



Code of Conduct for Parents/Players/Coaches

1. School will always be number one priority for players. Players will commit more time to schoolwork than hockey. Parents/guardians are encouraged to report if their player is neglecting schoolwork to attend hockey. Therefore players must adhere to a healthy lifestyle including proper nutrition and regular exercise.
2. All players are expected to be at the arena 60 minutes prior to games and 30 minutes prior to practices. This time is to be used to prepare for the game: bottom gear on, warm up, stretching, rest of gear on, and discussions with teammates and coaches. All players are to be fully dressed for the game 15 minutes before with laces tied.
3. Two female staff members will be in the dressing room at all times. Accordingly, no parents are permitted in the dressing room during practice; a player may leave the room to get skates tied and then return.
4. During games, no parents/guardians are permitted in the dressing room until 15 minutes after the game to give the coaches a chance to talk to the team. Staff will tie laces or parents will be asked to come in at the appropriate time. Two female staff members will be in the dressing room at all times.
5. Cape Breton Blizzard players are expected to act in a sportsmanlike manner. There will be zero tolerance for disrespecting or being abusive towards teammates, other players, coaches, parents and referees. Bullying is prohibited and must be reported to the team Manager(s) immediately.
6. Cape Breton Blizzard parents/guardians are expected to act in a sportsmanlike manner. There is no place in the game for abuse of your player's teammates, opposing players, coaches, parents/guardians and referees. Allow the coaching staff to coach your player.
7. The use of curse words is prohibited in arenas, dressing rooms, on the ice and bench. Verbal abuse will not be tolerated.
8. Unexcused absences are not acceptable and players are expected to be at all practices (including off-ice training) and games. Coaches/Managers must be notified prior to a game/practice by phone, email or text if a player will not be in attendance.

9. If your player has a cell phone or recording device with them in the dressing room, one of the coaching staff will care for it until they leave the dressing room area after a game or practice. For the protection of your player, there will be zero tolerance on this issue.

10. Any damage and/or vandalism of any rink/arena and any other premise that are hosting the team will not be tolerated. Accordingly, the damages caused by the player will be the responsibility of the players's parents/guardians.

11. All funds that are raised by team activities are considered team money.



Behaviour Contract for Players

- 1) I will play hockey because I want to, not just because others or coaches want me to.
- 2) I will play by the rules of hockey and play fair in the spirit of the game.
- 3) I will control my emotions because arguing, fighting and “mouthing off” can spoil the activity for everybody.
- 4) I will show respect to all teammates, opponents, coaches, parents and fans.
- 5) I will work hard to be a true team player and always try my best to improve.
- 6) I will remember that winning isn’t everything – that having fun, improving skills, making friends and doing my best are just as important.
- 7) I will acknowledge the good plays and performances of those on my team and of my opponents.
- 8) I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect at all times.

My Commitment

In signing here, I, _____, agree to abide by and uphold the **Cape Breton Blizzard Player Contract** to the best of my ability, at all times.

Dated this ____ day of _____, 2022.

Head Coach

Team Name



Parents/Guardians Expectations

- 1) I will not force my player to participate in hockey.
- 2) I will remember that my player plays hockey for their enjoyment, not for mine.
- 3) I will encourage my player to play by the rules and to resolve conflicts without resorting to hostility, violence or profanity.
- 4) I will teach my player that doing one's best is as important as winning so that my player will never feel defeated by the outcome of a game.
- 5) I will make my player feel like a winner every time by offering praise for competing fairly and playing hard.
- 6) I will never ridicule or yell at my player for making a mistake or losing a game.
- 7) I will remember that children learn best by adults setting a positive example.
- 8) I will applaud good plays/performances by my player's team and respect her opponents.
- 9) I will never ridicule or criticize the officials' judgement or integrity in public.
- 10) I will support all efforts to remove verbal and physical abuse from minor hockey games.
- 11) I will respect and show appreciation for the volunteer coaches who give their time to coach minor hockey for my player.
- 12) I will respectfully and promptly discuss any concerns or issues that arise with the team manager and/or coaching staff.

My Commitment

In signing here, I, _____, agree to abide by and uphold *the **Blizzard Female Hockey Association*** Parent Expectations to the best of my ability, at all venues of Minor Hockey.

Dated this ____ day of _____, 2022.

Head Coach

Parent/Guardian Signature

Team Name