

Dressing Room Etiquette and Expectations



1. **Respect Each Other:** Always treat your teammates, coaches, and staff with respect in the dressing room, on the ice and off the ice. Bullying or any form of harassment is prohibited. Offensive language and profanity are not acceptable.
2. **Gear Organization:** Take care of your belongings and store your equipment in your personal space. Do not touch or take other belongings without permission. Keep sticks in the designated stick holding area. Leave the dressing room tidier than when you arrived.
3. **No Cell Phones or Recording Devices** in the dressing rooms (must be turned off and put away in your bag until you leave the dressing room). This includes voice recordings.
4. **Keep a Safe Environment:** Roughhousing, wrestling, and other disruptive behavior that could lead to injury is strictly prohibited.
5. **Focus and Preparation:** Use the dressing room to mentally prepare for practices and games. Avoid distractions and stay focused on the task at hand. Pay full attention to your coach and ask questions if you are unsure of anything.
6. **Teamwork:** Positive interactions strengthen your team. Offer encouragement to your teammates and respect their privacy by maintaining confidentiality.
7. **Rule of Two/Den:** Parent requires two trained and screened adults to be present in the dressing room or immediately outside the dressing room with the door propped open to monitor the environment and ensure it is free of any discrimination, harassment, bullying, or other forms of maltreatment.