



## **POLICY #14: DRESSING ROOM POLICY**

VERSION: 1

EFFECTIVE DATE: July 2025

### **1. Introduction**

Hockey Canada firmly believes all participants (athletes, officials, coaches, team staff, etc) have the right to access safe, inclusive, and equitable dressing spaces. Hockey Canada believes in balancing the safety, privacy, modesty and wishes of our participants without compromising the aspects of camaraderie, social integration and bonding inherent in a team sport. The changes in policy represent a shift in philosophy from previous dressing room regulations. They are designed to support the above beliefs and reflect the changing social landscape.

Minor Hockey Associations are responsible for the reasonable safety and well-being of all their minor athletes (under the age of majority) while participating in hockey and hockey related activities.

### **2. Hockey Canada Minimum Attire Rule**

To best promote inclusion and to respect the privacy of all participants on a team, Hockey Canada requires all participants to wear a 'minimum attire' at all times in a dressing room or in dressing room environments where more than one participant is present. This means that participants should arrive at the rink wearing a base layer (e.g. shorts and t-shirt, compression shorts and shirt or sports bra). A participant not arriving at the rink wearing their base layer can use an appropriate space (e.g., private restroom stalls or empty/ unused dressing rooms) to change into the base layer then enter the team dressing room with the other participants.

### **3. Rule of Two**

An essential element of the Locker (Dressing) Room policy is the implementation of the RULE OF TWO of adult supervision, summarized as follows:

3.1. All VMHA players under the age of 19 are to be supervised in the locker room at ALL times by at least TWO designated adults (19 years or older). This is known as the RULE OF TWO.

3.2. Designated adult supervisors MUST be comprised of at least ONE Team Official and may also include any players' previously screened (must have Respect in Sports and passed a Criminal Record Check) legal adult guardians.

3.3. No player may enter the locker room until such time as TWO designated adult supervisors are present; and TWO designated adult supervisors must remain present until the last player has vacated the locker room.

3.4. It is the responsibility of the Team Officials to ensure the RULE OF TWO of supervision is consistently implemented for their team.

3.5. DIRECT in locker room supervision is required for divisions U11 and below. It is acceptable (though unpreferred) for divisions U13 and above to have adult supervision outside a propped open door within hearing distance. These adult supervisors are expected to complete "spot checks" following the RULE OF TWO to ensure order is maintained.

#### **4. Prohibition on Violent Activities in Dressing Rooms**

To ensure the safety of all participants in the dressing room, no type of violent conduct of any kind including locker room boxing, bullying, or hazing is permitted. It is the responsibility of coaches, team staff and parents to ensure that no such violent behaviour is taking place in dressing rooms or dressing environments. Should anyone experience maltreatment in violation of this section of the Policy, a complaint may be raised with the VMHA Risk Manager or submitted directly to BC Hockey's Independent Third Party.

#### **5. Prohibition on Recording in Dressing Rooms**

To respect the privacy of participants, no videos, still photos or voice recordings of any kind may be taken using any device with recording capabilities in a dressing room or dressing environment. Cell phones are only permitted to be used in a dressing room or dressing environment for the purposes of controlling music being played in those spaces. Any other use of cellphones needs to be done outside the dressing room.

For further information, see [Policy 8 - Social Media and Electronic Communication Policy](#)

#### **6. Parents in Dressing Rooms**

Except for players at the younger age groups (U9 and younger) we discourage parents from entering locker rooms unless it is truly necessary. For example, when a player is injured, a

parent may support the HCSP for the Rule of Two. If a player needs assistance with his or her uniform or gear or in the event a player has a physical challenge that warrants assistance, then we ask that parents let the coach know beforehand that he or she will be helping the player.

Naturally, with our youngest age groups it is necessary for parents to assist the players getting dressed, however we encourage parents to teach their players how to get dressed so that players will learn as early as possible how to get dressed independently. Should a player in U11 or older require assistance with tying skates, it is expected that the player leaves the room to obtain such help.

In circumstances where parents are permitted in the locker room, coaches are permitted to ask that the parents leave for a short time before the game and for a short time after the game so that the coaches may address the players.

PARENTS are at all times in the locker room subject to the RULE OF TWO of adult supervision.

## **7. Additional Notes**

7.1. Physical Contact: Team Officials should avoid touching a player. Where any legitimate physical contact with a player is required e.g. injury assessment team officials must use the TWO DEEP METHOD of adult supervision.

7.2. Injury Treatment: The safety person should avoid treating injuries out of sight of others and use the RULE OF TWO of adult supervision especially important if the player should need to leave the ice and return to the locker room.

7.3. Sport and Training Facilities: Participants who are minors should never be left waiting in a facility without the supervision of their parent/guardian or Team Official (note use the RULE OF TWO).

7.4. Road Trips: Ideally, team personnel and players that are not of the same family unit should not share accommodations, regardless of the potential cost savings or other benefits. If sharing a room is unavoidable, be sure that the RULE OF TWO of adult supervision is observed at all times.

## 8. Document Control

Version	Date	Author	Policy Owner
1.0	July 2025	Policy Review Committee, VP3	VP3