



## **EFHA Dressing Room Use Guidelines**

To ensure a supportive and safe environment for all players, teams, families, and staff, this guideline aligns with the *Hockey Canada Dressing Room Policy* and emphasizes respect, comfort, and inclusivity for all participants.

### **Purpose**

This guideline seeks to:

1. Support young or new players with the assistance they need from parents or guardians in the dressing room.
2. Foster a comfortable dressing room environment with structured adult supervision for skilled and older players.
3. Encourage team bonding by minimizing unnecessary distractions or disruptions.
4. Allow coaches and team staff time to prepare players with game or practice instructions and team discussions.
5. Respect and accommodate gender and gender identity within the sport, aspiring to dignity and inclusion for every player.

### **Guideline Details**

- 1. Parental or Guardian Assistance for Younger/New Players:**
  - For U7 players and teams, dressing rooms are open to all players and adults.
  - Parents or guardians may enter the dressing room to assist young or new players as needed. Once the player is dressed and comfortable, parents are encouraged to step out to allow the team to prepare as a group.
  - As players become more independent, parents should gradually reduce their presence in the dressing room to promote self-sufficiency and peer bonding among teammates.
- 2. Dressing Room Access for Older, Independent Players:**
  - Older players who are capable of preparing independently should dress with minimal interference to foster independence and privacy.
  - To create a stable, predictable environment, designated adult supervision will be determined by each team, consistent with *Hockey Canada* safety protocols.
- 3. Creating a Supportive and Focused Environment for Team Bonding:**
  - The dressing room should be a space where players can connect and build team spirit without undue distractions. Non-team members are asked to respect that the dressing room, like the bench and the ice surface, is considered restricted game space designed for player preparation, camaraderie, and focus.
  - The team coach or designated adult supervisors will oversee dressing room activities to ensure a positive, inclusive atmosphere.



- Coaches may determine more specific team-level dressing room guidelines that are not inconsistent with the principles in this guideline and that consider the needs and interests of all players on the team.

#### **4. Pre-Game/Practice Team Time:**

- Coaches and staff require 15-20 minutes of private time with the players before each game or practice to discuss strategies, tactics, and game plans.
- Players at many ages and levels require 15-20 minutes of time together, prior to the entry of coaches and team staff, to dress, prepare, and bond as a team.
- All parents and non-essential team members should vacate the dressing room during these times to provide an undisturbed environment.

#### **5. Inclusion and Respect for All Gender Identities:**

- All dressing room procedures are designed to support and respect the diverse gender identities of players. In alignment with *Hockey Canada's* inclusive policy, the organization will provide alternative dressing or private changing spaces for players who request accommodations.
- Wherever players have alternative dressing room assignments, they should join their teams as soon as they are ready in order to maximize their participation.
- These accommodations aim to ensure all players feel respected and comfortable while being fully included in team activities.

### **General Expectations and Compliance**

All players, parents, guardians, and team members are expected to comply with these guidelines to maintain a safe, respectful, and inclusive environment. Any concerns about dressing room use should be brought to the attention of team management or organization officials, who will address them in accordance with the *Hockey Canada Dressing Room Policy* and organizational values of respect, support, and inclusion.