.

For each team, the coach and/or team administrators shall be responsible for compliance with the locker room supervision requirements of this Policy. A coach and/or team administrator that fails to take appropriate steps to ensure the Locker Room Policy is adhered to, and any USA Hockey participant or parent of a participant who otherwise violates this Policy is subject to appropriate disciplinary action.

CO-ED LOCKER ROOMS

As a team sport in which youth teams can often include both male and female players, special circumstances may exist that can increase the chance of abuse or misconduct. If the team consists of both male and female players, both female and male privacy rights must be given consideration and appropriate arrangements made. It is not acceptable under USA Hockey's Sexual Abuse Policy for persons to be observing the opposite gender while they dress or undress. There are a variety of ways to comply with the above tenets, and what works may depend on the locker rooms that are available at a particular facility. Where possible, the male and female players should undress/dress in separate locker rooms and then convene in a single dressing room prior to the game or team meeting. Once the game is finished, the players may come to one locker room and then the male and female players proceed to their separate dressing rooms to undress and shower (separately), if available. If separate locker rooms are not available, then the genders may take turns using the locker room to change and then leave while the other gender changes. Where possible, when both male and female players are together in the locker room, there should be at least two adults in the locker room that have been properly screened in compliance with USA Hockey Screening Policy.

The USA Hockey SafeSport website (www.usahockey.com/safesport) contains sample approaches that may be used by a local program depending on the facilities available at a particular arena.

Additionally, reference USA Hockey's Co-Ed Locker Room Policy set forth in the USA Hockey Annual Guide, which also addresses gender equity and the need to provide equal exposure to coaching and instruction as it may be impacted by a program's Co-Ed Locker Room Policy.

ELECTRONIC COMMUNICATIONS POLICY

As part of USA Hockey's emphasis on safety, communications involving any participant, and especially our minor participants, should be appropriate, productive, and transparent. Effective communication concerning travel, practice or game schedules, and administrative issues among coaches, administrators, players and their families is critical. However, the use of mobile devices, web-based applications, social media, and other forms of electronic communications increases the possibility for improprieties and misunderstandings and also provides potential offenders with unsupervised and potentially inappropriate access to participants. The improper use of social media, mobile and electronic communications can result in misconduct. Adherence to the Electronic Communications Policy helps reduce these risks.

All electronic communication between coach and player must be for the purpose of communicating information about team activities. Coaches, players and all team personnel must follow common sense guidelines regarding the volume and

time of day of any allowed electronic communication. All content between coaches and players should be readily available to share with the public or families of the player or coach. If the player is under the age of 18, any email, text, social media, or similar communication must also copy or include the player's parents.

SOCIAL MEDIA

Social media makes it easy to share ideas and experiences. USA Hockey recognizes, however, that social media, mobile and other electronic communications can be especially concerning where minor participants are involved. Coaches are prohibited from having players joined to or connected through their personal Facebook page or any other similar social media application. To facilitate communication, an official organization or team page may be set up and players and parents may join (i.e., "friend") the official organization or team page and coaches can communicate to players through that site. All electronic communication of any kind between coach and player, including use of social media, must be non-personal in nature and be for the purpose of communicating information about team activities or for team oriented motivational purposes.

EMAIL, TEXT MESSAGING AND SIMILAR ELECTRONIC COMMUNICATIONS

Coaches, team managers and players may use email and text messaging to communicate. All email and text message content between coaches/team managers and players must be non-personal in nature and be for the purpose of communicating information about team activities. Emails and text messages from a coach to any minor participant must include a copy to the player's parents. Where possible, a coach should be provided and use the organization web site email center (the coach's return email address will contain "@organization.com") for all communications with the team, players, and player's parents, where applicable.

REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS OR IMAGERY WITH ATHLETE

Following receipt of a written request by the parents of a minor player that their child not be contacted through any form of electronic communication by coaches or other adults in the program, the local program, team, coaches and administrators shall immediately comply with such request without any repercussions for such request.

ABUSE AND MISCONDUCT

Social media and other means of electronic communication can be used to commit abuse and misconduct (e.g., emotional, sexual, bullying, harassment, and hazing). Such communications by any employee, volunteer, independent contractor or other participant of a USA Hockey Member Program will not be tolerated and are considered violations of USA Hockey's SafeSport Program.

REPORTING

Infractions of USA Hockey's Electronic Communications Policy should be reported to the appropriate person as described in Section IV of this Handbook.

A USA Hockey participant or parent of a participant who violates this Electronic Communications Policy is subject to appropriate disciplinary action including but not limited to suspension, permanent suspension and/ or referral to law enforcement authorities.

PLAYERS' CODE OF CONDUCT

- Play for FUN!
- Work to improve your skills.
- Be team players – get along with your teammates.
- Learn teamwork, sportsmanship, and discipline.
- Be on time for practices and games.
- Learn the rules, and play by them. Always be a good sport.

- Respect your coach, your teammates, your parents, opponents, and officials.
- Never argue with officials' decisions.
- Keep a sound soul, a clean mind, and a healthy body.
- To play the game is great, to love the game is greater.

PARENT'S CODE OF CONDUCT

- Do not force your children to participate in sports, but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment.
- Make it fun. Encourage your child to play by the rules. Remember children learn best by example, so applaud the good plays of both teams.
- Do not embarrass your child by yelling at players, coaches, or officials. By showing a positive attitude toward the game and all of its participants, our child will benefit. Emphasize skill development and practices and how they benefit your young athlete.
- De-emphasize games and competition in the lower age groups.
- Know and study the rules of the game, and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Applaud a good effort in victory and in defeat, and reinforce the positive points of the game. Never yell or physically abuse your child after a game or a practice, it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- Recognize the importance of volunteer coaches. They are very important to the development of your child and the sport. Communicate with them and support.
- If you enjoy the game, learn all you can about the game and VOLUNTEER!
- Recommended for 1 parent from every family complete Safe Sport. For further explanation, see SafeSport section. If you are SafeSport certified, please bring in certificate of completion to our Safe Sport Coordinator, who is to be determined in near future.

COACHES CODE OF CONDUCT

- Recognize that players continue to participate in hockey because they are having fun. Whether your players do have fun is up to you.
- Strive to win while using all your players, not just the best ones. Remember – the value is in the game and success is not measured only by winning.
- Provide encouragement, understanding, and praise. To be yelled at in front of teammates, opponents, and parents does not encourage a hockey player. There will be times when your players perform to the very best of their ability, but the other team is simply better.
- Develop confidence and self-esteem in each person as a player and as an individual.
- The development of each player is of prime importance. A player should not go extended periods without skating a regular shift. It is important that the coach has the right to juggle personnel in certain critical situations. Examples: power plays; win/lose situations; and tournament game situation. Coaches may select to play the strongest players in these situations.
- Arrange a parents meeting at the beginning of each season to open the lines of communication between parents and coaches. The uses of this meeting:
 - Convey coaching philosophies and goals
 - Ask for parental support by involving them as assistant coaches, ice zammers, calling mom/dad/ concession leaders, team managers, etc.
 - Explain your team's code of conduct and consequences for violating this code.
 - Establish a system to provide for "equitable" playing times in games. "Equitable" does not mean equal. Factors included are:
 - Practice attendance

- Extra time spent at open skating
- The attitude of the player
- Establish a code of conduct for the team regarding behavior at practices, games and at any time Richland Youth Hockey is being represented.
- Provide for consistent, fair, and effective discipline when the code of conduct is violated.
- Disciplinary consequences should be published or communicated to the players and parents before the first practice.
- Enforce the rules and regulations of USA Hockey, NDAHA, and Richland Youth Hockey regarding safety, protective effective and risk reduction factors.
- Provide for treatment of injuries incurred by players on your team and report such injuries to the District Risk Managers as required by USA Hockey.
- Coaches serve as positive role models for the players, parents, fans, other coaches and all those people affiliated with youth hockey. Inspire in you players the love of the game and the desire to win.
- Be responsible for the conduct and welfare of your team at all times, with special attention in the event of tournament participation.
- Be accessible to players and parents on a reasonable basis to discuss the players' progress or lack of it, or to clear up misunderstandings.
- Contact the Referee Committee Chairman or Chief Referee to arrange for referees for your team's home games.

PRACTICE, GAMES, DISCIPLINE AND TEAM STANDARDS

1. All games and tournament schedules will be posted as soon as possible. The schedule is subject to changes.
2. Players will be notified of practice schedules as soon as possible.
3. Three practices per team per week is the goal in the three older age groups.
4. Games and practices are mandatory unless in case of an emergency. The coach must approve excused absences in advance.
5. Unexcused absence from practice or games may result in exclusion in one or more periods of next game.
6. Players will report to game as directed by coach.
7. Players will be dressed and ready to go with all equipment on at the time practices is to begin. Do not expect the coach to repair equipment, sharpen skates, etc. This takes time away from other players. Proper care of equipment is the parent's and player's responsibility.
8. Players are to conduct themselves in a sportsmanlike manner during all practices and games, on and off the ice. **Fighting, profanity, obscenity, or failure of the player to conduct himself/herself in such a manner will be reasons for disciplinary action as determined by coach.**
9. Players who disrupt practice may be asked to sit down or leave the ice. Examples: shooting pucks while coach is instructing, tripping other players or fighting.
10. Players will listen and respect their coaches.
11. Players will give maximum effort, both physically and mentally during practices and games.
12. Players will wear all mandatory equipment during practices and games.
13. Each group is responsible for ice maintenance between practices. Please help out your group's coach by being ready to zam the ice after each practice. 15 minutes is allowed between practices for zaming the ice. The coach should not be left to zam the ice. Failure to zam ice after scheduled practices may result in lost practice time.
14. Locker rooms are to be kept clean and picked up after practice and games. Please instill in your child the importance of keeping the locker rooms clean and in good repair. Failure to clean up locker rooms after practice and games may result in lost practice time.
15. Absolutely NO use or possession of alcohol, tobacco or drugs by Richland Ranger hockey players will be tolerated. Use of controlled substances can result in immediate suspension or missed game time.
16. When traveling, Richland Ranger players will represent themselves, their parents, the Richland Youth Hockey Organization, and their community. Appropriate behavior is expected.

17. Carpooling can make the season more enjoyable and less expensive. If you are sending your child with another parent, please be sure to send enough money to cover food expenses and contribute money for gas and/or lodging.

Coaches may set their own team rules in addition to RYH Rules, and players are expected to abide by them. Failure to follow the rules may result in disciplinary action as determined by the coach and or board.

We welcome your participation and assistance in practices or in supervising the locker rooms before and after practice and games.

LOCKER ROOMS - DRESSING ROOMS

1. Dressing rooms will be respected and kept CLEAN.
 - Remove gear every night after practice.
2. All tape, trash, etc. will be thrown in the garbage cans provided in each dressing room and picked up after practices and games. Liquids, such as pop, water, juice, etc. should be poured down the sink in the bathrooms. **DO NOT** pour liquid into garbage cans!
3. **No spitting in the locker rooms!!**
4. Each age group is responsible for cleaning up locker rooms after games and practices. Failure to do so may result in loss of practice time.
5. Players will not vandalize the dressing rooms in any way.
6. These rules also apply on the road.
7. Absolutely NO cell phone use in the locker room per Safe Sport rules.

SAFESPORT

Any & all adults that enter a locker room must be safe sport certified per USA Hockey regulations. All parents need to go to usahockey.com and complete the safe sport program prior to your child participating in Richland Youth Hockey activities.

Richland Youth Hockey Safe Sport Committee is the RYH Board of Directors. .

The underlying signatures acknowledge that I have received, read and understand the expectations of the RYH Parent/Player Handbook 2023-2024.

Parent Name

Parent Signature

Date

Player Name

Player Signature

Date

This form to be completed and returned at Coach/Parent Meeting prior to your player's first practice.