



SOOKE & DISTRICT MINOR HOCKEY ASSOCIATION

PO BOX 383

SOOKE, BC V9Z 1G1

www.sookeminorhockey.ca

Sooke & District Minor Hockey Association (SDMHA) Locker Room Policy

Introduction

Sooke & District Minor Hockey Association (SDMHA) is committed to fostering a safe, inclusive, and respectful environment for all participants. The locker room is an extension of the team space and plays an important role in athlete preparation, team bonding, and social connection. This Policy outlines SDMHA's expectations for conduct, supervision, privacy, and access within all dressing environments to ensure that every participant feels secure, supported, and respected.

Effective Date

September 2026

Purpose

The purpose of this Locker Room Policy is to ensure that all SDMHA members, parents, teams, coaches, officials, and supporters understand and uphold SDMHA's commitment to providing safe, inclusive, respectful, and equitable dressing environments. SDMHA aims to balance participant safety, privacy, modesty, and individual needs with the camaraderie, social integration, and team bonding that are fundamental to hockey.

All participants-including athletes, officials, coaches, and team staff-have the right to access dressing spaces or equivalent private environments based on their gender identity, religious beliefs, body image concerns, or other individual needs.

This Policy reflects Hockey Canada's modern approach to dressing room environments, emphasizing inclusive, team-designated spaces supported by proper supervision. It represents a shift from previous regulations by prioritizing safety, privacy, and equitable access for all participants.

Scope

This Policy applies to all SDMHA members, including:

- Association directors and staff
- Coaches and team staff
- On-ice and off-ice officials
- Players
- Parents, guardians, and supporters

It applies to all SDMHA activities and events, regardless of the facility or location.

Policy

1. Access to Locker Rooms

General Access

Locker/dressing rooms are designated team spaces. Access must be controlled to ensure privacy, safety, and appropriate supervision.



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Teams U13 and Below

Access is restricted to:

- Team participants (players)
- Team Staff (trained and screened: coaches, team safety, etc.)

Parents may enter only at the coach's discretion to assist their player with equipment, and only when:

- The parent has completed RIS Parent / The Shift Forward Program – Parent
- The Rule of Two is followed (a screened Team Staff member must be present)
- Parents leave the room immediately when asked by Team Staff

Teams U15 and Above

Access is restricted to:

- Team participants (players)
- Team Staff (trained and screened)

All others are prohibited from entering.

2. Officials / Referee Room

This space is designated exclusively for On-Ice Officials. Officials must follow:

- Minimum attire requirements
- Officials Code of Conduct
- Cell phone restrictions
- Shower and privacy guidelines

Because officials' rooms may be shared by individuals of different ages, genders, and sports, safety and privacy are paramount. Minimum attire and shower rules must always be followed.

3. Rule of Two

SDMHA follows Hockey Canada's Rule of Two for all dressing environments.

Two trained and screened adults must be:

- In the dressing room, or
- Immediately outside with the door propped open, actively supervising

This ensures the environment is free from discrimination, harassment, bullying, or maltreatment.

The Rule of Two remains in effect when showers are in use.



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4. The Minimum Attire Rule

To promote inclusion and respect privacy, all participants must wear minimum attire at all times when more than one person is present in a dressing room.

Minimum attire includes:

- Shorts and t-shirt, or
- Compression shorts and shirt, or
- Sports bra (where applicable)

Participants who arrive without a base layer must change in a private space (e.g., restroom stall or unused dressing room) before entering the team dressing room.

Coaches and team staff are responsible for:

- Instructing players on the minimum attire rule
- Ensuring compliance
- Working with facility staff to provide equivalent private dressing environments when needed

5. Use of Showers

SDMHA recognizes that athletes may require privacy for reasons including religion, chronic conditions, body image, or gender identity.

When showers are not private stalls:

- Participants must wear minimum attire (e.g., swimwear)
- Participants must change into swimwear in a private restroom stall
- Participants must change back into base layers/clothes in a private stall after showering
- Coaches/team staff must supervise the dressing room in accordance with the Rule of Two

6. Conduct

All persons accessing team locker rooms shall adhere to the SDMHA Code of Conduct and shall conduct themselves in a respectful manner that minimizes the risk of injury, both physical and psychological, to themselves and others.

7. Recording Devices

To respect the privacy of participants, no videos, still photos, or audio recordings of any kind may be taken in a locker/dressing room.

8. Cell Phones

In line with Hockey Canada and BC Hockey policies, Cell Phones usage in the locker/dressing room areas limited to the following:



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- For the purposes of controlling music played in those spaces; and
- Approved medical requirements such as continuous glucose monitoring (CGM).

In both cases this must be discussed with and approved by the Team's Head Coach.

Disciplinary Actions

Any SDMHA members, parents, teams, coaches, or supporters who fail to follow this policy, or who engage in conduct deemed inappropriate, will be subject to disciplinary action by SDMHA.

Amendments & Review

SDMHA will review this Policy annually to ensure alignment with BC Hockey and Hockey Canada guidelines. Revisions may be implemented as governing regulations evolve.

Source

[Hockey Canada Dressing Room Policy](#)