



RED DEER MINOR HOCKEY

Dressing Room Policy

1. Purpose, Scope, and Application

Purpose

Red Deer Minor Hockey (RDMH) is committed to creating and maintaining a safe, respectful, inclusive, and supervised dressing room environment for all participants. This Dressing Room Policy establishes clear expectations, supervision requirements, and access procedures to ensure player safety, privacy, and dignity at all times.

Scope

This policy applies to:

- All RDMH players, coaches, team officials, volunteers, parents/guardians, officials, and spectators
- All RDMH-sanctioned activities, including games, practices, tournaments, dryland sessions, and special events.
- All dressing room spaces used by RDMH teams in any facility, whether home or away

Application

This policy applies **whenever players are in or around dressing room areas** and is binding on all adults interacting with minor players. The procedures outlined apply regardless of age, gender, or level of play.

2. Standards of Behaviour

Expected Behaviour

All participants must:

- Follow all supervision and access rules outlined in this policy
- Respect the privacy, safety, dignity, and comfort of others
- Use dressing rooms only for their intended purposes
- Support an inclusive and equitable environment for all players
- Promote appropriate language, conduct, and team culture
- Follow all guidance from team officials and RDMH staff



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Unacceptable Behaviour

The following are strictly prohibited:

- Being alone with a minor athlete in a dressing room
- Entering the opposing team's dressing room (parents and fans)
- Entering the officials' rooms or discussing game results with officials
- Use of cell phones, cameras, recording devices, or social media in dressing rooms
- Behaviours that compromise safety, privacy, or respect
- Ignoring accommodations needed for gender identity or personal comfort
- Failure to follow co-ed dressing room protocols

3. Dressing Room Procedures

A) Supervision Requirements

To ensure safety, transparency, and appropriate conduct:

1. Team Dressing Room Supervision:

To promote a safe and comfortable environment a screened and approved team official may be present inside the dressing room **only when more than one player is in the room.** (Preference to 3 or more players.) Players must not access a dressing room until a team official has arrived at the venue. Supervision should be consistent, and players should not have long lapses of time (greater than 15-minutes) without a coach or team official checking on the team. One team official must stay until all players have left the dressing room.

2. No One-on-One Situations:

A lone team official must **never** be in a dressing room with a player one-on-one.

3. No Exceptions to Opponent Dressing Room Access:

Parents, spectators, or team members **may not enter the opposing team's dressing room.**

4. Officials' Room Access:

No RDMH member or player may enter or interact with officials in their dressing room.

5. Injuries:

If a player is injured and leaves the ice, **two adults must accompany the player** to the dressing room.

6. Coach Responsibilities:

Head Coaches are fully responsible for all team conduct in dressing rooms and may face disciplinary action for policy violations.



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B) Dressing Room Access & Inclusion

RDMH is committed to ensuring dressing room access that is **safe, inclusive, confidential, and respectful**.

1. Player Needs and Accommodations:

- Players will have access to dressing rooms that meet their individual needs, including accommodations related to gender identity and expression.
- Disclosure of the reason for an accommodation is optional.

2. Assessment of Requests:

- All accommodation requests will be taken seriously and handled confidentially.
- RDMH will collaborate with the player and family to determine appropriate solutions, including interim measures.

3. Equity and Respect:

- RDMH will strive to remove barriers to participation whenever facilities allow.
- Team officials must maintain confidentiality and respect throughout the process.

C) Co-Ed Dressing Room Policy

RDMH supports mixed-gender participation and seeks to balance safety, privacy, modesty, and equal access to all team activities.

Co-Ed Rules for U5, U6, U7, U9 (Ages 5–9):

As per Hockey Canada:

- Co-ed dressing rooms are allowed.
- All players must arrive in **full equipment** OR at minimum: **gym shorts/long underwear + full shirt** (no holes, rips, or damage).
- Players needing to change into base-layers must do so in the privacy of a bathroom stall and not in the open area of a mix-gendered dressing room.

Co-Ed Rules for U11, U13, U15, U18 (Ages 10+):

1. Protection of Privacy & Equal Access:

- No gender shall be segregated from team meetings or coaching time.
- No player may be in the room with less than their **base layer**.
- If no base layer is worn, minimum clothing is **shirt and shorts**.



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2. Where Separate Facilities Exist:

- Players change into their base layer in their designated facility.
- All players may then meet together in the same room fully base-layer dressed.

3. Where No Separate Facilities Exist:

- Players will dress in **shifts** established by the coach.
- No player may be in the room in less than base layer during co-ed occupancy.

4. Parent Awareness:

- Parents must be informed of the dressing protocol at the start of the season.
- Parents may discuss concerns with the coach prior to implementation.

5. Showering:

- Showering occurs only after the opposite gender leaves the room.
- The majority-gender group showers first unless otherwise agreed upon.
- Coaches will ensure timely and respectful processing.

6. Supervision:

- Coaching staff must supervise based on the supervision Requirements Section A of this policy.

If the Team Cannot Agree on an Approach:

The following default rules apply:

1. All players arrive in hockey base layer.
2. Players not meeting this requirement must use another room to change.
3. After games or practices, players undress to their base layer before leaving.

D) Cell Phones, Cameras & Electronics

To protect privacy, dignity, and safety:

- **Absolutely no phones, cameras, video, or audio devices** may be used in dressing rooms or during any team sanctioned events.
- **Music** may be played **ONLY if the phone is used solely as a music player**.
- **Players of the Game (POG)** If the team has a vest or jacket award that may be worn for photos. If no vest or jacket is awarded players must have a base-layer or shirt on for photos. All photos should be taken outside the dressing room for Social Media Postings.
- For special events (e.g., championship photos, special occasions), phones may be used **only when a coach has made sure all players** are appropriately dressed for parents or coaches to take photos in the dressing room.



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Violations may result in suspension or other disciplinary action.

4. Disciplinary Measures

Violations of this policy may result in actions including but not limited to:

- Verbal or written warnings
- Removal from dressing room duties
- Suspension from team activities
- Removal from volunteer or coaching roles
- Referral to Hockey Alberta or facility management
- Further action under RDMH Code of Conduct or discipline policy

Consequences will reflect severity, intent, and risk to player safety.

5. Appeals Process

Any individual disciplined under this policy may submit a written appeal within **7 days** of receiving the decision. Appeals must outline:

- What decision is being appealed
- Grounds for the appeal
- Desired remedy

The RDMH Appeal Committee will review the appeal and issue a final, binding written decision.

6. Key Principles

This policy is guided by:

- **Safety:** Protecting all participants from harm
- **Privacy:** Ensuring confidentiality and dignity
- **Respect:** Fostering a positive team environment
- **Inclusivity:** Providing equitable access for all players
- **Transparency:** Clear communication and procedures
- **Accountability:** Coaches and adults must uphold these rules



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7. Related Documents

- RDMH Code of Conduct
- RDMH Abuse, Harassment & Bullying Policy
- Hockey Alberta and Hockey Canada Dressing Room Guidelines
- Safe Sport Policies

8. Policy Review

This policy will be reviewed annually by the RDMH Board to ensure compliance with evolving Safe Sport standards and facility requirements.

Effective Date: 11-20-2025

Next Review Date: 08-01-2026

Policy Number: RDMHP25001

