



CAPE FEAR WARRIORS YOUTH HOCKEY

**2023-2024 SEASON
PROGRAM GUIDE**

2023-2024 SEASON PROGRAM GUIDE

Cape Fear Warrior Family,

Welcome to the 2023-2024 hockey season! Soon the kids and coaches will be lacing up their skates and hitting the ice, but first we would like to welcome all of the new and returning players to the CFYHA family. We are pleased to have you and your child(ren) participate in what we consider to be the "greatest game on ice." You make up our 20 plus years of excellence in hockey, right here in the Fayetteville/Fort Liberty area.

Our Mission: *To be a hockey program that offers multiple levels of competition while establishing a strong foundation of basic skills, safety, and fun in a competitive environment; and growth for all members of the local community.*

Our Foundation: *We are a USA Hockey-sanctioned program, abiding by the best practices, rules, guidelines from USA Hockey, the Carolina Amateur Hockey Association (CAHA), and the Carolinas Hockey League (CHL).*

We are looking forward to our upcoming season and watching your kids develop as they learn to work as a team to achieve success. We wouldn't be the organization we are without the committed players and families in the program. As always, we encourage you to volunteer for the various opportunities that exist in CFYHA. The current CFYHA board members are listed in this parent handbook and on our website. If you would like information on how you can help make the 2023-2024 season great for all involved, please contact any board member. We are always looking for volunteers, with and without prior hockey experience.

Welcome to the family! We'll see you soon at the rink!

Sincerely,

Cape Fear Youth Hockey Association Board of Directors

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About Us

Nestled in the heart of Fort Liberty, NC, the Cape Fear Youth Hockey Association is a USA-hockey sanctioned program that sets kids on the path to both discover hockey and grow in the game.

We build players from the ground up – beginning with learning the basics in our developmental and recreational programs to competing against teams in the Carolinas Hockey League and from across the U.S. with our competitive travel teams.

Our goal is to provide a fun and competitive environment for players to learn and compete, and to foster lifelong skills such as discipline, teamwork, and good sportsmanship.

Participation in all of our programs is open to both military and non-military children within the local community. We are part of the Carolina Amateur Hockey Association, the Carolinas Hockey League, and abide by all USA Hockey rules and guidelines.

USA Hockey

USA Hockey provides the foundation for the sport of ice hockey in America; helps young people become leaders, even Olympic heroes; and connects the game at every level while promoting a lifelong love of the sport. USA Hockey was founded on Oct. 29, 1937, in New York City. USA Hockey's primary emphasis is on the support and development of grassroots hockey programs. Its cutting-edge American Development Model, which was launched in January 2009, provides associations nationwide with a blueprint for age-appropriate athlete development. Always a leader in safety, USA Hockey furthered the enhancement of those efforts by advancing the USA Hockey Safe Sport Program in June 2012. While youth hockey is a main focus, USA Hockey also has vibrant junior and adult hockey programs that provide opportunities for players of all ability levels. The organization also supports a growing disabled hockey program.

Beyond serving those who play the game at the amateur level, USA Hockey has certification programs for coaches and officials, inclusive of industry-leading online education modules, to ensure standards are met that coincide with the level of play. Furthermore, a large focus is put on parent education with equipment needs, rules of the game and parental roles in youth sports among common topics.

Members of the organization are entitled to many benefits, including a subscription to USA Hockey Magazine, the most widely circulated hockey publication in the world; excess accident, general liability and catastrophic insurance coverage; access to USAHockey.com; and opportunities to participate in USA Hockey National Championships, as well as player development camps.

As the National Governing Body for the sport of ice hockey in the United States, USA Hockey is the official representative to the United States Olympic & Paralympic Committee and the International Ice Hockey Federation. In this role, USA Hockey is responsible for organizing and training men's and women's teams for international tournaments, including the IIHF World Championships and the Olympic and Paralympic Winter Games. USA Hockey also works closely with the National Hockey League and the National Collegiate Athletic Association on matters of mutual interest.

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CAHA

The Carolina Amateur Hockey Association (CAHA) is the USA Hockey governing body for ice hockey in the states of North Carolina and South Carolina. Formed in 2000, CAHA's mission is to encourage, foster and promote the development and growth of the sport of amateur hockey in North Carolina and South Carolina.

CHL

The Carolinas Hockey League is organized to provide a structured framework for competitive amateur hockey and to promote the development of amateur hockey in the Carolinas and southern Virginia.

Requirements to Register

Your player will need a valid USA Hockey number before completing a Cape Fear program registration. To register with USA Hockey simply go to <https://www.usahockey.com> and click "Become a Member."

Please utilize our association website <https://www.capefearhockey.com> to access additional information about registration and the upcoming fall season.

Equipment Requirements

When it comes to equipment, it is important to check your child's equipment regularly to ensure that it is in appropriate playing condition. Poorly fitted or maintained equipment can hinder your child's development as a hockey player and put them at risk for injury.

Helmet - for travel teams, helmet (and gloves) must be navy
Must have a cage or shield (no visors)
Has an HECC sticker (check expiration date - can not be expired)
Chin straps must always be fastened during play
Inspect helmet screws regularly to ensure they're not loose

Hockey Stick

Check stick height before the season begins and throughout the season. When standing on skates, with the stick blade on the floor, the end of the stick should fall between the player's chin and nose. Tape the blade and handle. Routinely check the blade for splitting and separating.

Hockey Skates

Hockey skates need to be sharpened if purchased new. All hockey skates need to be sharpened regularly, usually once or twice a month. Routinely inspect blades for nicks and gouges. Remind players to stay on rubber pads when walking in skates. Dry skates with a towel before putting on soakers or skate guards.

Protective Gear

Helmet
Neck Guard (optional but encouraged)
Shoulder Pads
Elbow Pads
Hockey Gloves
Hockey Pants
Shin Guards
Hockey Skates with Guards or Soakers
Mouthguard
Jersey
Hockey Stick
Athletic Supporter & Cup
Hockey Socks, with hockey tape to secure
Water Bottle



Equipment Requirements

Don't have gear or need something in a different size? Contact us about our equipment loan program at secretary@capefearhockey.com, or you may purchase your own gear. Cape Fear is privileged to have an equipment room on site for rental/exchange of gear throughout the season. All gear is loaned on a first come first served basis. We will try our best to outfit each player with everything they need but can not guarantee we will have all required items. It is best to coordinate with us in advance of your first on ice experience.

If your player is in need of gear prior to the season start or during the season, please see your team manager to borrow the equipment from the Cape Fear equipment room. Rental gear must be returned at the conclusion of the current season.

If your player would like to do a 1:1 exchange on an item, please see your team manager to coordinate a time before or after practice to enter the equipment room.

You can also purchase your own gear. Recommended local locations to purchase gear:

Play it Again Sports
446 Crossroads Blvd
Cary, NC 27518
(919) 851-1851

Pure Hockey
1321 Buck Jones Rd
Raleigh, NC 27606
(919) 481-4475

Sideline Swap
www.sidelineswap.com

Program Information

Learn to Play - \$125

Our Learn to Play program is recommended for players ages 4-10 years old interested in starting hockey as well as first-season players. This program is designed to be the natural progression of the [USA Hockey Learn to Skate](#) program combined with lesson plans from the [USA Hockey American Development Model](#). Please take a look at the [USA Hockey Learn to Skate Evaluation Sheet](#) to help determine if Learn to Play is right for your player.

We offer multiple Learn to Play sessions per year. Each session includes a one hour weekly practice for six-weeks.

Birth Years: 2009-2018

8U Recreational - \$800

Cape Fear Hockey's 8U recreational program is designed for players who are new to the game and is designed to teach fundamental skills; focusing on skating, shooting, puck control, rules of the game, and an introduction to hockey concepts. Players will learn how to be a part of a team in a noncompetitive setting. The goal of 8U Recreational hockey is to have fun, create a challenging atmosphere, and to instill a love for the sport.

Includes a one hour practice and one hour house scrimmage per week. A scrimmage jersey is included in cost.

Birth Years: 2015-2018

8U Developmental - \$1,150

Our 8U developmental program differs from our 8U recreational program in that it builds on the foundations formed in the 8U recreational program. There are no tryouts and anyone can register, but it is recommended that players have some hockey experience and can skate well. There are additional practices and opportunities to compete as a team in this program. A balance of practices and games will continue to develop the mastery of key hockey skills.

Includes two one hour practices and a one hour house scrimmage per week, two home jamborees and other away jamboree opportunities. The number of away jamborees is to be determined/scheduled. There will be travel expenses including possible out of state travel and overnight stays. Participation in the 8U recreational program is required (cost of both is calculated into the 8U developmental price). A scrimmage jersey is included in cost. Players are required to purchase home/away game jerseys and home/away socks. A warmup tracksuit will be offered but is not a required purchase. Navy pant shells/breezer covers will be loaned to players for the duration of the season and must be turned back in.

Birth Years: 2015-2018

Program Information

10U - 14U Recreational - \$1,100

Our 10U - 14U recreational program is designed for players who are new to the game, not playing at the travel level yet, don't have the time to commit to travel, or are wanting to play at the recreational level. The emphasis in recreational hockey is on skill development. Players will improve their skating and learn hockey concepts, rules of the game, and how to be a part of a team in a noncompetitive setting.

Travel is limited (no overnight trips) and games will be a combination of internal scrimmages and noncompetitive games with other developmental programs in the region. The goal of the recreational program is to prepare players for the next level of hockey. We hope to instill a love for the game in a challenging environment.

Includes two one hour practices per week. Occasional scrimmages and noncompetitive regional games will be scheduled throughout the season. Players are required to purchase home/away game jerseys and home/away socks.

Birth Years: 2009-2014

10U - 12U Travel - \$2,500

The 10U - 12U Cape Fear Warrior travel teams compete in the Carolinas Hockey League (CHL). This program is designed to teach and emphasize dedication, teamwork, and accountability. Players will develop hockey skills on and off the ice, requiring academic progress report check ins, community service, and in-season evaluations. Our goal is for players to learn how to be better than the day before, to work as a team, and learn to be held accountable. By stressing skill sets that hold players accountable to coaches, teammates, and themselves, we aim to build strong foundations for not only great players, but leaders and citizens as well. This level of play will further develop more advanced hockey skills which will be transferred to games at a competitive level. The emphasis of this program is on development of speed, strength, stamina and skill development in both individual and team tactics.

Tryout and an invitation to join the team is required. Includes two hour and a half practices per week plus scrimmages, exhibition games, CHL games, CHL tournament and two out of state tournaments. There will be travel expenses including out of state travel and overnight stays. Players are required to purchase home/away game jerseys, home/away socks, and warmup tracksuit. Players must also have a navy helmet and navy gloves. Navy pant shells/breezer covers will be loaned to players for the duration of the season and must be turned back in.

Birth Years: 2011-2014

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Fee Chart and Payment Schedule*

Invitations to join a travel team require a \$300.00 deposit within 72 hours of being offered a place on a team.

All regular season program fees can be paid in full at registration or you can select a payment plan. Payment plans require a \$300.00 deposit and the remaining installments are debited on the 1st of the month starting the month after registration through February 1st, 2024.

The Learn to Play program is not eligible for a payment plan and must be paid in full at registration.

Team	Birth Year	League	Schedule	Home Games	Tournaments	Fee
Learn to Play	2009 to 2018	N/A	1 weekly practice for six weeks	N/A	N/A	\$125
8U Rec	2015 to 2018	N/A	1 weekly practice	1 weekly house scrimmage	N/A	\$800
8U Dev	2015 to 2018	N/A	2 weekly practices	1 weekly house scrimmage	2 home jamborees plus other away jamboree opportunities	\$1150
10U Rec	2013 to 2014	N/A	2 weekly practices	10	N/A	\$1100
12/14U Rec	2009 to 2012	N/A	2 weekly practices	10	N/A	\$1100
10UB Travel	2013 to 2014	CHL	2 weekly practices	10	2	\$2500
12UB Travel	2011 to 2012	CHL	2 weekly practices	10	2	\$2500

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Calendar

Regular season start date: September 5, 2023

Thanksgiving break - no practices: November 20 - November 26, 2023

Holiday break - no practices: December 18 - January 1, 2024

Regular season ends: March 17, 2024

Tentative Weekly Schedule*

Tuesdays

5:45 - 6:45 pm 10U Rec

5:45 - 7:15 pm 10U Travel

7:30 - 8:30 pm 12/14U Rec

7:30 - 9:00 pm 12U Travel

Thursdays

5:45 - 6:45 pm 10U Rec

5:45 - 7:15 pm 10U Travel

7:30 - 8:30 pm 12/14U Rec

7:30 - 9:00 pm 12U Travel

Wednesdays

6:00 - 7:00 pm 8U Rec/8U Dev

Saturdays

8:00 - 9:00 am Learn to Play

8:00 - 9:00 am 8U Dev

9:15 - 10:15 am 8U Rec/8U Dev

*Practice times and hours are subject to change

Tentative Practice Information*

Learn to Play

Saturdays 8:00 - 9:00 am

8U Recreational

Wednesdays 6:00 - 7:00 pm

Saturdays 9:15 - 10:15 am

8U Developmental

Wednesdays 6:00 - 7:00 pm

Saturdays 8:00 - 9:00 am

Saturdays 9:15 - 10:15 am

10U Recreational

Tuesdays 5:45 - 6:45 pm

Thursdays 5:45 - 6:45 pm

12U/14U Recreational

Tuesdays 7:30 - 8:30 pm

Thursdays 7:30 - 8:30 pm

10U Squirt Travel

Tuesdays 5:45 - 6:45 pm

Thursdays 5:45 - 6:45 pm

12U Peewee Travel

Tuesdays 7:30 - 9:00 pm

Thursdays 7:30 - 9:00 pm

14/16U Tournament Team

Wednesdays 7:15 - 8:30 pm

Players should be dressed and ready before practice begins.

Both on and off the ice, it's important for players to be respectful to coaches and each other. They should give their full attention to the coaches when on the ice.

At the 8U and 10U levels USA Hockey encourages players to spend very little time on systems, so don't expect power play drills or extensive amounts of time spent on positioning. The focus at this level is primarily on skills, with some secondary emphasis on "hockey sense." Expect your child to experience every aspect of the game.

It is recommended that parents remain at the rink during practices. Please help manage players' behavior before they get on the ice. If your child sees you taking practice seriously, they will too. This time is also a great opportunity for you to meet other families in the program.

*Practice times and hours are subject to change

Tournaments

Travel teams typically participate in the CHL tournament and two out of state tournaments each season. These tournaments are a “stay to play.” The team manager will be assigned a hotel from the tournament company for the team and will give parents reservation information.

With most tournaments, you can expect a minimum of four games played from Friday-Sunday with a championship game if your team advances.

Registration costs for the tournaments are included in player registration. Additional out-of-pocket expenses will include hotel, food, and team activities.

It is important to remember at tournaments that we are representing CFYHA both on and off the ice. Ultimately we ask coaches and parents to monitor players' behavior and practice common sense.

Some hotels specialize in hockey tournaments, and allow for massive knee-hockey games in their hotels. Others will take your sticks away.

Coaches may set team rules, including a player curfew, or request that certain activities be avoided (swimming is a big one) until after a game. Please help the coaches out by enforcing these team rules.

MyHockey Tournaments Stay to Play Policy

1. Any team whose home rink is greater than 70 miles from the tournament rink, will be considered an out-of-town team, and will be required to comply with MYHockey Tournaments' hotel policies and procedures.
2. Do NOT contact hotels directly! Reservations must be done through MYHockey Tournaments.
3. As a condition of acceptance to the tournament, all out of town teams MUST reserve rooms through MYHockey Tournaments and stay in an authorized hotel, at tournament rates. No other rates, discounts or hotel reward points, regardless of how obtained will be honored. No exceptions. Failure to comply and/or attempts to circumvent procedures and obligations will result in expulsion from the tournament. In this situation, registration fees will not be refunded.
4. A minimum of 20 room nights is mandatory (i.e. an average of 10 rooms for 2 nights each is 20 room nights.) Teams with less than 20 total room nights will be ineligible for semi-final or championship play during the tournament. Teams with less than 20 total room nights may have their eligibility for semi-final or championship play reinstated by paying a penalty totaling \$50 multiplied by the difference between 20 and the total number of room nights used by that team.
5. Lists should be completed as soon as possible. After a completed list has been submitted to MYHockey Tournaments, your list will then be forwarded to the first available tournament hotel, based on your preferences.
6. Information on your team's hotel, hotel contact person and game schedule will be available at least 14 days prior to the start of the tournament. Changes to the rooming after this time will be coordinated directly with your team's hotel contact at that time.
7. Room additions, deletions and special requests or instructions regarding your team's room block should be coordinated through your hotel contact person. All hotels attempt to keep your team as close together as possible. However, keep in mind that special requests and rooming list changes may tend to fragment your block.
8. The hotel will accept individual cancellations until 6:00 pm 72 hours (3 days) prior to arrival for the listed party. Individuals not canceling more than 72 hours in advance will be considered a "no show" and will be charged for one room night plus tax. Early departures (parties checking out earlier than the departure date listed on the rooming list form) are subject to fees determined by the hotel (typically one night's room and tax).

MyHockey Tournaments Stay to Play Policy

9. Teams canceling more than 50% of their entire room block within one (1) week of the tournament start date will be subject to charges for one night per room plus tax, for their entire block of rooms originally listed on the rooming list.
10. At check-in a representative of each room should leave a credit card imprint to cover incidental charges (i.e. phone calls, room service, movies, etc.) incurred throughout the weekend.
11. Teams and individuals may check in throughout the day or evening. Hotel check-in times are typically 3:00 - 4:00pm and are posted on the Hotel Information Page. All rooms are guaranteed for late arrival.
12. Most Hotels will provide a complimentary guest room per team based on the team meeting a specific number of paid guestrooms. This should be used for either the coach, manager or bus driver. Maximum 1 comp room per team per night. Please indicate on the rooming list form, the room that is to be designated as the complimentary room if your team meets the hotel's requirements. Please refer to the Hotel Information Page for each hotel's specific Complimentary Room Policy. It will be indicated in each of the hotel's descriptions.
13. Room types will be either 2 double beds or a King bed with a pullout sofa bed, unless otherwise notated. There is no guarantee of room type, only that you will have one of these two types. Most room types can accommodate up to four individuals.
14. Rollaways/cots are available at most hotels. Extra charges may apply (typically between \$10-\$20 per cot per night).
15. Teams requesting lodging at the same hotel with other teams should indicate this to MYHockey Tournaments on the Hotel Preferences Page. It is best if teams requesting to stay together submit their lists on the same day.

Cleland Ice Rink Rules

1. No horseplay or potentially unsafe games allowed on or off the ice.
2. Skates are allowed only on the ice and matting. No skates are permitted upstairs.
3. Throwing snowballs or any objects is strictly prohibited.
4. No ball or puck play is allowed off the ice structure.
5. Use of skateboards, roller blades, and "Heelys" is not allowed.
6. No food, gum, tobacco products, or colored drinks are permitted on the ice.
7. Use of tobacco, alcohol, profanity, abuse or obscene language/behavior and fighting is not permitted anywhere in the building or on the grounds.
8. All exits are to be kept clear at all times. In an emergency, please use the nearest exit.
9. Patrons must show respect and courtesy to others regardless of race, gender, creed or ability while in the facility or on the grounds.
10. Cleland Ice Rink and Inline Rink encourages good sportsmanship by refraining from expressing negative or insulting statements to or about the officials, coaches, participants, or spectators.
11. All visitors must respect the facility and report any person or persons damaging the property to management.
12. In the event of an injury, please notify a guard or staff member immediately.
13. Persons who appear to be under the influence of alcohol or other substances are not permitted in the arena.
14. No knives, guns, pepper spray/mace, weapons of any kind, pets or other animals allowed on the premises.
15. Cleland Ice Rink is not responsible for unattended, lost or stolen articles.
16. Skate at your own risk.
17. Skaters must leave the ice promptly when requested. No skating when the Zamboni is on the ice or when the doors to the Zamboni area are not closed.
18. All children must be accompanied by a parent or guardian and to be supervised when not participating in skating or hockey. Please review the Fort Liberty Home Alone Policy for detailed guidelines.
19. All other Fort Liberty rules and regulations apply.
20. Failure to follow any of the above rules will result in the immediate termination of your admission.
21. Penalties for infractions are based on management discretion depending on the severity of the infraction. Penalties include, but are not limited to: 20 minutes off the ice, off the ice for the remainder of the session, suspension, banning from the facility and/or Fort Liberty. If the military police are contacted they will work with management for appropriate disciplinary actions.

Athlete Signature:_____ Date:_____

Parent Signature:_____ Date:_____

CFYHA Player Code of Conduct

Parents must assume certain responsibilities if they wish to play ice hockey in the Cape Fear Youth Hockey Association (CFYHA). Along with the rules of USA Hockey, CAHA, and CHL, CFYHA has highlighted the following rules. Please read the list thoroughly before agreeing to this code of conduct.

I will always respect my coaches, teammates, parents, opponents, officials, and the game of hockey.

I will show up on time for practices and games.

I will learn the rules of the game and play by them.

I will refrain from using physical contact, profanity, or negative gestures toward my teammates, coaches, officials, and parents.

Should a disagreement arise, I will abide by a 24-hour “cooling off” period before discussing any disagreements I may have with the CFYHA coaching staff or board members.

I will NOT bully--in person or online. I will NOT take part in any form of player initiations or hazing actions and will report any such behavior.

I will abide by the rules of my coaches, CFYHA, CHL, CAHA, and USA Hockey.

I understand that breaking these rules will put my player status in jeopardy for the remainder of the season.

Athlete Signature:_____ Date:_____

Parent Signature:_____ Date:_____

CFYHA Parent Code of Conduct

Parents must assume certain responsibilities for their children if they play hockey in the Cape Fear Youth Hockey Association (CFYHA). Along with the rules of USA Hockey, CAHA, and CHL, CFYHA has highlighted the following rules. Please read the list thoroughly before agreeing to this code of conduct.

I will encourage good sportsmanship by demonstrating positive support for ALL players, coaches and officials and will remember that the game is for the kids not the adults.

I will place the physical and emotional well-being of my child and other children ahead of any personal desire to win.

I understand that our coaching staff is all volunteer and is out there for the kids and I will provide positive support for the coaches working with my child to ensure a positive and enjoyable experience for all.

I will refrain from online/cyber bullying and will expect my child to do the same.

I will wait a 24 hour 'cooling off' period before discussing any disagreements I may have with the CFYHA coaching staff or board members.

I will not pretend that I know more than the certified referees do and will refrain from making calls from the stands.

I will not embarrass my child, his/her team or his/her coaches by yelling or conducting myself in a negative manner toward coaches, other parents or referees and any comments that I verbalize to the coaches, referees, players or other parents will be positive and pleasant in nature.

I will not force my child to participate in sports but WILL support their desires to play and have fun.

I will demand that my child play by the rules set forth by USA Hockey, CHL, CAHA and CFYHA.

I understand that not abiding by these rules could result in a restriction from attending practices, games and tournaments in the future.

Athlete Signature:_____ Date:_____

Parent Signature:_____ Date:_____

USA Hockey Code of Conduct

Name: *(player listed in registration)*

To be read and signed by you as a member of the: *Cape Fear Youth Hockey Association* participating in USA Hockey for the *2023-2024 season*

1. No swearing or abusive language on the bench, in the rink, or at any team function.
2. No lashing out at any official no matter what the call is. The coaching staff will handle all matters pertaining to officiating.
3. Anyone who receives a penalty will skate directly to the penalty box.
4. Fighting will not be tolerated. Fighting will result in an appearance before a Discipline Committee.
5. There will be no drinking, smoking, chewing of tobacco or use of illegal substances at any team function.
6. I will conduct myself in a befitting manner at all facilities (ice rink, hotel, restaurant, etc) during all team functions.
7. Any player or team official who cannot abide by these rules or violates them will be subject to further disciplinary action.

Signed:_____ Date:_____

CFYHA Locker Room Policy

The CFYHA Locker Room Policy is based on USA Hockey requirements and model policy.

CFYHA adheres to USA Hockey's SafeSport Program to help protect participants from physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment, and hazing. Inadequate locker room supervision presents an opportunity for such misconduct, as well as for reckless behavior that can result in injury.

The goals of this policy are to reduce the risk of abuse or misconduct or injury in locker rooms, to maintain reasonable personal privacy, and to provide equitable treatment for girls and boys.

Parents are recommended to complete USA Hockey's free online SafeSport training. They can register as volunteers with USA Hockey at no charge to access the training and provide their USA Hockey member number to the CFYHA Registrar, registrar@capefearhockey.com, for verification.

Locker Room Monitoring

A locker room monitor is a screened and trained adult other than the team's head coach who monitors locker rooms for a specified team or teams according to this policy.

A Locker Room Monitor must:

- Be a current individual member of USA Hockey and provide their member registration number to the CFYHA Registrar, registrar@capefearhockey.com, and

- Have a current passing result from the NCSI background screening process approved by USA Hockey, and

- Have current certification by USA Hockey of completion of SafeSport training.

If a team does not have a Locker Room Monitor on duty for an event, home or away, then each minor player must be accompanied in the locker room by a parent/guardian or by an adult with written permission from the parent/guardian to supervise the player.

While constant monitoring inside of locker rooms and changing areas might prevent problems, this would likely make players uncomfortable and may place monitors at risk for unwarranted suspicion. At the same time, the knowledge that a monitor is present and might enter at any time both encourages acceptable behavior and discourages unsafe or inappropriate behavior.

CFYHA Locker Room Policy

No later than October 30 each season, each team must identify at least two locker room monitors from different families who will cooperate to cover each event in which the team participates. Before October 30, registered coaches may act as locker room monitors if they choose.

The locker room monitor should prevent access to the locker room by unauthorized persons while the team is using it, encourage positive behavior, discourage misconduct or recklessness by maintaining an obvious presence and be immediately available to intervene or call help in an urgent situation. Preferably, a second screened and trained adult should accompany the locker room monitor in their duties

Arrive 45 minutes prior to the event, verify that the locker room is vacant and safe before admitting players, and monitor the locker room until it clears for the start of the event.

“Monitoring the locker room” means being either inside the locker room with the players, or immediately outside the door, where you can hear the activity within. If monitoring from outside, communicate with players inside periodically, and occasionally enter the locker room, so that your presence is obvious.

Leave the locker room door open without compromising privacy, because minimum attire is required for players. (The exception is for 14U and older after an event when players may shower, if the room layout could allow passers-by to see a player undressed.)

Secure the locker room during the event, if possible or required.

Verify that the locker room is vacant and safe before admitting players after the event, then monitor the locker room for at least 30 minutes after the event, unless all players have departed.

Report persistent or serious locker room misconduct to the head coach or the CFYHA disciplinary committee chair at vicepresident@capefearhockey.com, and report violations of SafeSport policies to SafeSport@usahockey.org or by calling 1-800-888-4656. Call parents or security/ police if in your judgment player safety is immediately at risk.

CFYHA Locker Room Policy

Locker Room Assignments

Cleland Ice Rink has several locker rooms used by multiple programs, including programs with adult participants. The locker rooms vary in the availability and privacy of restroom and shower facilities, and most are connected to a second locker room.

Locker Room Assignments for Practices

LTP: No Locker Room Provided

8U Rec Practice/Scrimmage: Large Locker Room

8U Dev Practice/Scrimmage: Large Locker Room

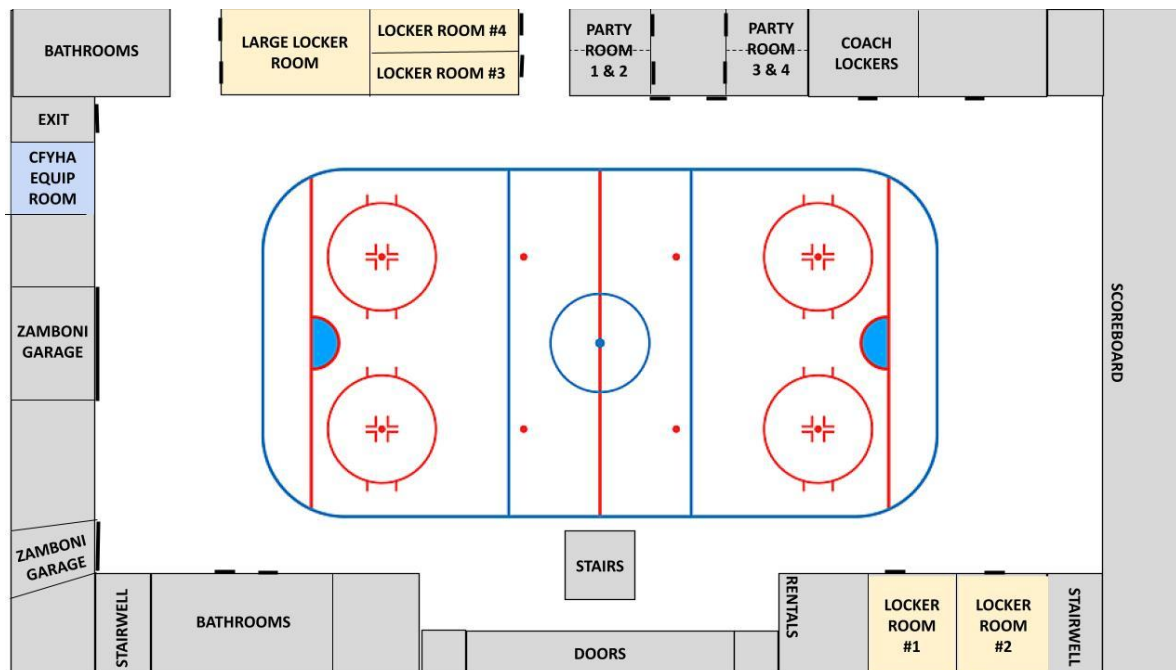
10U Rec Practice: No Locker Room Provided

12U-14U Practice: No Locker Room Provided

10U Travel: Locker Room #3

12U Travel: Locker Room #4

14/16U Tournament Team: Locker Room #3



Cape Fear Warrior teams, visiting teams, and girls locker rooms will be assigned for game days.

CFYHA Locker Room Policy

Given these facility constraints, it is important that players and parents be responsible for and respectful of privacy, equity, and safety.

Locker room facilities at other rinks differ, but a commitment to responsibility and respect should ensure that the CFYHA policy is adaptable to other rinks.

Locker Room Access

Players should never be unattended in the locker room. Locker room access opens approximately 30 minutes prior to practice start time and closes approximately 15 minutes after practice ends.

Players can expect access to a locker room for 30-45 minutes before their event to put on gear and meet with coaches, and for 30-45 minutes after their event to meet with coaches and take off gear. Outside of these times and purposes, players at the rink should be in public areas, not in locker rooms.

Locker room access for CFYHA events is limited to registered players assigned to that locker room and their parents/guardians, registered coaches, locker room monitors, and rink staff. No adult should be in the locker room alone with an unrelated minor. Player siblings must be with a parent/guardian or specifically authorized by a registered coach.

Players should only use the locker room assigned to them. Players participating in multiple events on a day should move their belongings as the assigned locker room changes. This avoids persons of disparate ages sharing locker room facilities.

At 6U, 8U, and 10U, family members often help players dress in the locker room. CFYHA encourages players to learn to dress independently and to be responsible for their own gear. Beyond 10U, a player who needs assistance should typically come out of the locker room for it due to limited space. Parents are generally encouraged to remain outside of the locker room beyond 10U unless serving as a locker room monitor or coach.

If a minor player goes to a locker room during practice or a game and does not return in a timely fashion, then an adult (preferably two) should check on the player's whereabouts.

There is to be no horseplay or hockey playing in the locker rooms or hallways.

Locker Room Monitor Exceptions

At 10U and older, for 30 minutes before and up to 15 minutes after games, only rostered players and rostered coaches should be in the locker room. Rostered coaches will monitor the locker room during these times and during any team meetings in the locker room that they call; during these times players should be fully dressed. A rostered coach may invite a Locker Room Monitor or parent/guardian to avoid being alone with minors. Coaches are not otherwise expected to personally monitor the locker room.

CFYHA Locker Room Policy

Minimum Attire

Players must wear at least “minimum attire” (a hockey base layer or shorts and a shirt) in the locker rooms. They may arrive at the rink in minimum attire or change in a restroom stall. Minimum attire allows girls and boys to participate equitably in team activities and allows appropriate locker room access for parents, coaches, and locker room monitors.

At 14U and older, many players shower after events, so minimum attire is required until team meetings finish after the event, after which girls and boys should use separate facilities. Players should avoid being undressed outside the shower area.

Cell Phones and Other Mobile Recording Devices

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras, are not permitted to be used in the locker rooms. There is to be no photography in the locker room area. No exceptions.

Prohibited Conduct and Reporting

CFYHA prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment, and hazing, as described in the USA Hockey SafeSport Handbook. Other prohibited conduct is described in the CFYHA Code of Conduct and in the USA Hockey Annual Guide (Code of Conduct, Zero Tolerance, SafeSport, Alcohol and Drug Abuse). Players, members, coaches, employees, and volunteers of CFYHA may be subject to disciplinary or administrative action for violation of CFYHA policies or USA Hockey SafeSport policies.

Administrative Actions

Administrative actions by CFYHA in response to violations of the CFYHA Locker Room Policy could include but are not limited to prohibiting specific individuals from locker rooms, locking locker rooms to prevent player access without proper monitoring, suspensions, or dissolving a team for which the affiliated adult members do not provide the required supervision and support.

Reporting

Reports of misconduct or violations of the CFYHA Locker Room Policy may be made to any member of the CFYHA board of directors. To report any actual or suspected SafeSport violations, you may email USA Hockey at SafeSport@usahockey.org or call 1-800-888-4656.

HeadsUp Concussion Fact Sheet for Athletes

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

What is a concussion?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

What should I do if I think I have a concussion?

REPORT IT

Tell your coach and parent if you think you or one of your teammates may have a concussion. You won't play your best if you are not feeling well, and playing with a concussion is dangerous. Encourage your teammates to also report their symptoms.

GET CHECKED OUT BY A DOCTOR

If you think you have a concussion, do not return to play on the day of the injury. Only a doctor or other health care provider can tell if you have a concussion and when it's OK to return to school and play.

GIVE YOUR BRAIN TIME TO HEAL

Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?

Playing or practicing with a concussion is dangerous and can lead to a longer recovery. While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.

How can I tell if I have a concussion?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body: Get a headache, feel dizzy, sluggish, or foggy, are bothered by light or noise, have double or blurry vision, vomit or feel sick to your stomach, have trouble focusing or problems remembering, feel more emotional or "down," feel confused, have problems with sleep

Concussion symptoms usually show up right away, but you might not notice that something "isn't right" for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

HeadsUp Concussion Fact Sheet for Athletes

How can I help my team?

Be a Team Player. You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider. To learn more go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

HeadsUp Concussion Information Sheet

What is a concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms of concussion?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

Symptoms reported by athlete:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

Signs observed by coaching staff:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Did you know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults

HeadsUp Concussion Information Sheet

Concussion danger signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

What should you do if you think your athlete has a concussion?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

Why should an athlete report their symptoms?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

Join the conversation www.facebook.com/CDCHeadsUp. To learn more go to www.CDC.GOV/CONCUSSION

Photography and Media Release

I, the parent or guardian of the athlete listed in this registration, hereby give my permission to Cape Fear Youth Hockey Association (CFYHA), to use photographs, voice recordings, or video taken of the athlete listed in this registration during practices, games, and events associated with CFYHA in any manner to help promote the association as determined in the sole discretion of CFYHA. Such use could include publications, media releases, public announcements, electronic or otherwise, and on the CFYHA website or social media pages and further agree to release any and all liability associated therewith. I agree that neither I, nor the athlete in this registration, will receive any compensation if such image appears in any of the manners listed above or other manners that CFYHA deems appropriate. I agree that such image(s) are the property of CFYHA.

Signed:_____ Date:_____

Student Coaching

A player between the ages of 13 and 17 who is currently properly registered with USA Hockey may serve as a student coach under the following conditions:

- Must attend a training session conducted by the local hockey association - please contact Tim Wood at recreationalhockeydirector@capefearhockey.com to schedule a training session. Student coaches are not eligible to attend a CEP certification clinic for certification. They may audit a clinic but they do not receive certification credit, nor are they required to pay for the clinic. He/she will need to contact the instructor directly as he/she will not be able to register online due to the age restriction in place.
- Will need to complete Safesport and Background Screening if turning 18 during the year in which they are coaching.
- Must always be under the supervision of a carded, screened adult coach during all practices, clinics, try-outs, and in the locker room.
- May help out at practices, clinics, try-outs only. (May not participate as a player in scrimmages or games when acting as a STUDENT COACH).
- May not act as the head coach or an assistant coach during practices or games.
- May be on the bench during games with an adult. The STUDENT COACH will count as one of the maximum of four Team Officials allowed on the bench.
- Must wear a helmet with full face shield, gloves, and skates while on the ice. Must wear a helmet during games while on the bench.
- May only work with players at least one full playing age level down (e.g., a 14U age player may act as a STUDENT COACH at the 12U, 10U or 8U level).
- The organization that is using the STUDENT COACH must provide a form indicating on what team he/she is participating as a student coach, and, if applicable, what team he/she is properly registered/rostered as a player. This form is available on USA Hockey's website or by contacting the registrar at registrar@capefearhockey.com
- Upon reaching the age of 18, the STUDENT COACH must comply with the USA Hockey Screening Program and meet the USA Hockey Coaching Education Program requirements which will qualify him/her to act as an assistant or head coach.

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