



This publication is printed by the Canadian Hockey Association to promote risk management

# Safety Net

First Edition

## IN THIS ISSUE:

Heads Up: New rules promote long term safety **2**

Play S.M.A.R.T. – Shaping Minds, Attitudes & Respect Together **3**

Safety Video Goes Out to CHA Members **4**

Canada's World-Class Arenas **4**

Pilot Survey Tracking Injuries in Nova Scotia **5**

Bullying: Not just "harmless kid stuff" **6**


For The Good Of The Game – Hockey!! **7**

## A Message from the CHA Risk and Safety Management Committee

**A**s Chair of the CHA Risk and Safety Management Committee I would like to take this opportunity to welcome you to the first edition of "Safety Net". It is hoped that this communication piece becomes a useful avenue to display articles and messages from Speak Out, the Canadian Hockey Safety Program, the CHA Parent's Program and related National and Branch Programs.

The game of hockey is a great game and when played with a safe respectful attitude proves to be a benefit to all those involved.

If your Branch or association has a safety oriented program or idea that you would like to share with Branches and associations across the country please forward them to Todd Jackson, Manager of Safety and Risk Management for the Canadian Hockey Association at [tjackson@canadianhockey.ca](mailto:tjackson@canadianhockey.ca).

I hope you enjoy this edition of "Safety Net" and I look forward to sharing future editions of this newsletter with all of the CHA membership. 

**George Ulyatt**

*Chair, CHA Risk and Safety Management Committee*

## Heads Up: New rules promote long term safety

Submitted by Candice Alkins  
Canadian Hockey Safety Program MCC

It is a constant challenge for hockey programs to revisit our material, delivery, and implementation to provide relevant and practical information that can be effectively applied by our volunteers in the field.

No where is this more evident than within the Canadian Hockey Safety Program (CHSP). Almost daily, we see changes in information and attitudes relating to nutrition, hydration, nutritional supplement and performance enhancing substances, stretching and conditioning, injury management and return to play.

This season sees the introduction of the “head checking” rule, which reflects the concern of all for the number of sport-induced head injuries sustained by our young athletes. This rule is intended to eliminate actions that have the potential to cause long term damage or disability to a player, and to emphasize to all participants that these actions can no longer be part of the game.

Along with this rule change comes a strong message in the safety program. Our guidelines for the management of all concussions dictate that the player “must be removed from that practice or game, must be referred to a physician, must have a physician’s approval before returning to play, and must be symptom free at rest and at exercise.”

While most physicians conduct a thorough “at rest” assessment of the concussed player, it is difficult for them to put their patient through an “at exercise” assessment that simulates the hockey setting. Players

may be completely symptom free until they step on the ice and begin to exercise. That’s when increased blood flow to the brain can bring about a return of some or all of the symptoms of concussion. These players are not “symptom free” and must be referred back to their physician for continued assessment and follow up.

In a proactive attempt to ease injured players back into the game safely and to provide consistent guidelines for our trainers and safety people, the CHSP has adopted the following “Return to Play” guidelines. These guidelines are only intended for use when the player has physician’s approval to return to play. They are to be carried out in a structured and supervised setting.

- 1) No activity, complete rest. Proceed to step 2 only when symptoms are gone and a physician has given the player clearance.
- 2) Light aerobic activity such as walking or stationary cycling. Monitor the player for any symptoms.
- 3) Light sport-specific activity (skating laps, etc).
- 4) Non-contact drills/practice.
- 5) Full contact practice.
- 6) Return to game.

These guidelines spell out a gradual return to play. The player only progresses to the next step if he or she is completely symptom free at each level. If any symptoms occur, the player should drop down to the previous level and be re-evaluated by

### EQUIPMENT


**Did you know...**  
your helmet and facemask must be  
CSA certified?



a physician. The more prolonged the symptoms, the longer the player will have to sit out.

Although each step may only take one day for some individuals, the length of time involved in the process will be different for each individual player. Always remember to err on the side of caution: If in doubt, sit them out.

Our ability to reduce the effects of an injury is limited after the fact. It is paramount that everyone involved in the game – players, team officials, on-ice officials, administrators, and parents – recognize our ethical and moral responsibility to change the attitudes and actions both on and off the ice that can cause danger to our participants.

Rule changes and rule enforcement play an important role in reducing injuries. But we must also work to stress the values of fair play and respect, to role model those values, and to ensure that they are part of every game plan. 

## Play S.M.A.R.T. – Shaping Minds, Attitudes & Respect Together

*Submitted by Mike Bona  
Hockey Alberta*



**P**lay S.M.A.R.T. was developed by Hockey Alberta’s Game and Conduct Management (GCM) committee to provide an underlying theme for all programs and services related to conduct management. In particular, Play S.M.A.R.T. addresses the behaviours, attitudes and relationships that have a negative influence on the game of hockey.


All partners involved in the game of hockey must be aware of and accountable for their own actions, attitudes and behaviour. Hence, all partners must make a personal commitment to the ideals of fair play, respect, integrity and safety, around which Play S.M.A.R.T. was developed.

- Respect the game and its rules.
- Respect the opposition.
- Respect officials and their decisions.
- Respect participation for all.
- Maintain your self-control at all times.

With Play S.M.A.R.T., all participants become accountable for their actions. For example, if you harass another participant you are accountable. If your behaviour is inappropriate at a rink, you are accountable for your actions.

The sport of hockey is a competitive sport. Play S.M.A.R.T. encourages that competitiveness within events sanctioned by Hockey Alberta, as long as the rules of the game are not compromised, there is respect for your opposition and for officials and their decisions, and everyone maintains their self-control at all times.

Hockey is a great sport, recreational activity and competitive game. But we all are accountable and must remember it is up to each individual to Play S.M.A.R.T.– Shaping Minds, Attitudes & Respect Together.

**For more information on the Play S.M.A.R.T. Program visit the Hockey Alberta website at [www.hockey-alberta.ca](http://www.hockey-alberta.ca)** 

### EQUIPMENT

## Did you know...

**if you paint your helmet or remove the CSA sticker your helmet is no longer CSA certified?**

## Safety Video Goes Out to CHA Members

*Submitted by Lois Kalchman*

**T**he Canadian Hockey Association is distributing 11,000 videos to its members in an attempt to reduce the number of spinal cord injuries and concussions.

"We believe it is a must-see for everyone involved in the sport," says Todd Jackson, CHA manager of safety and risk management.

This Think First video, originally designed as a television program for TSN, is a combined effort by the CHA, the National Hockey League, the NHL Players Association, including Mark Messier, Trevor Linden, Mark Recchi, Martin Brodeur and Mike Gartner, Cassie Campbell, captain of the gold medal winning Canadian Women's Hockey Team, and Think First Canada, the national head and spinal cord injury prevention foundation.

A whole segment is dedicated to on-ice safety tips for players from Toronto Maple Leaf captain Mats Sundin. And there is much more for trainers, with explanations from physicians and NHL trainers.

"Most of these injuries are preventable. Unless players take these tips seriously and use them, there can be lifelong consequences," says Dr. Charles Tator, a Toronto neurosurgeon who is also president of Think First Canada. "Hearing the message from people like NHLers who suffered concussions is really helpful."

It's important to read the booklet that comes with the video. Viewed in its entirety, the video would be too long for youngsters to comprehend. Instead, it is divided into usable sections aimed at specific groups.

Segment one describes the purpose of the video, and lasts about 10 minutes. Segment two talks about concussions and recovery, and lasts nine minutes. Segments three and four are Sundin's 12 on-ice safety

tips. They should be discussed as you play them through and are enough for nine to twelve year olds to absorb. Coaches, referees, trainers, instructors, teachers and parents should watch these first four segments, plus segment five.

**For more information on the video contact Think First Canada at [thinkfirst@netrover.com](mailto:thinkfirst@netrover.com)** 

## Canada's World-Class Arenas

*Submitted by Randy Kinnee  
Chair, Canadian Recreation  
Facilities Council*



**T**he Canadian Recreation Facilities Council (CRFC) was created in 1986, to establish a unified voice through which recreational facility operators could share concerns, ideas, and news. They also needed to keep up to date on changing technologies, requirements for arenas, and rules and regulations administered by the various user groups within our arenas.

Since then, the CRFC has taken a leading role in risk maintenance and management, indoor arena air alert awareness programs, energy efficiency and conservation, and the promotion of good air quality in indoor swimming pools. The CRFC has also developed facility operator courses that are recognized across Canada, the United States and Europe. These courses train competent facility operators to provide world-class arenas in your hometown or city for your use.


The CRFC has a membership of eight active provincial recreation facility associations and two territorial recreation facility associations. These associations represent individual recreation facility operators across Canada. They represent the views of the owners and operators of over 2,500 arenas in Canada.



To address issues that are current and relevant to all arenas and facilities, the CRFC has partnered with many organizations over the years, such as the CHA, SOCAN, Illuminating Engineers Society, Master Painters Institute, Canadian Center for Occupational Health and Safety, Canadian Standards Association and the Canadian Safety Council.

The most recent outstanding achievement of the CHA and the CRFC partnership has been the development of a national database. This database identifies over 2,500 arenas across Canada. It will be used by the CHA to distribute materials in a timely fashion to all of them, thereby ensuring the timely sharing of current information.

The CRFC is grateful to the CHA for its support, and for its commitment to risk management. Together, we can continue to make sure Canadian arenas are the best in the world.

***If you would like further information on the Canadian Recreation Facilities Council, check out our website at [www.crfc.ca](http://www.crfc.ca)*** 

## **TEST YOUR Knowledge!**

1. **A good example of a meal high in carbohydrates would be:**
  - a) **French fries**
  - b) **Fruits and breads**
  - c) **Hot dogs**
  
2. **Off-ice stretches are important because they:**
  - a) **Increase range of motion**
  - b) **Increase strength**
  - c) **Both a and b**

***See page 8 for answers.***

### **EQUIPMENT**

## **Did you know...**

**you should not apply stickers to the helmet as some stickers have glue that can harm the helmet and could effect both CSA certification and the manufacturers warranty?**

**SafetyNet**


5

## **Pilot Survey Tracking Injuries in Nova Scotia**

**W**ith the cooperation of Hockey Nova Scotia and Lakehead University, the Canadian Hockey Association is conducting a pilot initiative to collect injury data. The objective is to track injuries sustained while participating in hockey related activities, including games, practices and off-ice conditioning.

The CHA is very interested in the types of injuries that are occurring. This survey should help us to identify trends and provide effective risk management in the game.

To date, the CHA has collected injury data related to insurance claims within the CHA insurance program. If successful in Nova Scotia for the 2002-2003 season, a proposal will be made to expand the survey to all provinces, allowing us to collect data that may not necessarily be related to insurance claims. This will give us a better picture of the injury trends in different levels of the game.

***For more information on this pilot project, contact Todd Jackson, CHA Manager of Safety and Risk Management at [tjackson@canadianhockey.ca](mailto:tjackson@canadianhockey.ca)*** 

## Bullying: Not just “harmless kid stuff”

Submitted by  
Canadian Red Cross  
RespectED



Everyday in Canada, young people experience the intimidation, degradation and cruelty of bullying and peer harassment. Once dismissed as “harmless kid stuff” by adults, several high-profile cases have focused attention on the devastating impact of this destructive behaviour.

According to the Canadian Red Cross RespectED: Violence & Abuse Prevention program, bullying refers to behaviour between peers that uses intimidation and aggression to create a power imbalance. That power imbalance then allows for the continuing ill treatment of the target. Bullying is usually an ongoing pattern, rather than a single incident, and is often marked by irrational, unfair and cruel behaviour.

Contrary to some people’s beliefs, bullying and harassment do not build character or toughen kids up. Instead, bullying destroys self-confidence and impairs a young person’s ability to learn, cope and grow in positive directions. Most people who have been bullied don’t credit the experience with making them a better person, but rather with making them angry, sad or fearful.

Some kids experience long-term effects on their mental and emotional well-being from bullying and require prolonged assistance and intervention. Unfortunately, some do not get the help they need in time. Recent studies have established a clear link between bullying and youth suicide, while other recent incidents have involved victims who become vengeful and violent. The negative impacts extend to perpetrators, too, who are at greater risk for exhibiting criminal behaviour later in life if their bullying remains unchecked.


Bullies may use physical force, threats of force, or verbal name-calling, insults and teasing. Others resort to relational bullying, which isolates targets by convincing peers to exclude or reject them, or reactive bullying, which involves the use of taunting to provoke an attack.

Peer harassment is very similar to bullying, but generally relates to behaviour that is governed by human rights legislation. For example, negative racial comments in the classroom are harassment, while name calling in the schoolyard because someone looks different is bullying. Both types of behaviour are wrong and must be addressed through prevention and intervention strategies.

Organizations should establish clear behavioural guidelines for youth participants, and put effective policies in place to deal with incidents quickly and appropriately.

Peer witnesses play a crucial role with respect to bullying. Because most bullies require an audience, everyone in an organization must be charged with stopping, rather than fueling, bad behaviour. Youth need to be taught that applauding a bully or standing idly by is wrong, and that they have a responsibility to intervene or to get help.

Bullying and harassment affect an entire organization or community, creating a climate of fear and intimidation. A concerted, system-wide response is essential to establishing and maintaining a respectful environment.

**For more information on bullying and how your organization can develop appropriate guidelines for all participants, please contact your local Canadian Red Cross office to enquire about RespectED programming. You can also visit our website at [www.redcross.ca](http://www.redcross.ca) for more information on RespectED.** 



# For The Good Of The Game – Hockey!!

*Submitted by Terry Hudson  
Stittsville Minor Hockey Association*

**A**s a parent and coach in this great game of hockey, I have often questioned why there is so much criticism toward volunteer coaches, association members and most importantly – our kids! When I first got involved in minor hockey four years ago, I volunteered as a coach. I did this because my two children have as much passion for this great game as I do. As a parent who could potentially be around the rink for the next ten years or so, I thought that I should volunteer in some capacity.


What I did not expect was how much the atmosphere around the game had changed since my own playing days as a child. As a first-time volunteer, I soon had a real awakening on every aspect of the sport. It appears to me that the fun part of the game I knew as a young player has diminished.

Often, I have come away literally shocked by the conduct of some parents towards the game and the kids, and I am not the only person who feels this way. I have talked with many coaches, officials, hockey association members and even some parents about how the fun of the game is being tarnished due to some negative parents. Although the numbers of complainers are low, they do get the most publicity, and this results in a domino effect within local minor hockey. There are many great parents out there that just want the game to be fun for the kids, and they are just as frustrated as the volunteers.

Feeling discouraged about this negative aspect of the game, I undertook some research on the subject of Parents in Hockey, and have come across many interesting stories and topics on this issue. The greatest obstacle has been the lack of an appropriate solution for the inappropriate

behaviours sometimes exhibited by parents. There are many minor hockey associations that are working on this issue, including implementing codes of conduct and other related programs within their associations to highlight the “fun” aspects of the game. Recognizing these efforts, there is still much work to be done to remove the negative aspects of the game that has infiltrated minor hockey over the years. We need to re-instill the fun and positive parts of the game.

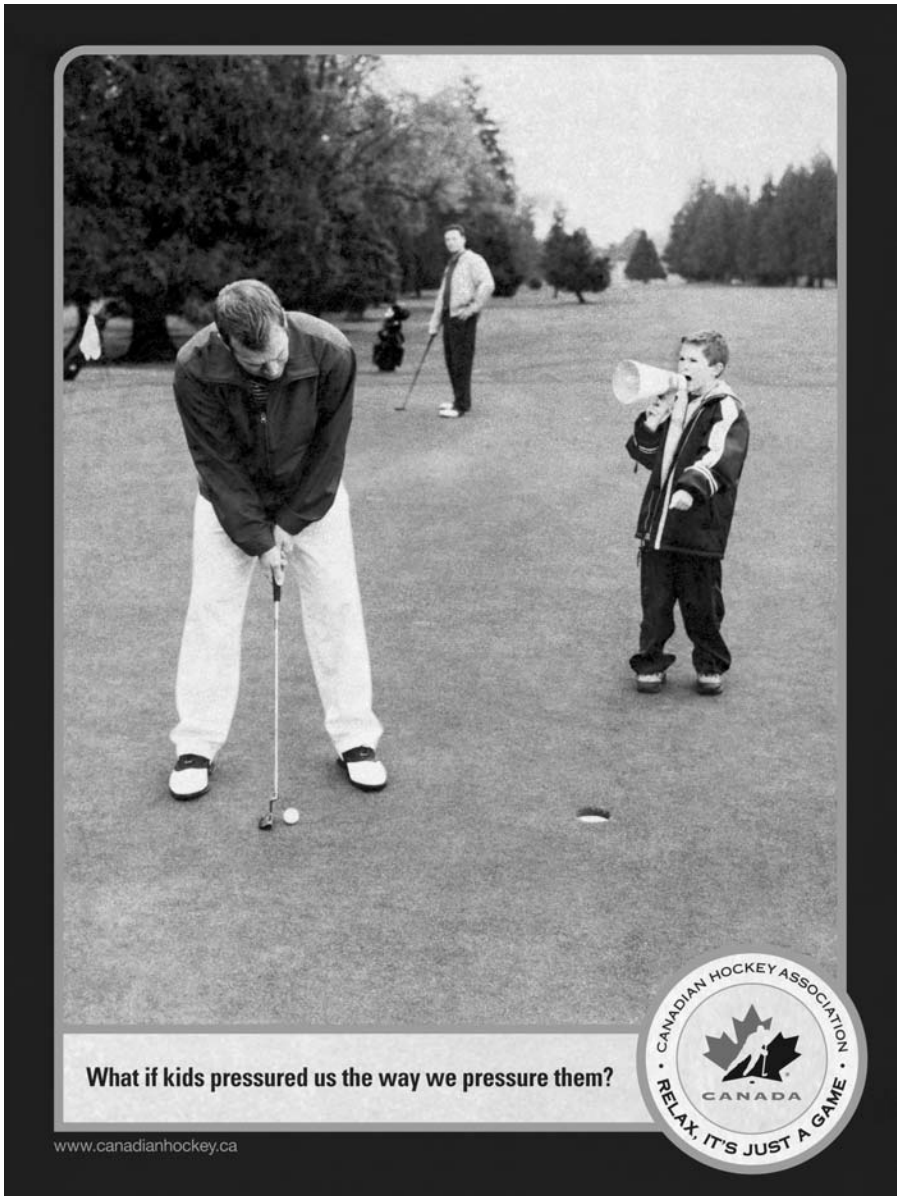
I feel very strongly that there is a need to develop an Awareness Program that will have a more positive effect on the environment surrounding the game. The Awareness Program would identify all areas of behavior and the importance of positive reinforcement in building self-esteem within our children.

Promoting awareness is the most important tool available to achieve our objectives towards a positive and fun environment. This should be introduced to all parents as their children first begin to participate in minor hockey. The implementation and education by this program should be promoted throughout the entire hockey association. The program should also be evaluated at the end of the season and followed up with feedback sessions with all the volunteers involved. As volunteers we can all make a difference as long as we listen to each other and work with all of our opinions and solutions for the good of the game. Associations, volunteers and parents need to work together – for the good of the game! 

## EQUIPMENT

### Did you know...

**if you remove ear protection from your helmet it is no longer CSA certified and therefore does not meet CHA requirements?**



What if kids pressured us the way we pressure them?

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



**Canadian Hockey Association**

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**ANSWERS TO TEST YOUR KNOWLEDGE**

1. b) 2. c)

## Our Partners in Risk Management

