



# Safety Net

Ninth Edition

This publication is printed by Hockey Canada to promote risk management

## IN THIS ISSUE:

Keeping Your Equipment Clean – 2

Think First Concussion Road Show – 3

Goaltender Equipment Changes – 4

Dressing Room Violence: Locker Boxing – 6

CRFC to host 1<sup>st</sup> National Arena Symposium – 7

Coaching, Safety and Speak Out Facilitators Participate in Master Facilitator Training Session - 8

CSA International Product Alert – 9



Puck Drop '07 is a national initiative lead by Hockey Canada with participation from its 13 provincial Branches, minor hockey associations and partners to celebrate

the start of the 2007-2008 hockey season! Each year 550,000 registered players' lace up their skates to participate in hockey in Canada. In fact on an annual basis Hockey Canada welcomes close to 80,000 new participants including players, coaches and officials.

Starting on September 8 and running through October 14, 2007 Puck Drop '07 will bring the game to life for all participants with a series of themed weeks, great prizes and contests. If you are new to the game or have been participating for years Puck Drop '07 has something for you.

The ice has been flooded, the water bottles are filled, the laces are tied – it is time for Puck Drop '07.

During each week of Puck Drop '07 Hockey Canada will focus on a specific aspect of the game in Canada.

### September 8-16: Hockey Volunteer Week

Each year a quarter of a million volunteers assist in the administration of the game in our country. Hockey Canada wants to recognize these volunteers for their countless hours and provide information to volunteers to support their hockey activities. During Volunteer Week, Hockey Canada will kick off the RBC Local Hockey Leaders program. As well, Hockey Canada will partner with the Toronto Maple Leafs to offer volunteer coaches the opportunity to help each other and learn from the best at Maple Leafs Coaching Day. Visit [www.hockeycanada.ca/puckdrop07](http://www.hockeycanada.ca/puckdrop07) for resources to support volunteer managers, coaches and administrators during this time.



# Think First Concussion Road Show

By Lois Kalchman

Hockey Canada is presenting its first-ever Concussion Management Seminar at Scotiabank Place in Kanata (Ottawa), Ontario on Saturday, November 3, 2007.

With support from the Dr. Tom Pashby Sports Safety Fund, the seminar is open to coaches, managers, trainers/therapists, administrators, parents and players (over 16). We also invite physicians and others working in the health field such as dentists, chiropractors and nurses.

It will be worth getting up early to learn from the hand picked speakers headlined by neurosurgeon Dr. Karen Johnston a specialist in the treatment of brain injury. Her vast knowledge and research in the field has made her a much sought after consultant by the National Hockey League, the Canadian Football League and Olympic athletes. She has been chair of the Concussion in Sport Group of the International Ice Hockey Federation (IIHF), Federation International Football Association (FIFA) and the International Olympic Committee (IOC). She is also a member of the Board of Directors of the Canadian Association of Sport Medicine (CASM) as well as president of Think First Canada. She along with Dr. James Kissick, a former physician with the Ottawa Senators of the National Hockey League, have developed an interesting and informative presentation called the Think First Concussion Road Show that will help volunteers recognize and manage concussions including a return to play regimen that is easy to understand.

Hear former minor hockey trainer Dr. Mark Aubry, now chief medical officer for Hockey Canada, share his experiences of what to do when faced with these on-ice incidents. He, too, is a member of the IIHF medical committee and currently one of the physicians for the Ottawa Senators as well as operating sports medicine clinics in the Ottawa/Hull area.

There is more to a concussion than meets the eye. You cannot see a brain *hurt* as you do a broken bone.

Psychologist Dr. Paul Dennis, the Director of Player Development for the Toronto Maple Leafs, is a former teacher who has coached minor and major junior hockey. He has first hand knowledge of the pressures that coaches and teammates put on a young player to get back into action before he/she should. He has witnessed the aftermath of the unwise move. His experience goes beyond the bench and dressing room. He has been in the stands as a parent and is all too familiar with the impact that agents and scouts have on the parents and the fears they often transfer to a player.

The equipment a player wears is a crucial part of prevention. Hockey Canada is fortunate to have Dr. Pat Bishop the chair of the Canadian Standards Association Committee on Equipment and Technical Facilities for Ice Hockey as the expert in this field. It's important to know how much padding there should be for proper protection. Fit is essential as is caring for the investment.

With the controversy across the country on whether an intra-oral mouthguard is necessary, Dr. Paul Piccininni, a Toronto dentist also on the IIHF medical committee, will talk of the pros and cons of ready made versus customized devices. He will discuss whether they reduce dental injuries in hockey and their role in a concussive incident.

Listen to a first person account from a player who had his *bell rung* and the subsequent struggle with symptoms and the return to play process.

Registration is limited. Reserve your spot at [www.hockeycanada.ca](http://www.hockeycanada.ca) .

There is no charge thanks to the generosity of Hockey Canada and the Dr. Tom Pashby Sports Safety Fund. See you there.

\*Simultaneous French translation will be available. 

**SafetyNet**  
**3**

# Goaltender Equipment Changes

**EFFECTIVE FOR  
THE 2008 – 2009 SEASON**

**SafetyNet**  
4

## **Hockey Canada Playing Rule Number: Rule 23. Goaltender's Equipment**

(a) With the exception of skates and stick, all equipment worn by the goaltender must be constructed solely for the purpose of protection of the head or body, and must not include any garment or contrivance which would give the goaltender undue assistance in keeping goal. Abdominal aprons extending down the thighs on the outside of the pants are prohibited.

**Note 1:** Protective padding attached to the back of, or forming part of the goaltender's blocker glove, shall not exceed 20.3 cm (8 in.) in width nor 38.1 cm (15 in.) in length. Any measurement exceeding 20.3 cm (8 in.) measured anywhere across the full length of the wrist area, or more than 38.1 cm (15 in.) anywhere on the length constitutes an illegal blocker glove.

**Note 2:** The base of the goaltender's catching glove shall be restricted to a maximum of 20.32 cm (8 in.) in width, which is to include any attachments added to that glove. The distance from the heel of the glove along the pocket and following the contour of the glove to the top of the T trap must not exceed 46 cm (18 in.) The heel is considered to be the point at which the straight vertical line of the cuff meets the glove. Any measurement exceeding 20.32 cm (8 in.) measured anywhere across the full length of the wrist area. The maximum circumference of the legal goaltenders catching glove can not exceed 114.3 cm (45 in.). The lacing or webbing or other material joining the thumb and index finger of a goaltender's glove, or

any cage, pocket or pouch created by this material, must not exceed the minimum amount of material necessary to fill the gap between the thumb and the index finger when they are fully extended and spread. Any other pocket, pouch or contrivance added to the glove by a manufacturer or otherwise is not acceptable and makes the glove illegal.

**Note 3:** The binding and/or stitching at the edges of both goaltenders' gloves shall not be included in the measurement of either the length or width.

**Note 4:** When a request for a measurement of a goaltender's glove has been made the team shall state the glove that is to be measured and whether the length or widths of the glove are in question.

(b) Goaltender's pads shall not exceed 27.94 cm (11 in.) in width and 96.52 cm (38 in.) in length as measured on the goaltender and shall not be altered in any way. The minimum length of the boot of the pad is to be no less than 17.78 cm (7 in.). The boot is the bottom of the pad that sits over the top of the skate. The boot channel of the goalkeeper pad must be flat or concave in appearance.

**Note:** Puck foil (a plastic piece attached to the bottom of goaltender's pads designed to stop the puck) is considered to be illegal equipment.

(c) A Minor penalty shall be assessed a goaltender guilty of using or wearing illegal equipment.

(d) A goaltender shall remove her face protector for purpose of identification, if so asked by the Referee. A goaltender who refuses this request shall be assessed a Gross Misconduct penalty.

## **Chest and Arm Pads**

1. No raised ridges are allowed on the front edges or sides of the chest pad, the inside or outside of the arms, or across the shoulders.

2. Layering at the elbow is permitted to add protection but not to add stopping area. This layering, both across the front and down the sides to protect the point of the elbow shall not exceed 17.78 cm (7 in.).

3. Shoulder Cap Protectors must follow the contour of the shoulder cap without becoming a projection/extension beyond or above the shoulder or shoulder cap. This contoured padding must not be more than 2.54 cm (1 in.) in thickness beyond the top ridge of the shoulder and shoulder cap.

4. On each side, the Shoulder Clavicle Protectors are not to exceed 17.78 cm (7 in.) in width. Their maximum thickness is to be 2.54 cm (1 in.) This protection is

not to extend or project above or beyond the shoulder or shoulder cap nor extend beyond the armpit. No insert is allowed between the Shoulder Clavicle Protector and the chest pad that would elevate the Shoulder Clavicle Protector.

5. If the shoulder and/or shoulder cap protection is pushed above the contour of the shoulder when the goalkeeper assumes the normal crouch position, the chest pad will be considered illegal.

Any questions or concerns on the above should be addressed to your Branch Referee-in-Chief, or to Todd Anderson, Manager, Officiating, Hockey Canada. Todd can be reached at (403) 777-4587 or via email at [tanderson@hockeycanada.ca](mailto:tanderson@hockeycanada.ca).

## SafetyNet 5

### Goaltender's Equipment



## Dressing Room Violence – Locker Boxing

A new type of violence has found its way in to amateur hockey and is cause for great concern within the minor hockey system in Canada. Locker boxing is an activity that takes place when players put their hockey helmets and hockey gloves on with the intention of punching each other in a vicious manner - often in the head area.

Hockey Canada does not condone this type of behaviour or any other type of fighting between players either on or off the ice. With increased awareness and education concerning concussions in sport, it is becoming more apparent that any type of blow to the head area has the potential of causing severe injury regardless of whether or not a player is wearing a helmet. Concussion injuries can cause lengthy loss of playing time, end player's careers, and recent evidence suggests that the cumulative effects of multiple concussions can have a detrimental effect on the lives of young athletes' long term.


Coaches and team leaders are asked to work to eliminate this type of behaviour both in the dressing room and in areas where this behaviour can potentially occur by implementing prevention plans and team rules against locker boxing and fighting and by clearly defining these to all coaches, team managers, safety people and parents throughout the season. This combined with player and parent education with respect to concussions will help to eliminate this type of behaviour.

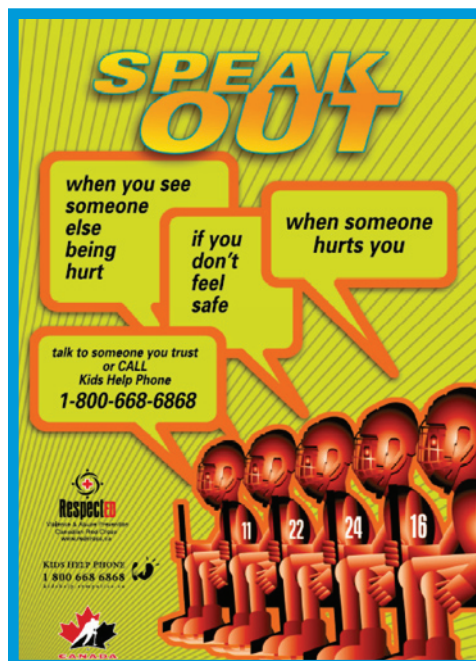
Another significant component of preventing this type of behaviour in the dressing room, or during any team function is proper team supervision. Hockey Canada stresses the importance of players being supervised at all times during team activities to help to ensure a safe environment. The Speak Out Program outlines in detail important steps that must be taken to ensure adequate supervision of players.

Hockey Canada asks all involved with the game in leadership roles to assist in ensuring that these types of behaviours are eliminated and hockey continues to offer a safe, fun, and positive experience for all involved.

In an effort to provide Hockey Canada Branches, Minor Hockey Associations and leadership personnel responsible for the supervision of Minor Hockey Teams, with appropriate direction in dealing with this issue, you are reminded that there are excellent resources available in the Speak Out program curriculum.

Minor Hockey personnel are encouraged to visit the Minor Hockey section of the Hockey Canada website at [www.hockeycanada.ca](http://www.hockeycanada.ca) for more information on bullying, harassment and abuse.

During the July 2007 summer training seminar for Coach, Safety, and Speak Out Master Facilitators, Hockey Canada lead sessions on this topic, with the goal of raising awareness through Branch clinic programs in the fall of 2007-2008. A second area of focus at the seminar was the impact of concussions in sport. Branches are encouraged to insure a wide spread distribution of information on this topic when providing updated resources to Branch course conductors for the fall and winter clinic season. 



# CRFC & HOCKEY CANADA

## **PARTNER TO OFFER THE 1<sup>ST</sup> NATIONAL ARENA SYMPOSIUM TO BE HELD IN CONJUNCTION WITH THE 2008 IIHF WORLD CHAMPIONSHIP**

The IIHF World Championship is the premier international tournament in Men's ice hockey. It is governed by the International Ice Hockey Federation (IIHF) and will be held in Canada, May 2008 in both Quebec City and Halifax.

The IIHF World Championship may in its own right be a premier event, but for the first time ever in Canada, a National Arena Symposium will also be offered in 2008 to focus on leading edge arena operations topics.

The Canadian Recreation Facilities Council is comprised of 13 Provincial and Territorial Facility Associations which represent in excess of 10,000 members across Canada and is pleased to announce that it has partnered with Hockey Canada to organize the first ever National Arena Symposium in Quebec City, May 2-4, 2008. Partnering with Hockey Canada, as part of the larger Hockey Conference including the International Coaches Conference and the Officiating Summit, will provide the CRFC with significant opportunities.

Canadian Recreation Facilities Council Chair, Randy Kinnee stresses the significance of being part of a National Arena Symposium that will bring together grass roots officials, members of the international ice hockey federation, owners/operators and managers of Canada's largest sports facilities at one event for the first time. "This will provide a superb opportunity for unparalleled interaction between the users and the owners of hockey arenas and bring to the forefront recurring and new emerging issues as well as providing

a forum that will foster a better understanding of the relationship between the owners and the users of Canada's 3000 ice surfaces".

Hockey Canada President, Bob Nicholson emphasizes the importance of Hockey Canada's partnership with CRFC, noting that "we as one of the key user groups of arenas across Canada must continue to work closely with the CRFC and the Provincial/Territorial associations on related topics and issues facing facilities of today". "This event is another great example of how the two groups can merge to ensure top rate facilities across Canada".

The Canadian Recreation Facilities Council (CRFC) has a vision to be the recognized national leader and advocate for all recreation facility associations and similar organizations, with a mission to be the national forum advancing recreation facilities.

For more information about the 2008 IIHF World Championship and special event please visit [www.hockey2008.ca](http://www.hockey2008.ca) 

**SafetyNet**  
7



## Coaching, Safety and Speak Out Facilitators


### PARTICIPATE IN MASTER FACILITATOR TRAINING SESSION

Over 75 Master Facilitators from the National Coaching Certification Program, the Hockey Canada Safety Program and the Speak Out Program met in Toronto from July 26<sup>th</sup> to July 29<sup>th</sup>.

The session opened with a presentation by Dr. Mark Aubry the Chief Medical Officer of Hockey Canada and the International Ice Hockey Federation. Dr. Aubry stressed the importance of concussion prevention and safe return to play following a concussion injury. In addition to this Dr. Aubry spoke on the dangers of locker boxing, whereby players wear helmets and gloves and hit each other in the head area. Dr. Aubry described locker boxing as “adolescent risk taking behavior” which can result in recurrent concussions, fracture of the nose, and injury to the mouth area. Education and proper adult supervision are key to eliminating this type of violence from occurring.

On Friday Dean McIntosh the Senior Manager of Coaching for Hockey Canada lead a very dynamic and informative session on Facilitation. The session was very successful in providing a framework for facilitating all group activities and/or meetings, providing practical experiences in *group management* and *coach facilitation* techniques, arming facilitators with strategies for common blocks and breakdowns in groups and giving facilitators a concrete, practical set of process tools.

On Saturday the Hockey Canada Safety Program Facilitators broke off into a professional development day including topics such as spinal injuries, knee and shoulder injuries and injuries specific to young players.

The Coaching and Speak Out delegates were introduced to the revised Coach Stream information with the Speak Out curriculum fully integrated into the information. This new framework will be fully implemented this coming September. 

## Introducing ‘Chevy’

The Chevrolet Safe & Fun Hockey Program is designed to make a child’s first experience with hockey a positive one. It instils the teachings of Respectful and Responsible behaviours in the game and promotes safety and fun amongst hockey’s most precious participants – the young players.

Chevrolet’s Safe & Fun hockey program focuses on participants at the Initiation Program level and Novice level and there is no better way to put a smile on a child’s face than the presence of a mascot.

*CHEVY* was introduced this season at the Thunder Bay, Ontario Festival and became an instant hit with players and parents alike. Also a young hockey player himself, Chevy knows that having fun in hockey is the most important. Look for Chevy at all future Chevrolet Safe & Fun Hockey Festivals and select Hockey Canada events.

The Chevrolet Safe & Fun Hockey Program invites all Canadians to share their hockey memories in a new campaign by Chevrolet. Visit [letsgochevrolet.ca](http://letsgochevrolet.ca) to enjoy Canada’s hockey memories and submit one of your own. 



# CSA International Announces a Product Alert for *WJD PRO* Goaltender Helmets

TORONTO, ON – June 25, 2007 – CSA

International announces a consumer Product Alert for *WJD Pro* Goaltender Helmets manufactured and distributed by Jaguar Sports of Caledonia, Ontario and WJD Pro Inc. The affected helmets bear counterfeit (unauthorized) reproductions of a registered trademark belonging to CSA International or they are manufactured with unauthorized construction changes. The affected helmet constructions have not been certified by CSA International to the applicable standards.

No incidents or injuries have been reported to date related to the affected goaltender helmets.

## Counterfeit *WJD Pro* Goaltender Helmets

The counterfeit *WJD Pro* goaltender helmets bear a counterfeit CSA Certified Hockey Helmet Label with the serial number 17619 and can be identified by its elastic strapping with the letters *WJD Pro* on it.

The affected counterfeit goaltender helmets do not meet the applicable standards for impact protection. The use of these goaltender helmets could result in serious injury such as concussion or other serious head trauma and may not protect a wearer in the event of a fall to the ice, collision with another player or impact from a puck or hockey stick.

## *WJD Pro* Goaltender Helmets of Unauthorized Construction

The affected *WJD Pro* goaltender helmets of unauthorized construction bear a CSA Certified

Hockey Helmet Label with serial numbers 17619 or 17620. The materials used are not consistent with those originally certified and the wire cage may not be of the originally certified configuration. Those goaltender helmets with a *Cats Eye* configuration wire cage do not meet the penetration test requirements of the standard and may result in serious eye injury or blindness.

Any goaltender helmet with a CSA Certified Hockey Helmet Label with serial numbers 17619 or 17620 may not meet the standard's requirements and the use of such helmets could result in serious injury to the user.

These goaltender helmets were primarily sold in specialty sporting goods stores across Canada for about \$200.00 to \$350.00.

## Owners of the *WJD Pro* goaltender helmets are advised to stop using them immediately.

The goaltender helmets were produced by Jaguar Sports, 9570 Haldibrook Rd., Caledonia, ON, N3W 2G9, Tel: 905-481-2994 or WJD Pro Inc. most recently located at 1257 Treeland Street, Burlington, ON, L7R 3T5, Tel: 905-407-9532.

For more information about CSA, please visit their website at [www.csa.ca](http://www.csa.ca) 

**SafetyNet**  
9

Cats Eye Wire Cage



*WJD* on elastic straps

Serial numbers:  
17619 and 17620




## Safety First!

The Hockey Canada Safety Program is designed to play an important role in improving the quality of play for all hockey participants. The program is an integral component in maintaining hockey as a safe and enjoyable activity for all concerned while stressing safety as the number one priority.

It is the goal of this program and the members of the Hockey Canada Safety Program committee that hockey be made as safe and enjoyable as possible. This will be accomplished by providing Safety people with the risk management, safety tools and information to allow them to implement effective injury prevention and risk management programs where safety is the first priority at all times. This will be accomplished by every team having a

qualified Safety Person on the bench at all times who will be focused on the safety and well being of the players.

The program is available to any person who is interested in being a Safety Person on their team. The six hour program is a simple approach to safety and injury prevention. Please contact your Branch for clinic information. 



## Our Partners in Risk Management



[www.hockeycanada.ca](http://www.hockeycanada.ca)

### Todd Jackson

Senior Manager,  
Safety and Insurance  
613-562-5677 ext 2323  
Fax: 613-562-5676  
[tjackson@hockeycanada.ca](mailto:tjackson@hockeycanada.ca)

### Kimberley Smith

Coordinator, Risk and Safety  
Management  
613-562-5677 ext 2347  
Fax: 613-562-5676  
[ksmith@hockeycanada.ca](mailto:ksmith@hockeycanada.ca)