



HOCKEY CANADA

This publication is printed by Hockey Canada to promote risk management

# Safety Net

Second Edition

## A Message from the Chair of the Hockey Canada Risk and Safety Management Committee


**F**irst of all, I would like to take this opportunity to thank you for your positive comments on the launch of Safety Net. Volunteers from branches across Canada have contributed to the success of this valuable publication.

Twice a year, representatives from member branches of Hockey Canada meet to share and exchange ideas. They discuss branch initiatives and participate in interactive educational seminars covering important issues and topics that will help to ensure that our game remains safe and enjoyable.

Safety Net allows us to present valuable risk and safety information that's of interest and concern to the membership of Hockey Canada.

This issue of Safety Net has articles on nutrition, Team First (an initiative of the British Columbia Amateur Hockey Association), facility standards, the helmet sticker policy, and Kids Help Phone. I would like to thank the people who contributed these articles.

In closing, I would like to take this opportunity to congratulate Todd Jackson, Risk and Safety Manager of Hockey Canada for being named the recipient of the prestigious Hal Lewis Award at the Annual Meeting of Hockey Canada held in Regina in May.

Best wishes to all participants for a successful, enjoyable and safe hockey season. 

**Wayne Macpherson**

*Chair, Hockey Canada Risk and Safety Management Committee*

### IN THIS ISSUE:

Fuel Your Performance **2**

Team First Program in BCAHA **4**

CSA Spectator Safety Standard **4-5**

Kid's Help Phone Parent's Help Line **6**

Beyond Respect **7**

New Policy on Applying Stickers on Helmets **8**

# Fuel Your Performance

Submitted by Wilma Fehr  
Hockey Canada Safety Program MCC

**Y**ou need fuel to perform any athletic activity. And your performance can be determined by the type of fuel you use. Everyday nutrition and proper hydration are very important to completing an activity. Knowing which fuels enhance performance is a valuable tool for parents, coaches, and safety people.

Most people do not have access to a nutritionist to evaluate their meal choices. But by following Canada's Food Guide to Healthy Living, anyone can achieve proper nutrition through a balanced diet that includes:

- Grain products (5-12 servings), look for whole grain and enriched products.
- Vegetables and fruit (5-10 servings), eat more dark green and orange vegetables and orange fruit.
- Milk products (2-4 servings), choose lower-fat products more often.
- Meats, poultry and fish (2-3 servings), choose leaner cuts as well as dried peas, beans, and lentils more often.

The key is to choose food products that will give the most energy. The energy-yielding nutrients in a well-balanced diet consist of carbohydrates, proteins, and fats.

## Carbohydrates

Carbohydrates are a major energy source during exercise. They should comprise 60% to 65% of calories consumed daily. There are two types of carbohydrates: complex (such as starch and fibre) and simple (sugars).

Complex carbohydrates, like whole grain bread, potatoes, pasta, rice, cereal, legumes, starchy vegetables and fruit, are packed with nutrients. Simple carbohydrates offer almost no nutrients to go along with the calories.

Carbohydrates are ingested, absorbed and transformed into a sugar (glucose), which provides the body (especially the brain and muscles) with energy. Carbohydrates supply the body with 40% to 95% of its energy. The amount depends on the activity a person is performing - reading a book uses about 40% while jogging uses 80%. If a person is not eating enough carbohydrates, the blood glucose levels drop quickly while doing an activity. Once the sugar stores have been depleted, athletes will become fatigued and exhausted more rapidly. This leads to a higher potential for injury.

Carbohydrates should be a part of the pregame meal at least 1 to 2 hours before the game. Post event nutrition is also important. Athletes can maximize their energy storage for the next event by consuming light carbohydrates within 15 to 30 minutes following a game or practice. This should then be followed with a complete meal within one to two hours of the activity, combining carbohydrates and proteins for maximum recovery.

## Protein

Proteins are an important part of a healthy diet because of their role in growth and maintenance. Your body uses protein to build and rebuild tissue, including muscle. Protein also has important roles in keeping the immune system functioning properly and in maintaining your fluid and electrolyte balance. Some examples of proteins are meats, poultry, fish, cottage cheese, yogurt, tofu, peanut butter, and chickpeas.

## EQUIPMENT

### Did you know...

**your skate tongue should be worn behind the shin pad to fully protect the lower shin?**



Supplying energy to the body is a secondary role for protein. Excess protein in a person's diet is converted to fat for storage. Protein beyond the body's requirements must be broken down for use as energy or stored as fat. This process requires fluid and may lead to dehydration. Therefore, proteins should not exceed 15% of daily caloric intake.

If a person is only doing aerobic exercise (no weight training), their recommended daily requirement (RDA) for protein is 0.5 grams per pound of body weight. To calculate your protein requirement, multiply your weight in pounds by 0.5 grams. If athletes are also weight training, the RDA increases to 0.7 grams per pound of body weight.

### Fats

For many years we have heard about how bad fat in foods is. However, dietary fat is essential to help maintain good health. By eating a diet high in vegetables, fruits, grains, and beans and using healthy oils, you will automatically tend toward the healthiest ratio of fats in your diet. Examples of "essential" fats are salmon, halibut, shellfish, olive oil, and low-fat and skim milk products.


Along with carbohydrates, fat is an important fuel source for exercise and activity. In order for fat to be used as a source of energy, you need carbohydrates to break down the fat. Longer periods of aerobic (with oxygen) exercise will burn more fat.

### Hydration

Water is an essential nutrient, which makes up about 60% of the body's weight. A person can survive for over a month without food but will die within a week without water. Active people, especially children, need even more water than the average person.

Ingesting water during an activity is important because it helps to regulate the body's temperature. With exercise, the body's core temperature rises. To get rid of that heat, you sweat. The evaporation of that sweat cools your blood and body. Heavy or prolonged sweating can lead to dehydration.

Restricting fluids during training will not condition players to exercise without fluid replacement. The body does not adapt to being dehydrated and cannot rehydrate itself. Dehydration is a major cause of fatigue and poor performance. To be properly hydrated for exercise, you should schedule water intake throughout the day and drink at least 8 cups of water per day.

Athletes should drink 1-2 cups of water immediately before exercise to begin the game or practice properly hydrated. During exercise, you should consume half to one cup of water every 15 to 20 minutes. After exercise, you should continue drinking water, consuming two cups for every pound of weight lost during the activity. What about "sports drinks"? For any activity lasting one hour or less, plain, cool water is sufficient. When the event or training lasts longer than one hour, sports drinks containing 2.5% to 10% carbohydrates (CHO) may be beneficial. When deciding on a type of sports drink, it is important to try it first in training to find out if it agrees with you before using it in a game. 

## EQUIPMENT

### Did you know...

**you should never buy skates too big to grow into as this can inhibit proper skating development?**

## Team First Program in BCAHA

Submitted by Kevin Bruce  
BCAHA



**T**eam First takes aim at the attitudes and incidents on and off the ice that detract from the fun and safety of hockey. The 2003-2004 hockey season will be the second full year for Team First in British Columbia and the Yukon. Team First was developed a few years ago by the membership and staff of the BC Amateur Hockey Association (BCAHA). Team First recognizes the role that players, parents, team officials, and game officials have in promoting a safe and fun environment for children.


Hockey isn't the only game with challenges and problems. But the BCAHA felt it was our responsibility to our membership and our great game to let all participants know what is and is not acceptable behaviour. Ultimately, the purpose of Team First is to deliver a positive message of personal responsibility to each partner. Players, parents, spectators, volunteers, coaches, officials, and sport administrators must examine their attitudes, actions, and behaviour and make a personal commitment to the principles of Fair Play. These principles, respect, integrity and fairness, protect the sport and more importantly ensure the positive growth and development of children.

Team First is a local association-driven initiative, supported by the BCAHA, the Recreation Facilities Association of BC, the Vancouver Canucks, and the BC Centre of Excellence. It's built around a parent and partners meeting at the start of the season. Team First awareness posters at the rink, Hockey Canada's Hockey Parents Make a Difference video, and the Chevrolet Safe & Fun Parent's Approach booklet and video are all components of the meeting. Each hockey association in the branch has also been

supplied with a binder containing the presentation material in overhead slides and all materials can be downloaded from our website: [www.bcaha.org/teamfirst](http://www.bcaha.org/teamfirst).

At the beginning of the season, each partner is expected to sign a contract, essentially a fair play code, that he or she is expected to abide by during the season. The idea that 95% of the problems encountered by minor hockey associations are generally caused by 5% of its membership is not lost in Team First, but part of it.

Team First empowers the membership with the knowledge that unacceptable behaviour, violence, thoughtless or hurtful language will not be tolerated and it is essential to make accountable those individuals who cause problems and create unhealthy environments. Resolution and reconciliation are key components of Team First.

The BCAHA would like to thank everyone in BC and the Yukon who made Team First a great success last year, improving the environment in which kids play, grow, and learn. 

**For more information on the Team First Program visit the BCAHA website at [www.bcaha.org](http://www.bcaha.org)**

## CSA Announces Plans to Develop New Spectator Safety Standard

**T**he Canadian Standards Association (CSA), Canada's leading developer of standards and codes, will develop a new standard addressing Spectator Safety for Indoor Arenas.

The voluntary standard will be targeted to owners, operators and designers of indoor arenas and will provide guidelines for protecting the safety of all arena users. Topics covered in the standard may include



netting, glass or other devices intended to protect spectators from injury by objects coming out of the area of play.

Development of the standard is expected to begin in early 2003 and will take 12 to 18 months to complete.

The Canada Safety Council and the Canadian Recreation Facilities Council are working with CSA to identify stakeholders and will be active participants in the standard development process.


CSA has been developing standards that work for people and business for more than 80 years," said Pat Keindel, President, Standards, CSA. "CSA has a proven track record in this field. Working with hockey associations and other interested groups, the adoption of CSA standards for hockey helmets and face protectors has significantly reduced the number of eye injuries among players. We hope that this new standard will be as successful at protecting people who watch events at indoor arenas."

Concern for spectator safety has risen recently, following high profile incidents of spectator injury in indoor arenas in both

Canada and the U.S. "We are very happy that CSA is developing this important standard," said Emile Therien, President, Canada Safety Council. "We hope a standard addressing spectator safety in indoor arenas can have the same impact CSA's standard for hockey face protectors has, decreasing eye injuries to players by 98% since it was first developed."

CSA standards are developed using balanced committees comprised of volunteer members, structured to include participation from a broad group of stakeholders representing government, consumer and manufacturing interests. When developing the standard, the committee considers the views of all participants using a consensus process, which includes the principles of inclusive participation, respect for diverse interests and transparency. All CSA standards are voluntary unless mandated in legislation.

CSA has more than 2,000 published standards, covering a wide range of products, from electrical, plumbing and oil and gas industries, to hockey helmets, visors and playground equipment. CSA is meeting the challenges of our rapidly changing world, continually expanding into uncharted areas such as organ, tissue and blood management systems for health care facilities, environmental management systems for hog farms and now, spectator safety for indoor arenas.

The Canadian Standards Association (CSA) is a membership association serving industry, government, consumers and other interested parties in Canada and the global marketplace. A leading developer of standards and codes, CSA aims to enhance public safety, improve quality of life, preserve the environment and facilitate trade. To help people understand and apply standards, CSA offers information products and training. The Canadian Standards Association is a division of CSA Group which consists of CSA, CSA International for product testing and certification, and, QMI for management systems registration. 

**For more information on CSA, visit [www.csa-international.org](http://www.csa-international.org)**

**TEST YOUR**

**Knowledge!**

- 1. The Hockey Canada Speak Out Program was launched in:**
  - a) 1997
  - b) 1995
  - c) 1999
  
- 2. When choosing equipment, players should look for**
  - a) good fit
  - b) well-maintained equipment
  - c) equipment with good protective quality
  - d) all of the above

*See page 8 for answers.*

# Kid's Help Phone and Parent's Help Line

Submitted by **KIDS HELP PHONE**  
*Kids Help Phone* 1 800 668 6868  
www.kidshelpphone.ca

**B**eing a kid is fun but it can also be tough. You have to deal with all kinds of things that can be hard to talk about. That's why there's Kids Help Phone.

Being a parent can be one of life's most wonderful experiences, but it can be tough as well. That's why there's Parent Help Line.


"I love sports but because I'm not very good the guys on my team laugh at me and tell me I can't play," Sean, 13-year-old caller.

"One of the girls on my daughter's soccer team keeps coming to practice covered in bruises and bandages. I think she's being abused and I don't know what to do," Anna, 35-year-old parent.

These are the types of calls received at Kids Help Phone and Parent Help Line. Each and every day, the professional counsellors there listen to abused children, help kids with substance abuse problems, counsel confused and worried parents and caregivers - the list goes on and on. Counsellors answer calls from children and families in almost 3,000 communities across Canada every year.

Kids Help Phone (1-800-668-6868 / www.kidshelpphone.ca) is Canada's only national, bilingual, toll-free 24-hour anonymous and confidential phone counselling, referral and Internet service for children and youth. Kids call or post questions online about a wide range of issues and concerns including physical, sexual and emotional abuse, school, drugs, and suicide.

Parent Help Line is a service of Kids Help Phone in collaboration with Invest In Kids. It is Canada's only national, bilingual, toll-free, 24-hour anonymous and confidential phone counselling, referral and Internet service for parents and caregivers. The service, operated and managed by Kids Help Phone, helps parents and caregivers enhance their coping and parenting skills by providing them with professional counselling and referral services over the phone. A library of more than 300 messages answering typical parenting questions has been created by the child development and parenting experts at Invest In Kids, and is available on the phone or website.

Over the past three years, Hockey Canada has implemented an extensive training, education and awareness program for all its players, coaches, trainers and administrators. Hockey Canada and Kids Help Phone teamed up to encourage young people to "Speak Out" to a parent, trusted adult, or Kids Help Phone counsellor if they are in any way being harassed or abused. Working together, we can help protect kids against abuse. 

***If you or someone you know needs to talk to a professional counsellor about abuse, or about anything else, call Kids Help Phone at 1-800-668-6868 or Parent Help Line at 1-888-603-9100. It's free, anonymous and it can help.***

## INSURANCE

### Did you know...

**the Hockey Canada Insurance Program is a secondary insurance and you should access your insurance prior to making a claim to Hockey Canada?**



# Beyond Respect - Making Hockey the Game of Choice

Submitted by  
Michael J. Bruni  
Chair, Hockey Canada Parent  
Advisory Committee


The huge number of programs and initiatives focussing on *respect, fun, fairness* and *values* have created the highest level of awareness ever for hockey. All associations, branches and volunteers across the country should be proud of their leadership and accomplishments. Our challenge now, however, is to take awareness of the positive family benefits of participating in the game to the next level.

Hockey Canada, as a national governing body for hockey, remains committed to

providing the leadership to focus on these positive benefits. Hockey Canada is also committed to fostering an exciting and rewarding environment for parents, coaches, volunteers, family and above all - players.

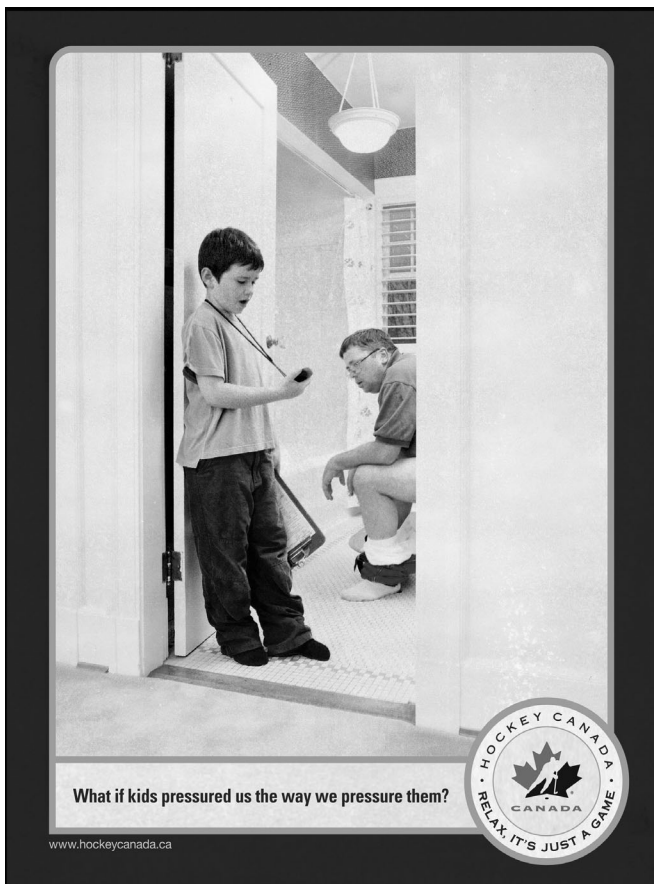
The establishment of Hockey Canada's Parent Committee is one small step in this strategic direction. The committee will focus on these and other matters and support the vision, goals, core values, mission, strategic objectives and initiatives of Hockey Canada. Another big part of the committee's focus will be to share information to further enhance the positive attitudes and experiences of participation. Answers to questions like: "What support do parents need to get involved and play a positive role?" and "What can players and families expect from the game?" will assist in framing a direction and approach for positive experiences.

Balance, perspective, flexibility, positive attitudes, realistic expectations, and a renewed and revitalized definition of success will complement the continued achievements of the *respect, fun, fairness* and *values* initiatives. We should cherish the many positive life experiences we can take from hockey. The energy we bring to this area of the game will make an incredible difference in providing pleasure and fun for everyone involved in hockey this year.

Remember the word on the street is: "If you want to have fun make hockey your game of choice!" 

SafetyNet

7



www.hockeycanada.ca

## INSURANCE

### Did you know...

in order to access Hockey Canada insurance, the form must be fully filled out and sent to your Branch within 90 days of the accident?


# The Application of Stickers on Helmets

## Hockey Canada Policy

**H**ockey Canada requires all players to wear helmets that are CSA certified from the manufacturer. It is the responsibility of the equipment user to ensure that throughout the life of the helmet the CSA certification is maintained. Hockey Canada recommends that prior to applying anything to the helmet including stickers that they refer to the manufacturer's instructions and if applicable the sticker manufacturer to confirm the type of adhesive they are applying will not jeopardize CSA certification and/or the manufacturer's warranty. It is the sole responsibility of the equipment user to ensure that they are not applying adhesives or other materials that may affect the integrity of the helmet and ultimately void the CSA certification and/or the manufacturer's warranty.

## Summary

All players within Hockey Canada must wear a CSA certified hockey helmet and the CSA sticker must remain on the helmet at all times. The following summarizes guidelines related to the application of stickers on the CSA certified helmet:

- It is recommended that you do not apply anything to the helmet, however, if the user decides to apply materials such as stickers then it is their responsibility to ensure that it meets approval of the helmet manufacturer.
- It is important that the manufacturer instructions for care of the helmet are carefully read and followed to ensure proper maintenance of this piece of equipment. 



**Hockey Canada**

Todd Jackson  
 Manager, Safety and Risk Management  
 613-562-5677 extension 2323  
 Fax 613-562-5676  
 tjackson@hockeycanada.ca



## Our Partners in Risk Management

