



HOCKEY CANADA

Safety

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IN MEMORY OF DR. TOM PASHBY

Dr. Tom Pashby passed away peacefully at the age of 90 on August 24, 2005. Dr. Pashby was a pioneer of many safety initiatives reflected in the game of hockey in Canada and worldwide. He was a recipient of The Order of Canada and inducted into Canada's Sports Hall of Fame for his ground breaking work in the area of eliminating catastrophic injury in sports. His contributions to the game of hockey will be greatly missed.

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Fifth Edition

Message from the Chair of the Parent Education Committee

Who Is This Great Game of Hockey Really For?

The game of hockey is for kids. Kids play the game because they love it and because it is fun.

As parents we must all realize, that for kids, positive participation is always more important than excellence. The personal and social development that comes from being part of a team is one of the most enriching experiences offered by the game. We must continue to live the values of fun and fair play, respect, integrity, and teamwork with a balanced perspective of expectations and definition of success. We must celebrate our good experiences with this great game.

Our volunteers, our coaches, our referees, our parents and our children are all critical partners in ensuring the game sustains these high values. No one, however, is more critical than our parents. We must particularly assist our parents in setting reasonable expectations while understanding the game, its process and its administration.

Being a hockey parent is no easy task. Often hockey parents are called upon to wear many different volunteer hats, some of which result in conflicting roles. A hockey parent may be a coach, an evaluator, a director or a referee - any of whom is required to make decisions in everyone's best interest while still being a mom or dad wanting what's best for his or her own child. Parents wrestle with reconciling their roles and controlling their passion as fans while being faced with the constant challenge of "doing the right thing". Hockey Canada is committed to helping those parents meet these challenges to ensure they continue to enjoy the game and have as much fun as their kids.

As a hockey parent myself for many years I have experienced and continue to experience this passion and these challenges, while at the same time learning what really is important. I have learned what success truly is. I found it is not necessarily making a number one team, or making AA or AAA, or winning championships. Instead I found that success is all about participation and being a part of a team. It is about treating all players on the team at any level of the game equally without compromise, even though their roles might be different. That means equal ice time, equal treatment, equal rights and equal participation.

Success is also about relationships and making friends, and about seeing young people develop self-confidence with high self-esteem. It is about children remembering their coach as a fair and respectful role model and it is about seeing these same children happy and laughing.

I can only say that I sincerely hope all hockey parents come to this realization much sooner than I did so you can be fully enriched by your participation at the earliest possible time.

Remember, it's about fairness and respect!

It's about play!

It's all about family!

It's about us all having fun and being kids!

What else could really be more important?



Mike Bruni

Chair, Parent Education Committee

Canadian Minor Hockey Players Promise Respect and Responsibility

Submitted by:
Chevrolet Safe & Fun
Hockey Program

Earlier this year Bobby Orr issued a challenge to all Canadian minor hockey players, parents, coaches and officials: join him and promise to uphold the values of respect and responsibility in minor hockey.

On May 6, 2005 at the Chevrolet Safe & Fun Hockey Festival in Regina, Orr signed his own promise on a swatch of fabric for all to see, signifying the birth of the Chevrolet Safe & Fun Hockey Promise Quilt. Cassie Campbell, who joined Orr at the three-day festival in Regina, pledged a similar vow on her own swatch and encouraged others to do so in the spirit of good sportsmanship.

As the Safe & Fun Hockey Festivals continue in various cities across Canada this year, the number of signed swatches grows with players, coaches and parents, demonstrating their commitment to the sport. While each collected swatch is unique, they all share the words "I Promise" or "Je Promets" emblazoned in the centre. Eventually the Promise Quilt will consist of 1,200 distinctive promises from players, parents, coaches and officials.

Once complete the finished quilt will represent a significant commitment to the Canadian minor hockey community from the Canadian minor hockey community.

It will also serve as an inspiration and important reminder that Canada's favorite sport must be a safe and fun experience for all.


"Hockey is our national game and our national passion, and we want all those involved in the sport to help ensure its healthy future," said Orr, who praised the Promise Quilt as an excellent way to reach out to and make a lasting impression on the minor hockey community. 



Photo of Cassie Campbell and Bobby Orr holding up signed swatches for the Chevrolet Safe & Fun Hockey Promise Quilt

FAIR PLAY CODES – PLAYERS

- I will play hockey because I want to, not just because others or coaches want me to.
- I will play by the rules of hockey and in the spirit of the game.
- I will control my temper - fighting and "mouthing off" can spoil the activity for everybody.
- I will respect my opponents.
- I will do my best to be a true team player.
- I will remember that winning isn't everything - that having fun, improving skills, making friends and doing my best are also important.
- I will acknowledge all good plays/performances - those of my team and of my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

The “Rubber Chicken” Story

Submitted by:
Rick Brayshaw


Hockey enthusiasts across the country are enjoying another year of Festivals and Jamborees presented by Chevrolet Safe & Fun Hockey - a program that continues to help players, parents and coaches develop a positive attitude to healthy competition, teamwork, fair play and grace under pressure.

Along with several coaches, I spent a weekend attending a Chevrolet Safe & Fun Hockey event last August. Bobby Orr and Cassie Campbell attended, and the 110 boys and girls had a wonderful time. Instead of playing hockey with a puck, we spent most of the time playing with rubber chickens, mini footballs, tennis balls and other different teaching aids. It was great fun and a uniqueness of the Chevrolet Safe & Fun Hockey program.

Upon selecting our team for the season, the coaching staff soon realized that there were a number of our players that attended the Chevrolet Safe & Fun Hockey Festival. Many of our players remembered listening to Bobby Orr, Cassie Campbell and the other speakers talk about Respect & Responsibility in hockey. Our Atom A team later adopted a rubber chicken as our team mascot. After each game, practice and dry-land training, the chicken is presented to the player that exhibits the best sportsmanship. Every boy on the team has won it. It is the most prized possession of the players and it is a great honor to win it.

The boys talk and decide amongst themselves about who has shown the best sportsmanship and then award the chicken to the winner. They have nicknamed the chicken “Bobby”.

On behalf of all the coaches, players and parents, I would like to thank the organizers of Chevrolet

Safe & Fun Hockey for a great experience. The program has helped our boys to show good sportsmanship and respect for their teammates and opposition. They love the game and just want to play. 

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Kids playing with a rubber chicken at a Chevy Safe & Fun event.

Players and refs need your support, not your pressure. Let them enjoy their game. Hockey's too important to take seriously.

Chevrolet Safe & Fun Hockey Inspires Fair Play, Creativity and Compassion

Submitted By:
Paul MacDougall

Edmonton Minor Hockey Association (EMHA) held its first Chevrolet Safe & Fun Hockey Jamboree on Sunday, February 6, 2005, at Coronation Arena. It was open to players aged five to eight (Novice and younger).

Kevin Nitz volunteered to be the head on-ice instructor.

The first group had a wide variety of skill levels and ages. One young girl had a very difficult time carrying the puck. Coach Kevin recognized this and gave her some one-on-one attention.

He helped her and encouraged her as much as he could, but she still couldn't carry the puck. Finally he grabbed a roll of tape and taped the puck to her stick. The girl was able to carry the puck and she was ecstatic. She skated around like she was on top of the world.

The simple gesture by Coach Kevin made this young girl's day.

To me, this is an excellent example of fair play, creativity and compassion - it's hard not to label Coach Kevin a genius! 

Shared Respect

players•coaches•officials•parents

We lose 10,000 officials every year. Are you the cause?

FAIR PLAY CODES – PARENTS

- I will not force my child to participate in hockey.
- I will remember that my child plays hockey for his or her enjoyment, not for mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning so that my child will never feel defeated by the outcome of the game.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a game.
- I will remember that children learn best by example. I will applaud good plays/performance by both my child's team and their opponents.
- I will never question the official's judgment or honesty in public.
- I will support all efforts to remove verbal and physical abuse from children's hockey games.
- I will respect and show appreciation for the volunteer coaches who give their time to coach hockey for my child.



EQUIPMENT

Did you know...

if you are on the ice more than three (3) times a week, skates should be sharpened weekly. Skates should also be sharpened if there is a noticeable reduction in the player's ability to stop or turn. If the blades squeak when stopping, check for bending. Also, regularly check the skate boots, laces and eyelets. Repair or replace as needed.

10 WAYS TO BECOME A GOOD HOCKEY PARENT

- Get involved with your son or daughter's team in a positive way.
- Let your son or daughter know you enjoy having them involved with the game.
- Don't lose perspective; emphasize the values associated with the game.
- Be supportive and don't let expectations become a burden to your son or daughter.
- Model respectful behavior for your son or daughter.
- Be there for your child whether they win or lose.
- Make safety, respect, fair play and fun a priority.
- Support your child emotionally.
- Encourage your child to participate but avoid pressuring them to play the game.
- Communicate with your son or daughter's coach in a professional effective manner.

HDCO Launches Redesigned Web Site

The Hockey Development Centre for Ontario (HDCO) is pleased to announce the launch of their newly designed and updated website.

The new and improved site features a user friendly navigation menu which enables easy access to the programs and services that the HDCO and its member partners deliver. Another new feature provides up to date information on hockey-related issues and events in the Province of Ontario.

Our updated design also highlights the Hockey Trainers Certification Program in Ontario, providing a comprehensive program overview, information on various safety initiatives, resources and downloads.

The Hockey Development Centre for Ontario, a not-for-profit Provincial Sport Organization, was established in 1984 to respond to the safety, education and development needs of amateur hockey in Ontario.

The HDCO facilitates and offers a wide variety of programs and services including the:

- Under 17 Program
- Hockey Trainers Certification Program
- Penalty Free Sweepstakes
- Hockey Resource Centre

Please take a moment to visit our website at <http://www.hdco.on.ca> 

2005 HCSP Master Course Conductor Training Session

Submitted by:
The Hockey Canada Safety Program Committee

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2005 Master Course Conductors


Twenty-four Hockey Canada Safety Program Master Course Conductors from across Canada met in Ottawa from July 14-17, 2005. Much of the weekend was spent reviewing new information that will become part of the Safety Program in 2006-2007. Over a year has gone into the revision and updating of the Safety Program material and the next year will be spent reviewing the material and ensuring that the best information possible is delivered in the HCSP clinics beginning in September 2006.

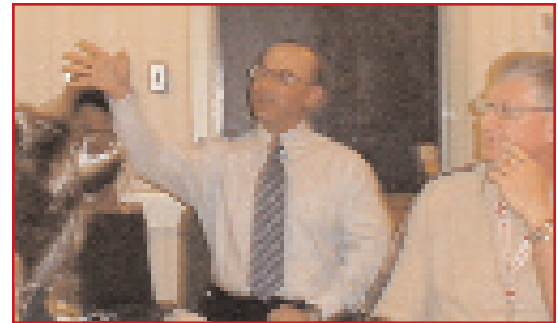
A big thank you goes out to Candice Alkins for her leadership in the revision of the new manual as well as Wilma Fehr, Jim Grandy, Albert Greene, Bruce Craven, Dr. Mark Aubry, Antoine Atallah, Karen Decker and John Mayne.



Candice Alkins & Bill Greene

The weekend was not without professional development as the group hosted sessions on bullying, harassment and abuse prevention, nutrition, the dangers of bacteria in dirty hockey equipment and concussions. These types of sessions are vital in keeping our program instructors up to date on key topics within the Hockey Canada Safety Program.

Finally, the weekend provided a great opportunity to meet and share ideas with Master Course Conductors from the Hockey Canada Coaching Program who were also meeting that weekend. 



Dr. Barry Dworkin explains to the group the dangers of bacteria caused by dirty equipment

EQUIPMENT

Helpful hints

Players should have a good range of motion while wearing pants. A good measure is to have the player fully squat with pants (and shin pads) on. If the player can comfortably squat and the padding remains in position, then the pants fit properly.

OMHA Receives Tremendous Response to Hockey Safety Survey


Submitted by:
Ontario Minor Hockey Association

The Ontario Minor Hockey Association (OMHA) is using valuable feedback from the results of a members' survey to continue to help ensure the safety of all participants.

In February 2004, OMHA sent a hockey safety questionnaire to members in the winter edition of *Hometown Hockey*, the association's official magazine. The questionnaire was an initiative by OMHA Development to get a better understanding of participants' concerns and opinions about the current state of the game as it related to hockey safety.

Twenty-two questions were asked about subjects ranging from body checking to mouthguards, to the McDonald's Safety Towards Other Players (STOP) program. Coaches, parents and players were encouraged to participate in the questionnaire.

The response was incredible. Over 3,000 surveys were returned to the OMHA office, over three times the normal return rate for a survey of this type.

The OMHA has tabulated the results and initially reviewed them. We are currently examining the data to determine how we can improve our service and the quality of our programs to ensure our participants are playing in the safest environment. 



McDonald's STOP Program Continues Growth in Ontario

The McDonald's Safety Towards Other Players (STOP) Program continues to grow in Ontario. The sponsorship is the first of its kind where each amateur hockey association in Ontario is an active participant in the program. The program includes incentives such as a contest and promotions for participants.

As of December 2004, over 100,000 patches had been distributed across the province for the 2004–2005 season. The three-inch patches, in the shape of a stop sign, are sewn on the back of players' jerseys to remind other players of the dangers of checking from behind.

Concussion Management in Hockey

To boost education on concussion awareness, the Ontario Minor Hockey Association (OMHA) Trainers' Technical Committee has partnered with Dr. Barry Willer of the Ontario Brain Injury Association.

OMHA Development and the Ontario Brain Injury Association have produced an educational video to better understand the causes, symptoms and long-term effects of concussions. The video also covers Return to Play guidelines and specifically addresses the role of the trainer when managing a player with a suspected concussion.

This video was produced for inclusion in Hockey Trainers Certification Program (HTCP) Level 1 clinics and has been approved for use by the Hockey Development Centre for Ontario (HDCO) Trainers Committee for use in clinics across Ontario. 

HOCKEY CANADA WEEK

NOVEMBER 5-12, 2005

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