



Cochrane Minor Hockey Association (CMHA)

Policy Title: Dressing Room Policy

Effective Date: September 15, 2024

Website: www.cochraneminorhockey.com

1.0 Overview

This policy outlines acceptable and unacceptable behavior in dressing rooms at CMHA home and away facilities. It promotes safety, respect, and accountability. **CMHA is not responsible for lost, stolen, or damaged personal items left in dressing rooms.**

2.0 Policy

2.1 Dressing Room Conduct

- 2.1.1** Teams must leave dressing rooms in the same condition they were found.
 - Coaches/Managers are required to check the room **before and after use**.
 - Any damages must be reported to the rink attendant immediately.
 - Fines for vandalism will be charged to the team.
 - 2.1.2** Alcohol, tobacco, vaping, and drugs are strictly prohibited.
 - 2.1.3** All garbage must be properly disposed of in supplied bins.
 - 2.1.4** Harassment of staff, officials, or patrons will result in removal from the facility and a ban until further notice.
 - 2.1.5** Teams must maintain appropriate behavior—music must be low volume and profanity-free.
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2.2 Dressing Room Monitoring

2.2.1 Dressing Room Supervision

- Always follow the **“Rule of Two”**: Two screened adults should be present.
- If this is not possible, an adult should be **within hearing distance**.
- Dressing room doors should remain open when privacy can still be maintained.
- Secure rooms when teams are on the ice.

2.2.2 Injury Treatment

- Use the **Rule of Two** when treating injuries in dressing rooms.

2.2.3 Female Teams

- Where possible, two **female supervisors** should monitor dressing rooms.



- If unavailable, one male and one female supervisor may be used.
 - Male supervisors must remain **outside** the room, within hearing range.
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2.3 Road Trips

Team personnel and players should **not share accommodations**. If unavoidable, the **Rule of Two** must always be followed.

2.4 Parents in Dressing Rooms

Parents are discouraged from entering dressing rooms except when necessary:

- Assisting with gear (especially for U7, U9, and possibly U11)
- Assisting due to injury or disability

Coaches may request parents to leave **before or after games** to address players.

2.5 Co-Ed Dressing Rooms

2.5.1 Male players must remain dressed in **shorts** when females are present.

2.5.2 Female players must remain dressed in **shorts and a t-shirt/sport bra** when males are present.

2.5.3 If separate dressing rooms are available, they must be used until players are dressed to the co-ed standard.

2.5.4 If separate rooms are unavailable:

- Players must dress in **shifts**.
 - The **under-represented gender** gets exclusive use of the shower last.
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2.6 Use of Showers

2.6.1 Adults may **not shower at the same time** as youth players.

2.6.2 Players must **cover with a towel** when entering and exiting the shower area. Respect for **youth privacy** is always required.

2.7 Smartphones and Recording Devices

Mobile devices with recording features are **strictly prohibited** in dressing rooms.

Violation will result in suspension or expulsion from CMHA.

If used for music, devices must remain in bags or pockets and be connected to a speaker or headphones.

CMHA is **not responsible** for lost or damaged devices.



2.8 Prohibited Conduct and Reporting

CMHA prohibits all forms of **abuse, harassment, bullying, hazing, and threats** as defined by:

- CMHA Respect Matters Policy #2.1
- Hockey Alberta and Hockey Canada policies

To report a concern, follow this chain of command:

1. Speak with your **Team Manager (TM)** or **Head Coach (HC)**
2. If they are the issue, speak with the **Division Coordinator**
3. If unresolved, submit your concern in writing to the **Stream Director**
4. For serious or unresolved matters, escalate to the **CMHA Executive Board**