

## **OMHA Safety and Risk Management Policies and Regulations**

### **17.3 Helmets**

- a) All players, including goaltenders, shall wear a CSA approved hockey helmet to which a CSA approved hockey facial protector must be attached. Referees are not to start play if a player is on the ice without this protective equipment. For a first violation of this Regulation a warning will be issued to the team. The second violation will result in a Bench Minor Penalty being assessed against the offending team.
- b) Play is to be stopped due to helmet or face protector or protective throat protector coming off while participating in the play. The player shall be assessed a minor penalty if he participates in the play.
- c) If a goaltender's helmet comes off, play is to be stopped immediately with no penalty to the goaltender unless the removal of the helmet was deliberate.
- d) All players (including the back-up goaltenders) shall wear their helmets while sitting on their players' bench and penalty bench. The helmet and face mask will be properly worn.
- e) All referees officiating in the OMHA shall wear CSA approved helmets to which a CSA approved referee facemask or visor has been properly attached. Such helmets shall be black in colour.
- f) Team Officials – refer to Safety and Risk Management regarding helmets in Policies and Procedures.

### **17.4 Throat Protectors**

- a) All players must wear a BNQ approved throat protector which is properly fastened around the neck in a manner such as to provide protection to the neck area at all times.
- b) All goaltenders must wear a BNQ approved throat protector as stated in **Regulation 17.4a)** and they must wear a throat guard fastened in such a way as to protect the throat. (It may not be fastened in any manner that will void the CSA approval of the mask and/or helmet).
- c) A minor penalty will be assessed any player who contravenes **Regulation 17.4a) and/or 17.4b).**

## **2.4 Safety and Risk Management**

### **2.4.1 Helmets for Team Officials**

All on-ice Coaches, Trainers, Assistant Coach, Assistant Trainer or Volunteers will be required to wear C.S.A. approved helmets during all on-ice activities.

#### **Sanctions for Non-Compliance**

- a) First incident results in written notification/warning by one or all of the following; OMHA Centre Contact, OMHA Regional Executive Member, OMHA Development Instructor and OMHA Technical Director - Coaches.
- b) On a second incident by the same party, that individual shall be suspended from participation in OMHA activity for a minimum of 2 weeks.
- c) For the third infraction of the policy, the participant shall be suspended for a period of 1 year.

### **2.4.2 Single Trainer**

- a) Each trainer for a hockey team will act as the trainer for an opposing team's players if the trainer for that team is ejected from the game or must leave the arena with an injured player or is unable to attend the game due to an emergency situation. A game may be played or completed if there is at least one trainer who is "readily available" to come to the assistance of an injured player.

- b) Where a team does not have a trainer at the beginning of a game due to an emergency situation, the coach will contact the trainer for the opposing team and request the assistance of that trainer to act as trainer for his/her team.
- c) The coach of a team without a trainer is responsible for advising the game officials that the opposing team's trainer is acting as the trainer for both teams.
  - i) The referee for a game where there is only one trainer available for both teams at the beginning of a game will document on the game sheet the fact that only one trainer was present and that the trainer is acting for both teams.
  - ii) In each instance where a trainer is not available at the beginning of a game, the game sheet will be forwarded immediately following the game to the convenor and the Executive Member of the home team will be advised of the occurrence within 24 hours.

#### **2.4.3 Players with Physical Disabilities**

A player with a physical disability e.g. hearing, vision, etc. shall at the time of registration on an OMHA certificate or roster, provide a certificate from a medical doctor which states that the subject player may safely engage in the level of hockey for which the player is registering.

#### **2.4.4 Mouth Guards**

The mandatory use of a mouth guard product for each player participating in an Ontario Minor Hockey Association game or practice shall at all times while engaged in play or practices, practice drills or scrimmages on the ice surface wear an intra-oral mouth guard that conforms to the specifications set out by the Association as approved as suitable for use by the team's trainer.

##### **Specifications**

- a) Be of any colour, not be clear or translucent in colour; be one-piece (1) construction; be easily sized by the participant or the participant's parents; be of an even thickness from the front to the back of the device; engage the teeth of the upper jaw and lower jaw; maintain alignment of the upper and lower jaw in a neutral position; be able to be attached externally to the face mask or shield, it is attached to the participant's helmet or to be form-fitted; that it's custom-fitted to the the teeth and in addition for all hockey in non contact play will provide not less than one (1) millimeter of shock absorbent thickness between the teeth of the upper and lower jaw and for a player in contact play will provide not less than two (2) millimeters of shock absorbent thickness between the teeth of the upper and lower jaw.