

# Field Hockey Ontario

How do I know if I want a Junior/Senior Membership or a Recreational Membership?

## Recreational Membership

### What is a Recreational Membership?

- Level of Play: Active Start or FUNdamentals or Learn to Train or Sport for Life.
- Insurance for field time is to be supplied by the Club or the Group running the house league.
- This membership is for a house league recreational program in which teams play only others in the same league and do not travel outside a limited area for competitions.
- This membership does NOT include any FHO sanctioned tournaments; May Meltdown, June Jamboree, indoor league, Winter and Summer Games, Team Ontario Trials, Team Ontario competition.
- This membership is a non-voting membership.

### What are the benefits of the Recreational Membership?

- FREE FHO merchandise
- Chance to be entered into our giveaways
- FREE equipment
- Try it Events / Development Days
- And much more!

## Junior Recreational Membership

### What is a Junior Membership and what are the benefits?

- Age: Under 19
- Level of Play: Train to train/ train to compete/ competitive for life / sport for life.
- Insurance for field time is to be supplied by the Club or the Group running the house league.
- This membership can try out for provincial team.
- This membership can travel to games and tournaments around Ontario to compete against other clubs.
- This membership does include any FHO sanctioned tournaments; May Meltdown, June Jamboree, indoor league, Winter and Summer Games, Team Ontario Trials, Team Ontario competition.

### What are the benefits of the Junior Membership?

- Insurance:
  - Excess accident insurance if you get hurt participating in FHO sanctioned events
  - Excess accident insurance if you get hurt at a club practice, provided your Club is registered with FHO
  - Please note
    - Excess Accident insurance does not pay benefits payable by your provincial medical insurance (OHIP), whether you are enrolled or not
  - Third Party Liability insurance, covering members for legal costs and damages should they be sued for actions related to participation in an FHO sanctioned events
- Chance to be entered into our giveaways
- Try it Events / Development Days
- And much more!

## Senior Recreational Membership

### What is a Senior Membership and what are the benefits?

- Level of Play: Train to train/ train to compete/ competitive for life / sport for life.
- Insurance for field time is to be supplied by the Club or the Group running the house league.
- This membership can try out for provincial team.
- This membership can travel to games and tournaments around Ontario to compete against other clubs.
- This membership does include any FHO sanctioned tournaments; May Meltdown, June Jamboree, indoor league, Winter and Summer Games, Team Ontario Trials, Team Ontario competition.

### What are the benefits of the Senior Membership?

- Insurance:
  - Excess accident insurance if you get hurt participating in FHO sanctioned events
  - Excess accident insurance if you get hurt at a club practice, provided your Club is registered with FHO
  - Please note
    - Excess Accident insurance does not pay benefits payable by your provincial medical insurance (OHIP), whether you are enrolled or not
  - Third Party Liability insurance, covering members for legal costs and damages should they be sued for actions related to participation in an FHO sanctioned events
- Chance to be entered into our giveaways
- Try it Events / Development Days
- And much more!

For any further information please email [info@fieldhockeyontario.com](mailto:info@fieldhockeyontario.com) or follow this link to our membership page on our website <https://www.fieldhockeyontario.com/membership>