



Dressing Room Policy

Dressing Room

Players must be supervised at all times. A lone personnel member must never be in the dressing room with players at any time, and especially when they are showering or changing. Two (2) adults must be present together at all times. This is called the “Two Deep Method” of supervision. Should separate dressing rooms be required, both dressing rooms require the appropriate adult supervision. Please see below regarding Co-Ed Dressing rooms.

Parents in Dressing Rooms

We discourage parents from entering dressing rooms unless it is truly necessary. Naturally, with our youngest age groups (Initiation, Novice and Atom) it may be necessary for parents to assist the players getting dressed. We encourage parents to teach their players as young as possible how to get dressed independently.

When necessary, players only need a maximum of 1 parent/guardian to assist them in the dressing room. Additional parents, guests or siblings are not allowed in the dressing room.

The safety, privacy and modesty of the players must be respected at all times.

In circumstances where parents are allowed in the dressing room, coaches are permitted to ask that the parents leave for a short period of time before and after the game so that the coaches may address the players. In these circumstances, coaches must ensure that the ‘Two Deep Method’ is adhered to. As players get older, the coach may at his/her discretion prohibit parents from the dressing room. In general, parents should not enter the dressing room if the players undress to less than shorts and t shirts.

Co-Ed Dressing Rooms

The HCMHA firmly believes in accommodating both genders. We further believe in balancing this goal with the safety, privacy, modesty and wishes of ALL our members without compromising the aspects of camaraderie, social integration and bonding inherent in a team sport. This policy attempts to meet all these goals while providing a safe and respectful environment for our participants.

We also stress the importance of coaches ensuring both male and female players have equal access to pre and post team sessions and to all team related activities.

The HCMHA recognizes the physical limitations of some facilities and encourages our members to work with local facility management to ensure that appropriate changing facilities are available to both genders.

The HCMHA allows co-ed dressing room situations to exist at the Initiation, Novice and Atom levels provided participants in a co-ed situation either arrive in full equipment or wear at a minimum gym shorts or long underwear as well as a full t-shirt all of which must be in good condition and without holes/tears.



At the Pee-Wee level (11 years old) and above the following conditions will apply in all co-ed team environments:

- Females and males will change in separate rooms
- Both genders shall congregate in one dressing room fully prepared to participate in the game/practice not more than 15 minutes prior to the scheduled ice time unless otherwise indicated (to be there earlier) by the coaching staff.
- The lesser represented gender shall depart the dressing room not more than 15 minutes after the game/practice unless otherwise indicated (to stay longer) by the coaching staff.
- The gender in the majority shall not begin changing, helmets, gloves and skates excepted, prior to the departure of the lesser represented gender.
- When necessary, due to facility limitations, showering shall be done in shifts with the gender in the majority showering first. Once the room with shower facilities has been fully vacated the lesser represented gender may use the shower facilities.

It is the belief of the HCMHA that these provisions adequately address issues of team unity/camaraderie and provide for the modesty/privacy of all participants

