



Cochrane Minor Hockey Association (CMHA)

Policy Title: Drug and Alcohol Policy

Effective Date: September 15, 2024

Website: www.cochraneminorhockey.com

1.0 Overview

Cochrane Minor Hockey Association (CMHA) is committed to providing a safe, respectful, and substance-free environment for all participants. Alcohol, performance-enhancing drugs, narcotics, and related substances have no place in youth sports. This policy outlines the disciplinary procedures for any infractions related to alcohol and illegal drug use.

2.0 Terms and Definitions

2.1 Member: Any player, team official (coach, manager, trainer), on-ice official, or off-ice official.

2.2 Team Activity: Any official CMHA event such as a game, practice, or organized team function.

3.0 Alcohol, Illegal Drugs, and Substances

3.1 Any member found using, under the influence of, possessing, or attempting to distribute the following during a CMHA activity will be **immediately suspended**:

- Illegal drugs
- Alcohol
- Controlled substances (including non-prescribed pharmaceuticals)
- Tobacco products (e.g., chewing tobacco, vaping products)
- Marijuana

3.2 The suspension will remain in effect until a **hearing with the Game & Conduct Committee** is held to determine the length of the suspension or possible expulsion.

3.3 The suspended player is prohibited from participating in any team activities during the suspension period.

3.4 In the event of a player violation:

1. If a parent is present, the player will be turned over to their care.
2. If a parent is not present, the player will be sent home under escort, with all travel costs being the responsibility of the family.



3.5 In the event of a coach or official violation:

- The individual will be asked to **immediately leave the arena** and will be suspended pending a review by the Game & Conduct Committee.
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4.0 Sanctions

4.1 First Infraction:

- Up to a **2-game suspension**
- The player must **attend all team functions** (games as non-participant, practices, dryland, and team events)

4.2 Second Infraction:

- Minimum of **3 games up to an 8-game suspension**
- Continued **mandatory attendance** at team functions
- May be required to attend **addiction counseling or assessment**, approved by CMHA

4.3 Third Infraction:

- **Immediate and indefinite suspension**
- Case will be reviewed by the **Vice President and/or President** of CMHA to determine further action

4.4 All discipline decisions under this policy are made by the CMHA Game & Conduct Committee, and all decisions are final.