



Abington Ice Hockey Club 2021-2022 Season Registration Packet

*** Important Information ***

REGISTER ONLINE: This year we will once again be using TeamSnap for player registration, team communication and to track player availability. Please go to www.abingtonicehockey.com and click the button to setup your account and/or input your player registration information. If you are already a TeamSnap user, you can easily import your existing player information from any other connected team or membership. A \$250 deposit is required to register.

ADDITIONAL FORMS: In this packet are all of the other forms that must be completed and submitted to the club (along with your deposit) as part of registration for the 2021-2022 season.

This packet can be printed and filled out/signed by hand or filled out electronically then printed and submitted to the club (in person or via email to abingtonicehockey@gmail.com).

ALL PAPERWORK MUST BE COMPLETED BEFORE September 1, 2021

Players WITHOUT completed paperwork will not be permitted to take the ice when practices begin.

PLAYER MOVEMENT RISK ACKNOWLEDGEMENT: Please note that Form 9 (Player Movement Risk Acknowledgement and Liability Waiver) is intended ONLY for 4th grade practice squad and 5th grade middle school players only.



ABINGTON ICE HOCKEY 2021-2022 Forms Checklist

2021-2022 AIH TeamSnap Registration

2021-2022 AIH Payment Policy

2021-2022 Anti-Bullying Policy

EPIHA Concussion Guidelines

USA Hockey Parental Release

SHSHL Code of Conduct

USA Hockey Waiver of Responsibility Form

Parents of 5th Graders Liability Form



2021-2022 Abington Ice Hockey Registration Form

Last Name: _____ First Name: _____ DOB: _____

Address: _____

Phone Number: _____ Player Email: _____

Grade Entering: _____ # of years Experience: _____ Position: _____

Club Team & Level: _____

Parent(s) Name: _____ Email: _____

Alternate Email/Phone Number: _____

New Players: Give Three Desired Jersey Numbers: 1) _____ 2) _____ 3) _____

Registration Fee: \$250 (CASH, CHECK or PAYPAL) OR \$200 4th Grade Fee

All players must register on-line with USA Hockey

(https://www.usahockeyregistration.com/register_form_input.action).

PLEASE PROVIDE COPY OF USA HOCKEY CONFIRMATION PAGE WHEN RETURNING FORMS or FORWARD VIA EMAIL: abingtonicehockey@gmail.com

Parent Signature: _____

Player Signature: _____

USA Hockey # _____

AIH Payment Policy

Payments are to be made in five installments after registration deposit (\$250) is received*

- Payment 1 by October 15th
- Payment 2 by November 15th
- Payment 3 by December 15th
- Payment 4 by January 15th
- Final Payment by February 15th

Flexible Payment Options:

- Checks made payable to "Abington Ice Hockey"
- Venmo: @AbingtonIceHockey
- PayPal: abingtonicehockey@gmail.com

If no payments, as per the above policy, have been received by December 15, the player will not be allowed to participate in practices and games until payments are brought up to date.

If no payment has been received by the league final due date (typically January 31) the player's name will be submitted to the USA Hockey non-payment list and further eligibility will be determined according to DVHL policy. Please remember that non-payment for SHSHL hockey can affect players' eligibility for ANY league in which they participate.

* Alternate payment plans may be arranged on a case-by-case basis. Adherence to that plan must be kept current or the same restrictions/actions noted above may be imposed.

I have read this page and agree to the payment policy. I realize that, should I be delinquent in my Abington Ice Hockey account, without having made alternate arrangements to satisfy balances, my name will be submitted to USA Hockey's "No Pay" list, as mandated by the SHSHL and my player will be exempt from all USA Hockey sanctioned activities.

Name: _____ Date: _____

Signature: _____

Abington Ice Hockey Anti-Bullying Policy

The Abington Ice Hockey Club (AIH), as an active participant in the USA Hockey Association, Atlantic District, and Suburban High School Hockey League (SHSHL) has adopted its own anti-bullying policy. We consider bullying to be behavior ranging from verbal teasing to physical aggression. It is our position that no amount of bullying is acceptable. Not all joking or horseplay is bullying, but when the intent or effect is to cause distress, repetition of such behavior is bullying and will not be tolerated.

Physical bullying can include pushing, hitting, or kicking a person or interfering with their property. Verbal bullying is the use of words or gestures or using technology/social media, to hurt or humiliate another person, including name-calling, racial or derogatory insults and teasing. It is the responsibility of everyone to stop bullying. If you are being bullied, or know of someone being bullied, you must tell your parents, coach, manager or a member of the AIH Board as soon as possible.

If a person involved in AIH (and this includes players, coaches, managers, parents and volunteers) has taken part in bullying behavior, a warning will be given. If the behavior continues, that person may be subjected to sanctions such as suspension from AIH. All incidents of Bullying will be referred to the Board for further action, which can include further warnings, discussions with parents, further suspensions or exclusions, ineligibility for tournaments and playoffs, up to removal from the team.

Statement of Intent

We (AIH Board and Coaches) are committed to providing a caring, friendly and safe environment for all hockey participants so they can learn the game of hockey and the skills necessary to participate in the game in a fun, positive and secure atmosphere. Bullying of any kind is unacceptable and will not be tolerated at any practice, game or other AIH sanctioned event associated with our hockey program. If bullying is reported to any parent or player, they should immediately report the incident to their respective coach, team coordinator, or any AIH Board member who will ensure the complaint is investigated and dealt with promptly and effectively. We will promote a *TELLING atmosphere*. This means that *anyone* who knows that bullying is taking place is expected to report the incident, as indicated previously.

Definition of Bullying

Bullying is defined as conduct, gestures or comments which are insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to a player, group of players and/or teammates, and which create a hostile or intimidating environment, or which negatively affects a player or player's performance. Bullying is harassment or intimidation by means of any gesture, any written, verbal or physical act, or any electronic communication, whether it be a single incident or a series of incidents that results in pain and distress to the victim. Bullying can be:

- Emotional - being unfriendly, excluding or intentionally ignoring someone
- Physical pushing, kicking, hitting, punching or any use of violence
- Racist racial taunts, graffiti, gestures or other slurs
- Sexual unwanted physical contact or sexually abusive comments
- Homophobic remarks or focusing on the issue of sexuality
- Verbal name-calling, sarcasm, spreading rumors, teasing, taunting or tormenting

- Any communication via internet, including but not limited to, use of social networking sites to send email, text messaging, internet chat room dialogue, video and any other communication by use of computer or cell phone

Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everyone will be treated with respect. Players must be discouraged from bullying and AIH has the responsibility to respond promptly and effectively to issues of bullying.

Objectives of this Policy

All players, parents, coaches and AIH Board members should have a clear understanding of what bullying is. Coaches and Managers shall ensure that all players and parents are provided a copy of the AIH Anti-Bullying Policy and discuss the important points of the policy each year during the respective Parent/Coach Meeting. All players and parents should understand what they should do to report incidents involving bullying.

All coaches and AIH Board members should be familiarized with the AIH Anti-Bullying Policy each year and be made aware of the procedures to follow when bullying is reported.

As a Club, we take bullying seriously. Players and parents should be assured that they will be supported when bullying is reported.

Bullying will not be tolerated at any practices, games or other AIH-sanctioned events.

Signs and Symptoms

A child may indicate he or she is being bullied through various signs and symptoms. While some children are prone to report bullying to their parents, coaches or adults, others will not, due to fear, intimidation or other factors. Coaches and parents should be aware of the following possible signs indicating that bullying may be taking place prompting them to investigate further and/or share their concerns with coaches or AIH Board members:

If a child:

- is frightened or unwilling to attend practice
- doesn't care to associate with team members
- asks to be picked up promptly from practice
- changes their usual routine
- feigns illness prior to practice or game time
- becomes withdrawn, anxious, or lacking in confidence
- starts stammering
- attempts or threatens suicide or runs away
- cries themselves to sleep at night or has nightmares
- begins to do poorly in school work
- comes home with missing or damaged equipment or clothing
- asks for money or starts stealing money (to pay bully)
- has unexplained cuts or bruises
- becomes aggressive, disruptive or unreasonable
- is bullying other children or siblings

- stops eating
- is frightened to say what's wrong
- gives improbable excuses for any of the above

These signs and behaviors could indicate other problems, but bullying should be considered a possibility and should be investigated.

Player Education

Coaches are encouraged to discuss the problems of bullying openly with their players in order to promote a "Telling Atmosphere". Coaches shall establish a culture of inclusiveness and establish leaders amongst the players to ensure that no player gets bullied by another teammate. Players should be encouraged to do the following to stop and discourage bullying tactics:

1. Players should tell their parents, coaches and board members in the event they feel they or someone else is being bullied.
2. If a player is bullied at hockey practice/games, they should be encouraged to immediately tell their team coach. Telling is not tattling and the player should be reassured that no consequences will result to them for coming forward. If necessary, players should write down what happened, when it happened, and identify who bullied them.
3. If players are concerned or nervous about coming forward, they should be encouraged to talk with a friend or teammate. Team captains and assistant captains should be encouraged to intervene in any bullying situation.

Procedures for Parents, Coaches and Board Members

1. Parents should report bullying incidents to the team coach, coaching director, manager or any AIH Board member. In cases of bullying, the coach or board member who was contacted shall submit a written report outlining the reported bullying behavior to the AIH Board. If necessary and appropriate, police may be consulted.
2. In all cases of reported bullying, parents of the player who was bullied shall be informed immediately and may be asked to meet with the respective team coach and/or coaching director to discuss the incident. *In all cases, strict confidentiality shall be maintained.*
3. The bullying behavior or threats of bullying must be investigated and the bullying stopped immediately. The parents of any player who is reported to be bullying will be contacted immediately by the respective team coach, coaching director, or board member and asked to meet to discuss the incident. Depending on the severity of the situation, the parents may be asked to meet with representatives of the AIH Board, as appointed by the President.

Parents in Locker Rooms

We discourage parents from entering locker rooms unless it is truly necessary. If a player needs assistance with his or her uniform or gear, if the player is or may be injured, or a player's disability warrants assistance, then we ask that parents let the coach know beforehand that he or she will be helping the player. Naturally, with our youngest age groups, it is necessary for parents to assist the players getting dressed. We encourage parents to teach their players as young as possible how to get dressed so that players will learn as early as possible how to get dressed independently. In circumstances where parents are permitted in the locker room, coaches are permitted to ask that the parents leave for a short time before the game and for a short time after

the game so that the coaches may address the players. As players get older, the coach may in his or her discretion prohibit parents from a locker room.

Cell Phones and Other Mobile Recording Devices

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras, are not permitted to be used in the locker rooms. If phones or other mobile devices must be used, they should be taken outside of the locker room. If this rule is broken, it will become mandatory that all player phones be collected by the team manager and redistributed at the conclusion of the practice or game.

Consequences of Bullying

- A.** In a first offense situation involving bullying, an attempt will be made to encourage the bully (bullies) to modify their behavior for their benefit, for the benefit of the person bullied and other team members. The bully (or bullies) will be asked to genuinely apologize to those players affected, including all team members. An attempt will be made by the coach, manager, or parent to reconcile the situation between the players (age and level of maturity and or severity of offense must be considered). Other consequences or disciplinary alternatives to stop the bullying may also be considered by the AIH Board, once reported by the parent, coach or manager.
- B.** If the bullying persists, disciplinary action against a player may be taken by the team coach and/or AIH Board which may include, but is not limited to, immediate suspension from participation in the hockey practice or game(s) for a period of time. The Board reserves the right to suspend or otherwise discipline any player for bullying in addition to any action taken by the coach. In severe cases, the Board reserves the right to prohibit further participation in the hockey program by any player deemed to be involved in the bullying other players.
- C.** After the incident/incidents have been investigated and dealt with, the situation will continued to be monitored by the respective team coach and player parents to ensure repeated bullying does not take place.
- D.** Any and all incidents of bullying, whether first offense or other, deemed minor or severe, will be reported to the AIH Board immediately and in writing within 24 hours. This policy supersedes the “cooling off period” defined by USA Hockey only for instances of bullying behavior. All other issues shall observe the 24-hour waiting period to allow emotions to calm.
- E.** Dismissal from the club and or suspension does not absolve the family’s financial commitment to the club for any outstanding fees still owed.

Player Name and Signature: _____

Parent Name and Signature: _____

EPIHA GUIDELINES FOR IMPLEMENTATION OF THE HEATH & SAFETY IN YOUTH SPORTS ACT “Pennsylvania Concussion Law”

Pennsylvania's new Health & Safety in Youth Sports Act (“PA Concussion Law”) goes into effect on July 1, 2012. This law is intended to reduce the risk of traumatic brain injury to student-athletes by creating new responsibilities for all coaches, parents and students competing in interscholastic sports and athletic activities. This law is important to every interscholastic ice hockey program because its definition of “athletic activities” applies not only to traditional PIAA sports, but also to every “athletic contest or competition that is sponsored by or associated with a school entity, including, club sponsored sports and sports activities sponsored by non-affiliated organizations”. The EPIHA feels strongly that this includes our interscholastic ice hockey programs, even those that may not be formally recognized by their high schools. Our compliance with this law is not only important to providing our student-athletes the same high level of concussion protection afforded other high school athletes, but is also a significant step toward gaining the type of formal school recognition that our athletes deserve. Therefore, the EPIHA requires every high school ice hockey coach and administrator to carefully read the summary below and to comply with the Concussion Law this upcoming season.

SUMMARY OF COACHING REQUIREMENTS:

On-Line Training & Certification

- (1) Once each school year, every coach shall complete a short on-line concussion management training course offered free-of-charge by the National Federation of High School State Associations (NFSHA); and
- (2) A coach shall not coach any game or practice UNTIL he or she has completed the training course, printed-out the certificate of completion and provided it to his/her school Athletic Director or league president. The link to the NFHSA on-line course is: <http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000> the PIAA link is: <http://www.piaa.org/news/details.aspx?ID=1996>

Removal From Play Rule

A student-athlete who as determined by a game official, coach from the student's team, certified athletic trainer, licensed physician, physical therapist or other official designated by student's school ***exhibits signs or symptoms of a concussion*** while participating in any game or practice shall be ***removed by the coach from participating at that time.***

Return to Play Rule

A coach shall ***not*** return a student-athlete to participation ***until*** the student is evaluated and cleared to return to participation IN WRITING by a medical professional designated by his school or, if no such designation is available, then by: (1) a Licensed Physician trained in the evaluation and management of concussions; or (2) a licensed or certified health care professional trained in the evaluation and management of concussions and designated by such licensed physician; or (3) a licensed psychologist, neuropsychologically trained in the evaluation of concussions or who has postdoctoral training in neuropsychology and specific training in the evaluation and management of concussions.

SUMMARY OF PLAYER & PARENT REQUIREMENTS

Players & Parents Educational Materials & Acknowledgment

Every STUDENT-ATHLETE & his or her PARENT/GUARDIAN must read and RETURN TO THE STUDENT'S SCHOOL (or hockey coach or program director) a signed acknowledgment that he/she read the information prepared by the Pa. Dept of Health or Dept of Education on the risk of concussions and of continuing to play or practice after suffering a concussion. (A sample acknowledgment is attached which must be reviewed and signed by PLAYERS and PARENT/GUARDIAN)

PENALTIES FOR NON-COMPLIANCE & CIVIL LIABILITY

Coaches' Non-Compliance

- (1) The EPIHA has adopted the minimum penalties for a coach found to violate the foregoing mandatory provisions of the Concussion Law, which penalties will take effect beginning on July 1, 2014.
 - a. **1st Offense:** suspension from coaching any athletic activity for remainder of season.
 - b. **2nd Offense:** suspension for remainder of season and next season;
 - c. **3rd Offense:** Suspension for life

Civil Liability

Any coach acting in accordance with the Removal/Return to play rules shall be immune from civil liability.

Any Questions, Comments or Concerns about the Concussion Law or your team's compliance, please contact Dave Baun dbaun@baunlittlaw.com (Legal Counsel for the EPIHA and AAHA Associate Coach-In-Chief for High School Hockey) 6/18/12

UNDERSTANDING OF RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should students do if they believe that they or someone else may have a concussion?

Students feeling any of the above symptoms should immediately tell their Coach and their parents. Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.

The student should be evaluated. A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.

Concussed students should give themselves time to get better. If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion? Every sport is different, but there are steps students can take to protect themselves:

Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be (1) the right equipment for the sport, position, or activity; (2) worn correctly and the correct size and fit; and (3) used every time the student Practices and/or competes.

Follow the Coach's rules for safety and the rules of the sport.

Practice good sportsmanship at all times.

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Student's Signature _____ Date _____

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Parent's/Guardian's Signature _____ Date _____



PARENT/GUARDIAN'S RELEASE OF ALL CLAIMS

I, _____ ("Parent") the undersigned parent and/or guardian of _____ ("the Athlete") do hereby request permission for the named Athlete to participate for _____ ("Club") in the SHSHL Hockey program. I represent and warrant to you that the Athlete is physically and mentally able to participate in the above named SHSHL Hockey Program, with its emphasis on the sport of ice hockey. Further, I wish for the Athlete to participate in this SHSHL Hockey Program and its related events and activities. In consideration of being allowed to participate, I understand and agree to the following:

1. I understand that the activities involved in this SHSHL Hockey Program are dangerous, and that the risk of injury from the activities is significant, including the potential for permanent paralysis and death. Further, I understand and accept that, while particular rules, protective equipment, and personal discipline may reduce this risk, the risk of serious injury does exist. I also understand and accept that the risk of injury to the Athlete is inherent with participation in any ice hockey program, and that any such injury may be caused by contact(s) with items such as, but not limited to, other players, sticks, pucks, skates, protective glass/netting, goal nets, the dasher boards, coaches or managers, and I or the ice itself; and
2. **I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees shown below** or others, and assume full responsibility for the Athlete's participation; and
3. I hereby agree to abide by, and comply with, the conditions and rules for participation in this SHSHL Hockey Program, as may be amended from time to time, and will instruct the Athlete to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in the Athlete's readiness for participation and/or in the program itself, I will remove the Athlete from participation, and will immediately bring such to the attention of the nearest coach, instructor, manager or official; and
4. **I hereby release the _____ (Club) and the SHSHL Hockey Program, and their respective officers, directors, officials, volunteers, agents and/or employees, their coaches and instructors, other participants, game officials, sponsoring agencies, the Suburban High School Hockey League and USA Hockey, Inc., any team or league sponsors or advertisers, and if applicable, the owners and lessors of the premises used to conduct this SHSHL Hockey Program and related program events ("the Releasees"), with respect to this agreement, and any or all injury, disability, death, loss or damage to person(s) or property(s) incidental to the Athlete's involvement or participation in this SHSHL Hockey Program or its related activities, whether arising from the negligence of the releasees or otherwise.**
5. I, for myself and on behalf of the Athlete, heirs, assignees, personal representatives and next-of-kin do hereby indemnify and hold harmless, all of the above Releasees, from and against any and all claims and liabilities incident to the Athlete's involvement or participation in this SHSHL Hockey Program or any of its related activities, **even if arising from the negligence of any of the releasees shown above or otherwise.**

I have read this Release of Liability, its Assumption of Risk Provisions and Indemnity Agreement, and I fully understand and agree to the terms, conditions and limitations contained in the document. Further, I understand and accept that I have given up substantial rights by signing this document. I hereby sign this document freely and voluntarily without any inducement or any promises having been made to me in return for my signature.

Printed Name of Parent / Guardian

Date Signed by Parent / Guardian

Signature of Parent / Guardian

SUBURBAN HIGH SCHOOL HOCKEY LEAGUE

STUDENT/ATHLETE CODE OF CONDUCT

This Code of Conduct is intended as a statement of the Suburban High School Hockey League (“SHSHL”) policy for student/athlete Conduct. It is designed to outline the minimum acceptable behavior for student/athletes participating in League games and events. It is the goal of the SHSHL to conform its policies and practices to those of the governing athletic bodies of the other inter-scholastic sports in order to gain greater acceptance of the league by its member schools and the applicable state athletic boards. It is expected that you, your coach and your member school hockey program will follow this Code and will enforce its provisions. Any student/athlete who is determined by the SHSHL to violate this Code of Conduct may be suspended or expelled from SHSHL activities.

I. General

This Code of Conduct is for student/athletes privileged to compete in the SHSHL athletic programs and events. While you are participating in SHSHL programs and events, you are representing yourself, your school and the League. To be eligible to participate in SHSHL events, you must comply with the letter and spirit of this Code of Conduct. This Code is not intended to replace or supersede any codes of conduct that may exist or be adopted by your member high school. Rather, is intended to supplement your high school’s code of conduct and to set the minimum standards for our student/athletes for the benefit of every participant and spectator. This Code of Conduct applies to all student/athlete’s conduct during the SHSHL season.

II. Academic & Attendance Requirements

- a. ACADEMIC REQUIREMENTS. To be eligible to participate in SHSHL events you must pursue a full-time defined curriculum approved by your principal. You must meet all of the academic requirements of your school applicable to athletic participation. You must be passing all of your subjects as of every Friday during the grading period in order to participate in SHSHL games. If you fail to meet this requirement, you will be placed on probation by your team for the following week. If you fail to bring your failing grade up to a passing level during the probation week, you will be ineligible to participate in further SHSHL activities until you bring your grade up to a passing level.
- b. ATTENDANCE REQUIREMENTS. You are only eligible to play SHSHL games while you are enrolled as a full-time student. You cannot participate in an SHSHL game on a day that you are absent or suspended from school. You are not considered absent on days that you are in attendance by 10:30 a.m. or on days that you attend an out-of-class school-related function.

III. Illegal Conduct

- a. ILLEGAL ACTIVITIES. You are expected to avoid engaging in illegal activities at school and at home. Any student/athlete who is convicted of any illegal activity shall be suspended or expelled from all SHSHL events for a period of time to be determined by the League. The SHSHL shall have the sole discretion to suspend a student/athlete pending the investigation or criminal process associated with a charge of criminal misconduct.
 1. Drugs, Alcohol and Mood Altering Substances. You shall not consume, possess or distribute drugs, alcohol, tobacco or look-alike drugs or controlled substances nor shall you possess drug paraphernalia on or off school property.
 2. Firearms and Dangerous Devices. You shall not use or bring firearms, explosives or other dangerous devices to school or to any team or SHSHL event.
 3. Theft or Malicious Destruction of Property. You shall not steal or destroy the property of others at school or at any team or SHSHL event.

IV. Violent, Abusive or Inappropriate Conduct

- a. PHYSICAL VIOLENCE AND ABUSE. You shall not engage in fighting, taunting, or other types of violent or abusive behavior in school or at team practices or SHSHL events.
- b. UNSPORTSMANLIKE CONDUCT. Displays of unsportsmanlike conduct toward an opponent, teammate, official or coach/advisor or the use of profanity is unacceptable at any time, whether in a practice or an SHSHL game. Your coach will address all offenses. Any offense that occurs during a team practice may be referred by your coach to the SHSHL for disciplinary action.
- c. RACIAL & ETHNIC INTIMIDATION & ABUSE. You must respect the racial and ethnic differences of others and shall not engage in any racial or ethnic intimidation or abuse including, the use of verbal or written racial or ethnic slurs directed at another person in school or during any team or SHSHL event.
- d. HAZING. The SHSHL believes that student/athletes should be protected from hazing and/or initiation ceremonies that can have harmful physical or mental effects. All verbal, written or physical conduct which harasses, humiliates, persecutes any student/athlete or which disrupts or interferes with any student's curricular experience shall not be tolerated. You will not engage in any type of hazing activity and you are encouraged to report any such activity that you witness to your coach or school administrator.

V. Performance-Enhancing Substances

In order to minimize health and safety risks to student/athletes and to maintain ethical standards for athletic competition, you shall not supply, recommend or use any drug, medication or food supplement solely for athletic performance-enhancing purposes.

VI. Participation on an Athletic Team

- a. VARSITY TEAMS. It is important that you realize that participation on an athletic team is a privilege and not a right. Being on and maintaining one's membership on a team means accepting the responsibilities of a student/athlete. Every coach has the responsibility and authority for selecting his/her team. The criteria for selecting the team are developed by the coach. It is important to remember that there are no guarantees. The athletes best-suited for varsity competition will make the varsity team each year. Unlike recreational or intramural teams, equal or guaranteed playing time does not exist at the varsity level. In an effort to win, a varsity coach may use the players best-suited to the conditions or demands of the contest at that time.
- b. JV TEAMS. JV teams are developmental and exist to provide those athletes unable to participate on the varsity level, due to age, maturity, size or skill level an opportunity to develop skills and gain experience so that they may be considered for the varsity team. Having been a member of a team the previous year or even being a senior does not ensure that an athlete will automatically make, or move up to, any team.
- c. THE PLAYER-PARENT-COACH RELATIONSHIP. The parent-player-coach relationship is perhaps the most critical relationship in athletics. Players must be receptive to coaching. The team's goals, welfare and success must come before any individual. A parent naturally loves and is concerned with his or her child's welfare and wants the best for his or her child. However, an athlete can only have one coach. Through their personal experience and/or the proliferation of televised sporting events, some parents feel that they know more about the game than many coaches. While this expertise might heighten a parent's appreciation of the sport, being an interested parent does not make one the coach. While a parent may not agree with all decisions of a coach, how and when he or she expresses those feelings can have a decided affect upon the student/athlete. If a parent expresses a negative opinion in front of his or her child, he or she needs to remember that the child must return to practice with the team and may carry the parent's convictions. The player must interact with the coach. Allowing the coach to instruct and guide the team is crucial in many respects. Games and practice sessions are the equivalent to a student's classroom as there is real learning taking place there and the educational setting should not be compromised. Having a

player receive technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede the player's progress and affect his or her playing time or ability to win a position on the team. Should a parent have any questions or concerns about a player or the team, he or she should not approach the coach at the conclusion of a contest. At this time, coaches have other responsibilities and it may be an emotional time. A parent should call and make an appointment for a later time and approach the meeting in a calm, courteous and logical manner. Parents have the right to expect that every candidate for a team will be treated fairly and given consideration. Coaches should be sensitive to the feelings of players and parents and particularly to a player's feelings of disappointment over being cut from a team. Coaches should handle the task of cutting players as positively as possible and be available to answer athletes' questions.

- d. **RISKS OF ATHLETIC PARTICIPATION.** In spite of protective equipment and the supervision and sound instruction by our coaches, there are risks associated when a player participates in athletics. Injuries in hockey can and do occur. All athletes and parents need to be aware and understand this possibility. It is the SHSHL and its member club's intent to create a safe and healthy environment for players to participate in athletic competition and the SHSHL welcomes any suggestions that coaches, players and parents may have toward enhancing this goal.

VII. DISCIPLINARY ACTION & PENALTIES

Violations of this Code of Conduct may subject a student/athlete to suspension or expulsion from all SHSHL games and events. Prior to being suspended or expelled from any SHSHL game or event for a violation of this Code of Conduct, a player shall have the right to request a hearing in accordance with the Dispute Resolution procedures of the SHSHL Bylaws.

VIII. SUBURBAN ONE LEAGUE – SPECTATORS CODE OF CONDUCT

In the interest of continued good relations in the field of athletics, all spectators are asked to:

1. Show their respect for their country by standing attentively and removing hats when the American flag passes during the playing and singing of the National Anthem.
2. Show their respect by standing for the Alma Maters of both schools.
3. Conduct themselves as ladies and gentlemen at all times, showing respect for visiting teams and injured athletes, by not booing participants on the ice and by respecting property.
4. Show respect for the game officials and refrain from booing their decisions or interfering with their control of the contest.
5. Recognize that vulgarity and indecent gestures are unacceptable.
6. Cheer under the organized guidance of the cheerleaders. Cheers that interfere with the opponent's cheering are unacceptable. Foot stomping in the stands is to be eliminated.
7. Recognize that noisemakers and signs in any [gymnasium] rink or at any indoor contest are unacceptable.
8. Recognize that littering premises, throwing confetti or paper and tossing objects onto the playing area are unacceptable.
9. Support musical groups for indoor activities. However such groups must be organized, school sponsored and supervised to play only before games and during half-time.
10. Food and beverage to be in designated areas. The gymnasium and pool area are not acceptable areas for consumption of food or beverages.
11. Follow the code of conduct for promoting good sportsmanship, adult and student alike.

Suburban One Schools reserve the right to eject any spectators whose conduct is detrimental to good sportsmanship. Misbehavior at sporting events may lead to prosecution or school disciplinary action.

I, _____ have read the above SHSHL Student/Athlete Code of Conduct and agree to abide by its terms. I understand and agree that if I violate the Code of Conduct, I may be subject to suspension or expulsion from SHSHL events and activities.

Student:

Dated: _____

I am the parent or guardian of the above-named Student/Athlete and I have read and agree to be bound by the SHSHL Spectator Code of Conduct. I agree and understand that if I violate the Spectator's Code of Conduct, I may be subject to expulsion from SHSHL events.

Dated: _____
Parent or Guardian

Dated: _____
Parent or Guardian



Waiver of Liability, Release Assumption of Risk & Indemnity Agreement



It is the purpose of this agreement to exempt, waive and relieve releasees from liability for personal injury, property damage, and wrongful death, including if caused by negligence, including the negligence, if any, of releasees. "Releasees" include USA Hockey, Inc., its affiliate associations, local associations, member teams, event hosts, other participants, coaches, officials, sponsors, advertisers, and each of them, their officers, directors, agents and employees.

For and in consideration of the undersigned participant's registration with USA Hockey, Inc., its affiliates, local associations and member teams (all referred to together as USAH) and being allowed to participate in USAH events and member team activities, participant (and the parent(s) or legal guardian(s) of participant, if applicable) waive, release and relinquish any and all claims for liability and cause(s) of action, including for personal injury, property damage or wrongful death occurring to participant, arising out of participation in USAH events, member team activities, the sport of ice hockey, and/or activities incidental thereto, whenever or however they occur and for such period said activities may continue, and by this agreement any such claims, rights, and causes of action that participant (and participant's parent(s) or legal guardian(s), if applicable) may have are hereby waived, released and relinquished, and participant (and parent(s)/guardian(s), if applicable) does(do) so on behalf of my/our and participant's heirs, executors, administrators and assigns.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume all risks relating to ice hockey and any member team activities, and understand that ice hockey and member team activities involve risks to participant's person including bodily injury, partial or total disability, paralysis and death, and damages which may arise therefrom and that I/we have full knowledge of said risks. These risks and dangers may be caused by the negligence of the participant or the negligence of others, including the "releasees" identified above. These risks and dangers include, but are not limited to, those arising from participating with bigger, faster and stronger participants, and these risks and dangers will increase if participant participates in ice hockey and member team activities in an age group above that which participant would normally participate in. I/We further acknowledge that there may be risks and dangers not known to us or not reasonably foreseeable at this time. Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and agree that all of the risks and dangers described throughout this agreement, including those caused by the negligence of participant and/or others, are included within the waiver, release and relinquishment described in the preceding paragraph. I/We agree to abide by and be bound under the rules of USA Hockey, including the By-Laws of the corporation and the arbitration clause provisions, as currently published. Copies are available to USA Hockey members upon written request.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume the risks, if any, arising from the conditions and use of ice hockey rinks and related premises and acknowledge and understand that included within the scope of this waiver and release is any cause of action (including any cause of action based on negligence) arising from the performance, or failure to perform, maintenance, inspection, supervision or control of said areas and for the failure to warn of dangerous conditions existing at said rinks, for negligent selection of certain releasees, or negligent supervision or instruction by releasees.

As further consideration for registration and participation in USAH events and member team activities, participant (and the parent(s) or legal guardian(s) of participant, if applicable), hereby (1) consents and agrees that USAH, its licensees and designees may make video and/or audio recordings of and/or otherwise film, photograph or memorialize some or all of participant's participation in such events and activities, and (2) grants to USAH, its licensees, designees, successors and assigns, a worldwide, perpetual, irrevocable, fully-paid, royalty-free, transferable and sublicenseable right and license to use, copy and disseminate participant's image and personal attributes, and to modify and present same in any form, manner and media, now known or hereafter devised, for any purpose whatsoever.

If the law in any controlling jurisdiction renders any part of this agreement unenforceable, the remainder of this agreement shall nevertheless remain enforceable to the full extent, if any, allowed by controlling law. This agreement affects your legal rights, and you may wish to consult an attorney concerning this agreement.

Participant (and participant's parent(s)/guardian(s), if applicable) agree if any claim for participant's personal injury or wrongful death is commenced against releasees, he/she shall defend, indemnify and save harmless releasees from any and all claims or causes of action by whomever or wherever made or presented for participant's personal injuries, property damage or wrongful death.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge that they have been provided and have read the above paragraphs and have not relied upon any representations of releasees, that they are fully advised of the potential dangers of ice hockey and understand these waivers and releases are necessary to allow amateur ice hockey to exist in its present form. Significant exclusions may apply to USA Hockey's insurance policies, which could affect any coverage. For example, there is no liability coverage for claims of one player against another player. Read your brochure carefully and, if you have any questions, contact USA Hockey or a District Risk Manager.

_____ Age _____ Date Signed _____
PARTICIPANT SIGNATURE

_____ Date Signed _____
PARTICIPANT NAME (PRINT)

_____ Date Signed _____
PARENT OR GUARDIAN SIGNATURE
(if Participant is 17 years of age or younger)

Player Movement
Risk Acknowledgment and Liability Waiver

Print Name of Participant: _____ **Grade:** ____ **Age:** ____

I hereby acknowledge that I have petitioned, in writing, the Directors of the Suburban High School Hockey League (“SHSHL”) and the ABINGTON ICE HOCKEY (“Club”) to permit my child to participate at an age level that is above the USA Hockey and SHSHL recommended guidelines.

I specifically understand that the SHSHL recommends that middle school teams be limited to students in 6th through 8th grade and that junior varsity teams be limited to 9th through 12th grade students. I acknowledge and agree that the risk of injury, including, the potential for permanent paralysis and death from hockey participation is significant. And, while particular rules, equipment, and personal discipline may reduce the potential for serious injury, these risks, including, but not limited to, those caused by teammates and opponents who are bigger, stronger, faster, and more mature and aggressive still exist and may be increased for a student, such as my child, who is younger than those participants within the recommended age guidelines mentioned above.

By my child’s participating at a higher age level, **I KNOWINGLY ASSUME ALL RISKS ASSOCIATED WITH SUCH PARTICIPATION**, both known and unknown. Further, I agree to indemnify and hold the SHSHL, the Club, USA Hockey, the school whose name is associated with my child’s team and all of their respective, employees, officers, directors, agents, coaches, volunteers, game officials, and all other persons acting on their behalf, harmless from any and all liability, loss, expense, attorney’s fees, or claims for injury or damages caused as the result of, or arising from, my request.

I acknowledge and agree that the SHSHL and Club’s consent to my decision to move my child to the higher age group is conditioned upon my statements herein and that the SHSHL and/or the Club may, but are not obligated to, limit or bar my child’s participation if either determines that my child is not capable of participating at the higher age level. I further acknowledge and agree that the program in which my child is participating is not organized or operated by either USA Hockey or the school whose name may be associated with that program and that neither bears any responsibility for any actions or determinations made herein or in connection with the administration of such program.

Intending to be legally bound, I understand and agree to respect all these conditions of participation and in all USA Hockey, SHSHL and Club programs.

Participant Signature: _____ **Date:** _____
(If participant is under 18 years of age)

Parent/Guardian Name (print): _____ **Date:** _____

Parent/Guardian Signature: _____

Parent/Guardian Signature: _____