

PAHA COACHING HANDBOOK

A: GENERAL

Introduction:

Welcome to the Panthers Amateur Hockey Association. We are focused and committed to the development of youth hockey in South Florida. This handbook is a living document, which will help members-coaches understand those requirements and responsibilities that the PAHA has directed to be followed and enforced. The PAHA will mirror its philosophy, training and administrative requirements on proven USA Hockey theory and guidance.

Purpose:

1. To ensure that all PAHA coaches share the philosophy that "Youth hockey programs should exist for the benefit of children."
2. To establish a standardized coaching program in accordance with the published USA Hockey coaching program.
3. To ensure that all PAHA coaching staff members fully understand their responsibilities as a coach.

USA/PAHA Philosophy: (USA Hockey 2008-2009 Annual Guide pg. 15): Philosophy of USA Hockey Youth Programs.

1. The USA Hockey mission statement for its youth program is as follows: To provide an improved grass-roots foundation for the growth and development of USA Hockey, designing programs aimed at increased participation, improved skills and a responsible environment for the conduct of youth hockey.
2. The PAHA will encourage and promote youth hockey in the South Florida area emphasizing fun, excitement, skill

development, and success. Additionally, PAHA will "Encourage a non-competitive environment in which children and youth can learn the basic skills without the distractions that are often associated with an over-emphasis on winning." (Associates Coaching Manual, p. 196)

USA Hockey/PAHA Core Values (USA Hockey 2008-2009 Annual Guide Pg.):

- **Sportsmanship:** Foremost of all values is to learn a sense of fair play. Become humble in victory, gracious in defeat. We will foster friendship with teammates and opponents alike.
- **Respect for the individual:** Treat all others as you expect to be treated.
- **Integrity:** We seek to foster honesty and fair play beyond mere strict interpretation of the rules and regulations of the game.
- **Pursuit of excellence at the individual, team and organizational levels:** Each member of the organization, whether player, volunteer of staff, should seek to perform each aspect of the game to the highest level of his or her ability.
- **Enjoyment:** It is important for the hockey experience to be fun, satisfying and rewarding for the participant.
- **Loyalty:** We aspire to teach loyalty to the ideals and fellow members of the sport of hockey.
- **Teamwork:** We value the strength of learning to work together. The use of teamwork is reinforced and rewarded by success in the hockey experience.

B: CODE OF CONDUCT

Code of Conduct - Coaches (USA Hockey 2008-2009 Annual Guide, p. 17): The following core values of USA Hockey are developed to guide the association's member in its planning, programming and play, both now and in the future.

1. Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.
2. Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
3. Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
4. Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
5. Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all our players to be team players.
6. Maintain an open line of communication with your player's parents. Explain the goals and objectives of your association.
7. Be concerned with the overall development of your players. Stress good health habits and clean living.
8. To play the game is great, to love the game is greater.

Code of Conduct - Parents (USA Hockey 2008-2009 annual guide, p.18):

1. 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.
2. Encourage your children to play by the rules. Remember, children learn by example, so applaud the good players of both teams.

3. 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, your child will benefit.
4. Emphasize skill development and practices and how they benefit your young athletes. De-emphasize game and competition in the lower groups.
5. 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.
6. Applaud a good effort in victory and in defeat and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice - it is destructive. Work toward removing the physical and verbal abuse in youth sports.
7. Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
8. If you enjoy the game, learn all you can about the game, and volunteer!

Code of Conduct - Players (USA Hockey 2008-2009 annual guide, p. 19):

1. Play for FUN!
2. Work hard to improve your skills.
3. Be a team player - get along with your teammates.
4. Learn teamwork, sportsmanship and discipline.
5. Be on time.
6. Learn the rules and play by them. Always be a good sport.
7. Respect your coaches, your teammates, your parents, opponents and officials.
8. Never argue with an official's decision.

Disciplinary Action - Coaches/Parents/Players:

The Manager of Hockey Operations reserves the right to suspend or revoke any membership pertaining to the PAHA for any activities which he deems inappropriate or hazardous to other members of this or any other organizations. The Manager of Hockey Operations also reserves the right to additionally penalize/suspend players/coaches beyond the scope of the official rules requirements if it deems appropriate to maintain order or reestablish the league core values.

C: POLICIES USA HOCKEY/PAHA

Screening Policy (USA Hockey 2008-2009 Annual Guide, p. 35):

It is the policy of USA Hockey that it will not authorize or sanction in its programs that it directly controls any volunteer or employee who has routine access to children (anyone under the age of majority) who refuses to consent to be screened by USA Hockey before he/she is allowed to have routine access to children in USA Hockey programs. Further, it is the policy of USA Hockey that it will require its affiliates to adopt this policy as a condition of its affiliation with USA Hockey.

A person may be disqualified and prohibited from serving as an employee or volunteer of USA Hockey if the person has:

1. Been convicted (including crimes the record of which has been expunged and pleas of "No contest") of a crime of child abuse, sexual abuse of a minor, physical abuse, causing a child's death, neglect of a child, murder, manslaughter, felony assault, any assault against a minor, kidnapping, arson, criminal sexual conduct, prostitution related crimes or controlled substance crimes.
2. Being adjudged liable for civil penalties or damages involving sexual or physical abuse of children.

3. Being subject to any court order involving any sexual abuse or physical abuse of a minor, including but not limited to domestic order or protection.
4. Had their parental rights terminated.
5. A history with another organization (volunteer, employment, etc.) of complaints of sexual or physical abuse of minors.
6. Resigned, been terminated or been asked to resign from a position, whether paid or unpaid, due to complaint(s) of sexual or physical abuse of minors.
7. Has a history of other behavior that indicates they may be a danger to children in USA Hockey.

Sexual Abuse Policy (USA Hockey 2008-2009 Annual Guide, p. 34):

It is the policy of USA Hockey that there will be no sexual abuse of any minor participant involved in any of its sanctioned programs, its training camps, hockey clinics, coaches' clinics, referee clinics, regional and national tournaments or other USA Hockey events by any employee, volunteer or independent contractor. Sexual abuse of a minor occurs when an employee, volunteer or independent contractor touches a minor participant for the purpose of causing the sexual arousal or gratification of either the minor participant or the employee, volunteer, independent contractor.

- Neither consent of the player to the sexual contact, mistake as to the participant's age, nor the fact that the sexual contact did not take place at a hockey function are defenses to a complaint of sexual abuse.
- Upon proof of a violation of this policy, the violator will be permanently banned or suspended from USA Hockey Sanctioned Programs and/or the programs of its affiliate associations.

Physical Abuse Policy (USA Hockey 2008-2009 Annual Guide, p. 34):

- It is the policy of USA Hockey that there shall be no physical abuse of any participant involved in any of its sanctioned programs, its training camps, hockey clinics, referee clinics, regional and national tournaments or other USA Hockey events by any employee, volunteer or independent contractor. Physical abuse means physical contact with a participant that intentionally causes the participant to sustain bodily harm or personal injury. Physical abuse also includes physical contact with a participant that intentionally creates a threat of immediate bodily harm or personal injury.
- Physical abuse does not include physical contact that is reasonably designed to coach, teach or demonstrate a hockey skill. Permitted physical conduct may include, but is not necessarily limited to, shooting pucks at the goaltender, demonstrating checking and other hockey skills, and communicating with or directing participants, during the course of a game or practice, by touching them in a non-threatening, non-sexual manner.

Zero Tolerance Policy (USA Hockey 2008-2009 Annual Guide, p. 33):

In an effort to make ice hockey a more desirable and rewarding experience for all participants, the USA Hockey Youth, Junior, and Senior Councils have instructed the officiating program to adhere to certain points of emphasis relating to sportsmanship. This campaign is designed to require all players, coaches, officials, team officials and administrators to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey-sanctioned games.

Thus, the following points of emphasis shall be implemented for the 2008-2009 season by all on-ice referees and linesmen:

Players

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a player:

1. Openly disputes or argues any decision by an official.
 2. Uses obscene or vulgar language at any time, including any swearing, even if it is not directed at a particular person.
 3. Visually demonstrates any sign of dissatisfaction with an official's decision.
- Any time a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such action.

Coaches

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a coach:

Openly disputes or argues any decision by an official.

Uses obscene or vulgar language in a boisterous manner to anyone at any time.

Visually demonstrates any sign of dissatisfaction with an official's decision including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players or spectators.

- Any time that a coach persists in any of these actions, they shall be assessed a game misconduct penalty.

Officials

Officials are required to conduct themselves in a businesslike, sportsmanlike and non-vindictive manner at all times. The actions of an official must be above reproach. Actions such as "baiting" or inciting players or coaches are strictly prohibited.

On-ice officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

Parents/Spectators

The game will be stopped by game officials when parents/spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The game officials will identify violators to the coaches for the purpose of removing parents/spectators from the spectator's viewing and game area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action

by the local governing body. This inappropriate and disruptive behavior shall include:

1. Use of obscene or vulgar language in a boisterous manner to anyone at any time.
2. Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
3. Throwing of any object in the spectators viewing area, players bench, penalty box or on ice surface, directed in any manner as to create a safety hazard.

Safety Policy:

The overall safety of all PAHA players, members and guests is the number one priority within the PAHA. It is the responsibility of all PAHA members to stop any unsafe act they may witness. If they are unable to stop or fix the unsafe condition, it is their responsibility to request assistance from other members, players, coaches or representatives in authority. It is also their responsibility to notify the PAHA Hockey Department of the unsafe condition and what actions were taken to fix/end it. The key phrase in the PAHA is, “**Safety first.**”

D: OFFICIALS AND COACHES

Referees, Rules of the Game (USA Hockey Official Playing Rules 2008-2009):

1. The Incredible Ice Officials Association is used by the PAHA to referee all home league games against other than PAHA teams (at a cost). The league scheduler will coordinate for referees.
2. All In-house games will be referred by sanctioned USA Hockey officials.
3. All games are subject to the current year USA Hockey rules as stated by the USA Hockey official playing rules published by USA Hockey.
4. All coaches are responsible to have a working knowledge of the current rules and instruct/abide by them.
5. Example of a common rule violation: Rule 304, Protective Equipment; B. It is compulsory for all players in all

classifications to wear a hockey helmet, with helmet strap properly fastened (see rule 304 (d), note 2).

Director of Coaches/Manager of Hockey Operations: This position will be filled by individual who will oversee the coaching staff of the PAHA. This position will consist of but not be limited to the following requirements:

1. Responsible for selecting all PAHA coaches, and their assignments.
2. Responsible for planning and conducting coaches clinics, annually and as required.
3. Responsible for planning and conducting coaches meetings, as required.
4. Responsible for providing the league philosophy and guidance in the conduct and organization of each age level and team to each level coordinator/coach and insuring this guidance is followed.
5. Responsible for actions to include removal, replacement or suspension of league coaches.
6. Responsible to insure all age levels are stressing a standardized process of coaching and teaching level in accordance with the USA Hockey Associate Coaches Manual.
7. Responsible to the league coaches for information going to or coming from USA Hockey.
8. Responsible for updating the PAHA Coaches Handbook as required.

Role of the Coach (USA Hockey Associate Coaches Manual, Chapter 2):

“The coach’s primary role is to maximize the benefits of participation while minimizing the potential costs.”

“As with any other activities, coaches must determine and clarify the major purpose of their activity, the objective that must be attained to achieve the purpose, and the activities necessary to achieve the objectives. In coaching, this involves:

1. Identifying your primary mission as coach.
2. Stating goals for the season.
3. Selecting and organizing the objectives for the season.
4. Implementing the season plan in practices and games.
5. Evaluating the effects of your actions.

Head and Assistant Coaches: There will be one Head Coach and Assistant Coaches per team in each age group. The head coach is responsible for all actions pertaining to their team. The coaches responsibilities will include but not be limited to:

1. Responsible for attending required coaches clinics.
2. Responsible for attending required coaches meetings or training.
3. Responsible for providing current and complete information to their players and parents, reference the league and its activities. For example: league game schedule, league practice schedule, tournament information. Open and complete communication is the key to a successful season.
4. Responsible to insure that each coach on their team has an active part in the planning and execution of both practice and games plans.
5. Responsible for insuring that no player enters the ice while the resurfacers is on the ice and all doors are secured prior to practice starting.
6. Responsible for assisting in the flow of information going to or coming from the Hockey Department.
7. Responsible for insuring the league philosophy is followed.
8. Responsible to insure that a standardized process of coaching is being conducted in accordance with the USA Hockey Associate Coaches Manual (i.e. season goals, objectives, practice plans, etc.).
9. Responsible to prepare weekly practice plans in accordance with Appendix E, Associate Coaches Manual.
10. Responsible for the safety and teaching of required hockey skills to those players assigned to their team.
11. Responsible to arrive a minimum of 45 minutes before the scheduled time of practices and games to assume their role as a supervisor.

12. Responsible to insure a coach is the first person on the ice and that all players have the required equipment prior to going on the ice.
13. Responsible for conducting initial parent-player meeting the first week of team level practices and as required to provide information pertaining to the PAHA, coaches, purpose, objectives, goals, practice schedule, locker room, rink and league rules.
14. Responsible to direct and coordinate required assistance from the team manager and team parent.
15. Other duties as assigned.

Coaches Legal Liability (USA Hockey Associate Coaches Manual, Chapter 19, Legal Liability):

**It is the responsibility of all coaches to become familiar with Chapter 19, Associate Coaches Manual.

Summary

“The legal responsibilities which coaches have for the welfare of their teams include the teaching of skills, values, and knowledge that will allow young athletes to safely participate in practices and games. Coaches are also accountable for the supervision of their teams during pre-game, intermission, and post game activities that are commonly associated with athletic competition.”

“The responsibilities of the coach have been divided into six categories, namely, the need for proper instruction, liability in failure to warn of potential injuries, the need for athletes to acknowledge the assumption of risk, consequences of failure to provide proper equipment and facilities, and the determination of causation for injuries and requisites in the proper care and treatment of injuries.”

Coaches Education Program (USA Hockey 2008-2009 Annual Guide, p. 29):

“The coaching education program establishes levels of achievement for each individual, from the beginner to the highly skilled expert. The objective of the program is to improve the caliber and quality of coaching in amateur hockey.

- Its purpose is to supply each coach with the knowledge of the responsibilities and skills of the game that will equip him/her to do the best possible job at whatever caliber of hockey he/she is involved with.”

The following levels of achievement have been created for the volunteer coach:

A1. Initiation program instructor course level

B1. Associate; 2. Intermediate; 3. Advanced

A1. Initiation Program Instructor Course Level:

A. Travel Mites and under

B. House: Learn to skate, all other house and novice programs not listed.

B1. Associate:

A. Travel: Squirt

B. House Squirts, Peewee, Bantams (1st year coaches), Midget (1st year coaches)

B2. Intermediate:

A. Travel: Peewee, Bantam, Junior C

B. House: Bantam (2nd year coaches), Midgets (2nd year coaches)

B3. Advanced Level:

A. Travel: Midget, High School (Club and Varsity), Prep School (all divisions), Junior A and B

B. House: not applicable

Coaches Registration (USA Hockey 2008-2009 Annual Guide p. 135):

- All coaches (heads and assistants) as well as instructors of USA Hockey programs shall be registered for the current

season (before the start of the season) in order to be eligible to coach/instruct in any regular season activities (practices, clinics, games, tournaments, try-outs, etc.) state, district, regional playoff, national championships or in the USA Hockey Player Development Programs. All coaches (heads and assistants) as well as instructors shall register through a registrar, by completing the information on the individual membership registration form with the appropriate fee. All registered coaches (heads and assistants) as well as instructors shall receive a USA Hockey Membership Card, a subscription to the American Hockey Magazine, the USA Hockey Annual Guide, the USA Hockey Official Playing Rules Book, and insurance coverage (see registration, Individual Players / Coaches / Instructors).

Coaches Questionnaire/Agreement:

All personnel requesting to volunteer their services as a coach must complete a written coaches questionnaire/agreement prior to being considered for placement by the Hockey Department.

Coaches Complaints/Concerns:

1. Any coach who has a concern/complaint in regards to any coach, parent, board member, USA Hockey official or opponent player/coach shall first advise the team coach in an attempt to fix the problem.
2. The Manager of Hockey Operations shall be advised next if required.
3. If required the individual coach will be asked to address the PAHA Manager of Hockey Operations after following the prior procedure and still seeking consideration.
4. It is requested that any concern/complaint/problem provided from a coach also be accompanied with a possible reasonable solution.

E: Program Structure

USA - PAHA Hockey Program Structure

1. A safe and healthy environment for all.
2. An opportunity for all new players who wish to play hockey.
3. Fair and equal opportunity for all to participate in our sport.
4. An opportunity to learn the basic skills without an overemphasis on winning.
5. A philosophy which attempts to reduce the number that become disenchanted and drop out.
6. An opportunity for those who wish to advance in a more competitive environment, to do so.
7. Qualified adult leadership.

Recommendations

1. Scoring records should be de-emphasized at the age of 11 and under.
2. Awards should be inexpensive and based on significant achievement. The most gratifying award a player can receive is the joy that comes from skill development that contributes to team success.
3. The recruitment of players on a wide-spread geographic basis for the establishment of youth division "select teams" may be pursued under the guidelines established by USA Hockey's model program.
4. It is recommended that adult volunteers place a primary emphasis on the formal education of players, and de-emphasis on excessive competition and win-at-all-costs attitude in the youth age classifications.
5. Sportsmanship at all times should be emphasized.

USA - PAHA Two Distinct Playing Categories

1. Initiation - This program will be designed to meet the needs of the beginning player. Basic skills will be taught equally in a noncompetitive environment. Fun, physical development and sociable environment is stressed.
2. Recreational - The backbone of youth hockey, recreational hockey encourages internal or "in-house" play. This program is designed to provide opportunities to play for enjoyment,

fitness, relaxation, and fellowship. Skill development and team concepts are stressed, rather than winning.

- The PAHA directs that all recreational level coaches ensure that each player involved in the recreational level receive fair playing time based on attendance and attitude during all practices, games and tournaments no matter what the outcome may be, (win or lose).

Players Age Categories and Exceptions

Age classifications: The following age classifications have been established for all teams registered with USA Hockey.

Boys Teams

Mites	8 or under
Squirts	10 or under
Peewees	12 or under
Bantams	14 or under
Midgets	16 or under
Midgets	18 or under

Note 1 - Girls/Women playing on a boys team must conform to the boys age classification.

Note 2 - Players age shall be determined as of Jan 1st of the year registering to play.

Exceptions: It is the philosophy of USA Hockey and PAHA that players shall play within their respective age groups until they are eligible to move up to the next age category based on age.

FIRST AID

F: Medical/First Aid:

1. All teams must have a first aid box containing minimum supplies such as tape, bandages, scissors, gauze, protective gloves and goggles, bags for ice etc., which will be maintained by the team manager.
2. All players are required to have a current medical information form on file with the hockey department.
3. Hockey Department is required to have a copy of the individual player medical information.
4. Any prescription medication required by any team member shall be in the possession of the team manager during all practices and games.
5. All coaches will attend a mandatory class on injury prevention and treatment conducted by the PAHA
6. No player initially complaining of head, neck, or back injuries shall be moved unless all possible precautions have been taken and the player is able to provide correct responses to the questions mandated in the injury class. For example: Can feel and can move, feet, toes, legs, arms, hands, fingers, neck, and head. Does not have blurred vision, etc. In the event any player has the indications of a serious head, neck, back, broken bone or any possible life threatening injury; that player shall not be moved to preclude any possible additional injury. The coach based upon the player's condition shall direct that 911 be called and the player remain immobilized to the best of the coach's ability. The ice facility shall be advised that we are in the state of a medical emergency and all players shall be directed to their bench or appropriate area. The team manager shall retrieve the medical information form and a copy of the USA Hockey injury reporting form. The manager shall attempt to fill out a draft injury report form as the situation occurs. A final copy shall be completed when all required information becomes available and turned over to the league registrar as soon as possible to allow him to notify the appropriate USA Hockey officials.
7. In the event a player is bleeding but is not in a life threatening condition (i.e. bloody nose, cut), that player shall be ordered off the ice/bench area immediately and provided assistance. The manager will have in their first aid box protective gloves and goggles which shall be worn by the individual providing hands on assistance. The player shall not be allowed to return to the ice/bench until all active bleeding has been stopped. The player's equipment if contaminated with blood is required to be at a minimum rinsed with water until all visible blood is removed prior to returning to the bench. If the area in which the player was assisted becomes contaminated with blood the rink shall be advised and requested to decontaminate the area by washing it with a cleaning solution.
8. Remember our key concern is the safety of our players. If we error let it be on the side of caution. Treat all injuries initially as potentially life threatening and adjust from there.

G: TEAM ADMINISTRATION

Team Administrative Requirements: - (when deemed necessary by Hockey Department)

Team Manager: Will be the teams primary off ice coordinator of none coaching activities during all practices and games. The team manager's responsibilities include but are not limited to:

1. Responsible for support of the teams coaching staff.
2. Responsible for the security of the locker rooms and any team valuables during all practices and games.
3. Responsible for the distribution and recovery of any required administrative paperwork as indicated by the coach.
4. Responsible for the maintenance and availability of the team water bottles, first aid kit, team tool kit, and additional league equipment.
5. Responsible for recruiting and training of timekeepers and scorekeepers for all home games.

Team Parent: Will assist the Head Coach and the Team Manager as required. Examples of assistance include but are limited to:

1. Responsible for coordinating a phone tree within the team to facilitate the dissemination of the information required.
2. Responsible for the dissemination of practice and game schedules.
3. Responsible for the collection of any additional funds required by the team.

H: GAME/PRACTICE REQUIREMENTS

Game/Practice Requirements

Timekeeper:

1. The game timekeeper shall signal the referee and the competing teams for the start of the game and each succeeding period, and the referee shall start the play promptly in accordance with rule 637 (time of match).
2. The timekeeper shall not sound the horn or buzzer during the play to notify the referee of a malfunctioning clock or any other equipment. He shall note the present time and when the play is stopped should notify the referee of the problem. In the event of any dispute regarding time, the matter shall be referred to the referee for adjustment and his decision will be final.
3. All games will be curfewed time with no "time outs" allowed. A total of 1 hour in length consisting of: a 3 minute warm-up and league outlined period times depending on division playing.

Official Scorekeeper:

1. Before the start of the game, the scorekeeper shall obtain a roster from the team manager or coach of both teams.
2. The scorekeeper shall secure the names of the captains and designated alternates from the team managers and will so indicate by placing a "C" or "A" opposite their names on the score sheet.
3. The scorekeeper shall keep a record of all shots on goal, goals scored, the scorer's, and players whom assists have been credited, and shall indicate those players on the list who have actually taken part in the game. He shall also record the time of entry into the game of any substitute goalkeeper.

4. The awards of points for goals and assists shall be announced over the public address system and all changes in such awards shall be announced in the same manner.
- The scorekeeper shall also prepare the official score sheet for the signature by the referee and forward it to the Incredible Ice front office, each team is responsible for providing a trained scorekeeper for each of its scheduled home games.

Dressing Room Requirements:

1. The key for the assigned dressing room must be checked out by the team manager or coach by turning in either a driver's license or car keys in exchange for the dressing room key.
2. A coach, team manager or a designated parent must be present at all times when the dressing room is in use.
3. No valuables should be left in any dressing room that will be unsecured or unattended.
4. The team manager or coach will secure the dressing room at all times when it is not in use.
5. Prior to leaving the arena, all tape and debris should be picked up and the area inspected by the team manager or coach. Any damage should be reported to the Arena Manager immediately.

I: EQUIPMENT

Player Equipment:

The following set of equipment is required for each player prior to conducting any activity on the ice.

1. HECC approved hockey helmet with full face mask or shield with chin strap attached. (note that helmets that have been repainted are not authorized).
 2. Neck / Throat protector
 3. Mouth piece, (colored and attached to helmet)
 4. Shoulder pads
 5. Elbow pads
 6. Cup / supporter
 7. Shin pads
 8. Gloves
 9. Skates
 10. Stick
 11. Jersey
 12. Hockey pants
 13. Suspenders / belt / garter
 14. Hockey socks
- No player will be allowed on the ice without the above stated equipment.
 - No player will be allowed to remove any protective equipment while on the ice or players bench unless directed to do so and monitored by the coach.

League Equipment:

1. All league equipment will be receipted from the Hockey Department and returned at the end of the season.
2. Lost or destroyed equipment will be charged to the receipt holder at a fair market value.
3. Any sponsored equipment becomes property of the PAHA.