

Spokane Youth Hockey

Athletic Code of Excellence for Athletes and Parents

Welcome Jr. Chiefs! We are excited to have you join a program that exemplifies a great tradition of excellence. This excellence involves areas that extend far beyond winning and losing. Athletic success is the direct result of the combination of effort, teamwork, commitment, and sportsmanship. These traits have long been the building blocks of Spokane Youth Hockey's own special brand of athletic success. We are pleased you have joined the coaches, athletes, and parents in continuing this tradition of excellence.



Spokane Youth Hockey is dedicated to individually developing our youth as hockey players, while promoting leadership, teamwork, sportsmanship and respect as we strive for excellence both on and off the ice.

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A Message to the Parents

This material is presented to you because your son/daughter is a Jr. Chief and you have expressed your willingness to permit him/her to participate in our programming. We believe that participation in sports provides a wealth of opportunities and experiences that assist your son/daughter in personal, athletic, and academic growth.

As a parent/guardian of a Jr. Chief, you also have committed yourselves to certain responsibilities and obligations, which are outlined in this Athletic Code. Your signature on the Athletic Code, along with the signature of your athlete, indicates that you understand and accept those responsibilities and obligations, and agree to cooperate with Spokane Youth Hockey personnel in enforcing the Athletic Code. Compliance with the Athletic Code is mandatory and essential to the success of the our program. Failure to comply with the Athletic Code may lead to discipline and possible expulsion from the team. In addition, Jr. Chiefs can be subject to discipline under the USA Hockey and/or Spokane Youth Hockey SafeSport Program and/or USA Hockey Playing Rules.

Good sportsmanship is encouraged and expected from our fans and spectators at all times during athletic events. Failure to exhibit good sportsmanship may result in removal from the event and/or future events.

We look forward to working with you and to supporting your son/daughter as they participate in our Spokane Youth Hockey programming as a Jr. Chief!

A Message to Athletes

Spokane Youth Hockey has a long history and tradition of athletic excellence. This tradition was not built overnight. It took years of dedication, commitment, and hard work by many people who love and support the game of hockey. As a Spokane Jr. Chief you must continue to strive to uphold this high standard of excellence. By becoming a member of a team, you have made a choice to uphold certain standards expected of athletes in our organization. These standards are outlined in this Code of Excellence.

Your participation as a Jr. Chief is a privilege and should be treated as such. Any time you wear our logo, you are representing yourself, your family, the Spokane Jr. Chiefs and all those that have worn that crest before you. Your behavior should be above reproach in all areas and at all times.

The rules outlined in this handbook are designed and intended as a guide to successful participation. Failure to follow the rules is also addressed in this handbook. As a Jr. Chief, you

will be expected to understand and abide by these rules and your team's rules. It is your responsibility to follow them to their fullest.

RESPONSIBILITIES TO YOURSELF: The most important of these responsibilities is to develop strength of character and positive values and behaviors. You owe it to yourself to get the greatest possible benefit from your hockey experience.

RESPONSIBILITIES TO SPOKANE YOUTH HOCKEY: Another responsibility you assume as a team member is to our organization. You assume a leadership role when you are on an a team. Because of this leadership role, you can make positive contributions to our organization and to the Spokane community. In addition, you are a role model for younger Jr. Chiefs. These athletes look up to you and dream of being as successful as we hope you to be. Be sure the example you set is a positive one.

RESPONSIBILITIES TO OTHERS: As a team member you also bear a heavy responsibility to your teammates. Jr. Chiefs live up to all of their commitments - every practice, every game, every day. A strong rapport amongst teammates is a vital factor in the ability to be successful. As such, a bad attitude or lack of respect directed at another Jr. Chief - in the locker room, on the bench, on the ice, etc., - will not be tolerated. Respect for - and responsibility to - individual teammates is paramount to the success of the team.

Sportsmanship

As a Jr. Chief and as parents, you can help us establish an outstanding reputation for good sportsmanship. We must all work hard in conducting ourselves in a commendable manner. A display of unsportsmanlike conduct can result in sanctions against the offending athlete, parent, and/or organization. Always observe the following guidelines for good sportsmanship:

1. The good name of Spokane Youth Hockey is more important than any contest won by unfair play.
2. Be supportive of all athletes, coaches, and officials before, during, and after all contests.
3. Accept decisions of officials without dispute. They are seldom responsible for your success or failure, so do not blame them for your circumstances.
4. Recognize and show appreciation for the fine play of your opponent.
5. Be proud of our Spokane Youth Hockey's reputation and work hard to protect it.
6. Cheer for your team, not against the opponent.
7. Don't allow others' negative sportsmanship to become an excuse to do the same.

Parent/Coach Relations

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the others and provide greater benefit to our Jr. Chiefs. As parents, when your son or daughter becomes involved in Spokane Youth Hockey, you have a right to understand what expectations are placed on your athlete. This begins with clear communication from the coach.

Communication You Should Expect from your Son/Daughter's Coach:

1. *Expectations the coach has for your son/daughter and the team.*
2. *Locations and times of all practices and contests.*
3. *Medical procedures (and return to play protocols) should your Jr. Chief become injured during participation.*

Communication Coaches Expect from Athletes:

1. *Notification of any schedule conflicts in advance.*
2. *Special concerns in regards to a coach's philosophy and/or expectations.*
3. *Injury or circumstances that may endanger the athlete when participating.*

By playing youth hockey, we know that your athlete will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your athlete wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches:

1. *The treatment of your athlete, mentally and physically.*
2. *Ways to help your son/daughter to improve.*
3. *Concerns about your athlete's behavior.*

It is very difficult to accept your son/daughter's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for the team and your Jr. Chief. As you have seen from the list above, certain things can and should be discussed with your athlete's coach. Other things, such as the following, **MUST** be left to the discretion of the coach and will not be discussed with parents.

Issues Not Appropriate To Discuss With Coaches:

1. *Playing time.*
2. *Team strategy.*
3. *Play calling.*
4. *Other athletes.*

There are situations that may require a conference between the coach and the parent and/or player. These are to be encouraged. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern, please discuss the issue with your Jr. Chief first. You may find through this communication an answer, resolution, or understanding of the situation before needing to contact others.

If You Have A Concern To Discuss With A Coach, the Procedure You Should Follow:

1. *Please give yourself time to understand your concern before approaching a coach. Attempting to confront a coach before or after a contest or practice is not an ideal time. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution, and therefore Spokane Youth Hockey requires a 24-hour "cooling off" period before setting up a discussion time.*
2. *After 24 hours following an event, game or situation, call the coach to set up an appointment.*
3. *If the coach cannot be reached, call the Director of Hockey Development, and the meeting will be set up for you.*

What Can A Parent Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution?

If the concern is not satisfactorily resolved after meeting with the coach, the athlete and/or parent(s) should discuss the situation with the Director of Hockey Development informally in an attempt to resolve the situation.

If the athlete and/or parent(s) wish to make a formal complaint to the Director of Hockey Development about the coach, it should be put in writing, with a copy provided to the coach.

The complaint will be investigated by Spokane Youth Hockey designees. If applicable, USA Hockey Bylaw 10 due process requirements will be adhered to.

Section One: Jr. Chiefs Athletic Code

I. Purpose, Authority and Scope

The purpose of the Athletic Code is to establish standards for all Jr. Chiefs in the area of performance and personal behavior for those individuals who voluntarily become involved in Spokane Youth Hockey.

An athlete who voluntarily participates in ice hockey regular season programming that is coordinated by Spokane Youth Hockey agrees to abide by this Athletic Code of Conduct throughout the season in which the athlete participates. A “season” includes the moment that the athlete registers his/her intent to be evaluated for a Rep Division team or registers for the House Division season through 12:00 midnight on the date of the last team activity that is conducted for the season. Compliance with the Athletic Code is not limited to USA Hockey and/or Spokane Youth Hockey sponsored sports activities or rink premises - this Code is in effect at all times for all Jr. Chiefs during the season.

The Code is not a complete list of undesirable conduct by athletes. Spokane Youth Hockey athletes are considered to be examples and role models and expected to act accordingly during their time at Spokane Youth Hockey. Any athlete whose conduct is found to be a discredit or to cause unfavorable notoriety to the athlete, the team, or Spokane Youth Hockey shall be subject to disciplinary action as determined by the coach, Director of Hockey Development, and/or the Board of Directors, whether or not the conduct is specifically described in the Athletic Code of Conduct.

Spokane Youth Hockey is a member of the Pacific Northwest Amateur Hockey Association (“PNAHA”) and USA Hockey. Additional standards, including USA Hockey SafeSport policies, may be found on their websites at www.pnaha.com and www.usahockey.com.

II. Specific Athlete Code Standards

The following rules are not an exhaustive list of conduct that subjects an athlete to discipline. At all times, athletes are expected to follow the USA Hockey Codes of Conduct and to behave in a manner consistent with the special privilege of being a Spokane Jr. Chief.

A. Respect for Authority

- **Spokane Jr. Chiefs Management, Coaching Staff, and Other Staff Members (including SafeSport Volunteers).** No demonstration of disrespect for any member of the Spokane Jr. Chiefs management or staff will be tolerated.
- **Eagles Ice Arena Management and Staff.** It is imperative that the Jr. Chiefs maintain a positive relationship Eagles Ice Arena and as such, no level of disrespect to their management or any member of their staff will be tolerated.

- **On-Ice Officials.** No adversarial confrontation, either verbal or physical, toward officials will be tolerated. All Jr. Chiefs are to submit to the instruction of the referees whether they agree or not. The only athletes who are allowed to discuss issues with on-ice officials are the team captains or assistant captains, who are required to do so with the utmost respect.

B. Alcohol, Drugs and Tobacco are Strictly Prohibited. The possession, use, consumption, distribution, purchase, sale or manufacture of, or any other improper or unlawful involvement of any kind or description with illegal drugs, controlled substances, alcohol or alcoholic beverages, anabolic or androgenic steroids, tobacco, tobacco products, E-Cigarettes, Vapor Pens, or facsimiles, "look- alike" drugs, drug paraphernalia, or substances or products that mask or tamper with any of these, is strictly prohibited. Also prohibited is the distribution, abuse or misuse of over the counter medications or prescription drugs, or other chemicals or substances.

In addition to the prohibition against possession and/or use, a Jr. Chief shall not attend any party or gathering where the above substances, or any other mood altering chemicals, are present. Such functions include parties in homes or outdoors, or while riding in a vehicle. Failure to leave such a situation immediately, in a safe manner, shall constitute a violation of this Athletic Code.

If a Jr. Chief cannot safely leave a situation where prohibited substances are present, the athlete must report the incident to a coach or administrator immediately. Verification of the circumstances will result in no disciplinary penalty.

C. USA Hockey and Spokane Youth Hockey SafeSport Policies. USA Hockey and Spokane Youth Hockey is committed to creating a safe and positive environment for its participants' physical, emotional and social development and ensuring it promotes and environment free from abuse and misconduct. As part of this program, USA Hockey and Spokane Youth Hockey have implemented SafeSport policies (outlined in the **USA Hockey SafeSport Handbook**) addressing certain types of abuse and misconduct, certain policies intended to reduce potential misconduct, to monitor and govern the areas where potential abuse and misconduct might occur, and certain policies pertaining to the procedures and interactions with the United States Center for SafeSport (USCSS).

The policies below address the following types of abuse and misconduct and set forth boundaries for appropriate and inappropriate conduct:

- **Sexual Misconduct and Child Abuse.**
- **Physical Misconduct.**
- **Emotional Misconduct.**
- **Bullying.**

- **Threats.**
- **Harassment.**
- **Hazing.**

The policies below are implemented by Spokane Youth Hockey to incorporate protections to reduce the risks of potential abuse:

- **One on One Interactions Policy.**
- **Locker Room Policy.**
- **Athletic Training Modalities**
- **Social Media and Electronic Communications Policy**
- **Travel Policy**
- **Billeting Policy**

Strict adherence to all SafeSport policies is required by every athlete, coach and/or participant in our programming. All USA Hockey and Spokane Youth Hockey participants shall familiarize themselves with each form of misconduct and the policies in the SafeSport Handbook and in the USCSS Code, and shall refrain from engaging in misconduct and/or violation of any of these policies. At times, Spokane Youth Hockey SafeSport policies will be more strictly applied than the USA Hockey policies. In the event of any internal inconsistency between the two policies, the more strict interpretation will prevail.

USA Hockey and Spokane Youth Hockey are committed to creating the safest possible environment for participation in hockey. Questions about the USA Hockey SafeSport Program, or reports concerning possible violations of the SafeSport Program Policies, may be directed to USA Hockey's SafeSport Compliance Team by emailing SafeSport@usahockey.org, or calling 800-888-4656. Reports can also be emailed to PNAHA's SafeSport Coordinator by emailing SafeSport@PNAHA.com. Reports can also be emailed to SAYHA's SafeSport Coordinator by emailing sayhasafesport20@gmail.com.

D. Locker Rooms. Spokane Youth Hockey's Locker Room policy is acknowledged annually at registration and is posted on Spokane Youth Hockey's website. All provisions therein are strictly required of all athletes and SafeSport volunteers. In addition, the following provisions apply:

- Treat all team facilities (both home and away) with the same respect that one would treat their own home and property.

- Cell phones and other mobile devices with recording capabilities, which includes voice, recording, still cameras and video cameras, increase the risk for some forms of abuse or misconduct. As a result, the use of any device's recording capabilities in the locker rooms, changing areas or similar spaces at a Facility is prohibited.
- Jr. Chiefs are NOT permitted to enter the locker room until 30 minutes prior to going on the ice for practices unless an alternative locker room time is posted on the schedule.
- Preparation in the locker room directly affects the outcome of a game. As such, the time in the locker room is to be considered part of the game preparation and should reflect the same focus that is demonstrated on the ice.
- When locker room space is available, athletes will be allowed to leave their equipment in the room for the duration posted. Leaving gear in the locker room is optional and at an athlete's own risk. Any lost or stolen items are the responsibility of the athlete, NOT the team.
- No food is to be consumed in the locker room area. If athlete's need to eat, please do so outside the room. Energy or Nutrition Bars are acceptable as long as wrappers and waste are disposed of properly.
- All stick preparation needs to be done prior to arriving at the rink. Any sticks requiring work or repair during a game or practice needs to be done by a trash can. All scrap tape is to be deposited in a trash can.
- All stalls are to have the equipment hung in the same manner. Jerseys must ALWAYS be left hanging neatly on their hanger at the front of the stall with the logo facing out.
- Locker rooms are to be cleaned up prior to leaving at the end of practice or games. NOTHING is to be left on the floor in showers or sinks regardless of the condition of the room upon your arrival. Cleanliness of the locker room is a TEAM responsibility.
- No hockey (stick handling, shooting, etc.), throwing or kicking balls of any kind is allowed in locker rooms.
- Upon exit, the locker room will be left absolutely spotless.

E. Social Media. Jr. Chiefs should be aware that third parties, including media, SAYHA staff, coaches and Board Members, future employers and PNAHA/USA Hockey personnel can easily access social media sites and view personal information. This includes pictures, videos, comments and posts. Posted items that are inappropriate in nature are easily discovered and can impact the perception of the athlete, the team, the organization and USA Hockey. Inappropriate posts can also be detrimental to a student's future education, athletic and employment opportunities and pursuits. Jr. Chiefs must refrain from engaging in inappropriate posts, comments, pictures, and videos. Examples

of inappropriate/offensive social media participation may include, but are not limited to, the following:

- *Photos, videos, comments and/or posters showing the personal use of alcohol, drugs and/or tobacco. This includes holding cups, bottles, cans, shot glasses, etc.*
- *Photos, videos and/or comments that are of a sexual nature. This includes links to websites of a pornographic nature or depicting other inappropriate material.*
- *Photos, videos, comments and/or posters that condone drug-related activity. This includes images that portray the personal use of marijuana and/or drug paraphernalia.*
- *Content that is unsportsmanlike, derogatory, demeaning or threatening toward another individual or entity. This includes derogatory comments regarding another team, taunting comments directed at another athlete, coach or team and derogatory race/gender comments.*
- *Content that depicts or encourages unacceptable, violent or illegal activities. This includes hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonest, underage drinking and illegal drug use.*
- *Content that is in violation of team, SAYHA, PNAHA and/or USA Hockey rules. This includes commenting about a coach, teammate, opponent, official and/or SAYHA employees and/or Board members.*
- *Information that is sensitive or personal in nature or is proprietary to the team, which is not public information. This includes tentative or future team schedules, student athlete injuries, student eligibility status and/or team travel information (plans/itineraries).*

F. Behavior in Public. All Spokane Jr. Chiefs are required to refrain from any conduct in any and all public settings that will be offensive to those around them. Inappropriate behavior is a detriment to the reputation of the Spokane Jr. Chiefs organization, sponsors and Board of Directors. Offensive behavior may be subject to disciplinary action and will not be tolerated.

- All players are prohibited from using vulgarities and/or explicit language, including language that is discriminatory in nature.
- To ensure that players are not exposed to age inappropriate conversations, specifically those of a sexual nature, are not to be conducted in the locker room.

G. Vandalism or Damage to Facilities. At no time should an athlete damage any facility that is hosting the team. This includes all ice rinks, hotels, restaurants, host family homes, or any other public property. If an athlete accidentally damages property, he must bring it to the attention of Jr. Chiefs staff immediately so the situation can be rectified with the appropriate establishment. If at any time a fee is assessed for damages, that fee will be designated to the individual athlete who caused the damage or split among the athletes responsible in the facility at that time.

H. Lost or Stolen Items. Lost or stolen Jr. Chiefs property will be paid for by the athlete (such as team jerseys, socks, hockey gear, sticks and team jackets). Respect both your property and your teammates' property at all times.

I. Dress Code. Dress codes support team members feeling part of a group and lends itself to a feeling of all working toward one purpose. Whether intentional or not, how we dress sends a message. Therefore, every Jr. Chief will adhere to a dress code to signal by their appropriate appearance that they represent Spokane Youth Hockey with the utmost respect and pride. Where communicated by the team's coach, the dress code is required for all Jr. Chiefs when entering the rink, exiting the locker room and/or appearing in a public area during home games, showcase games, all-star games, etc. The dress code is also to be worn if a team participates in any volunteer activities.

- Teams may choose from these three (3) approved dress code options (teams are further encouraged to find sponsors to assist with the purchase of the team Jr. Chiefs attire):
 - Full Suit and Tie. Ties must be tightly secured and not hanging loosely. Dress shoes must be worn at all times. No hats, of any kind, are to be worn with dress clothes. Vans are not dress shoes.
 - Jr. Chiefs Track Suits; and/or
 - Approved Jr. Chiefs Polo / Jacket / 1/4 Zip (same color).
- No jewelry of any kind is to be worn during on-ice activities as doing so may pose a safety risk.
- No hats may be worn during any team meal, games, tournaments.

J. Attendance and Participation. Athletes are expected to be on time for all practices, games and team functions. There are no exceptions. Plan on being early - never late.

K. Conduct Not Specifically Described. Each athlete is responsible for his/her own behavior on and off the ice. Furthermore, each athlete will be held accountable for his actions. Any action(s) by a member of the Spokane Jr. Chiefs hockey team that exhibits lack of respect for billets, teammates, coaches, medical staff, the hockey program, sponsors, and/or the Spokane community, or represents the team in a negative fashion causing embarrassment to the organization, internally or externally, is cause for disciplinary action, suspension, or expulsion from the team.

Section Two: Forms of Disciplinary Action

The consequences described herein outline the range of possible discipline that may be imposed for the listed violations. However, the Hockey Development Director and/or SAYHA Board of Directors (or its designee/s) has complete discretion to depart from the listed range of discipline if the circumstances of a particular case justify a departure. In all cases where

suspension and/or expulsion are possible consequences, USA Hockey Bylaw 10 will be followed, which provides athletes/participants due process, including a hearing before discipline is imposed. In limited circumstances, a summary suspension may be imposed (by USA Hockey, PNAHA and/or Spokane Youth Hockey) prior to a hearing.

Please note that violations of this Athletic Code may be required to be disclosed and may reflect negatively on applications to other hockey clubs, universities, colleges, and military academies. Spokane Youth Hockey reserves the right to disclose violations in its sole discretion.

Violations will be cumulative during an athlete's time at Spokane Youth Hockey. Cumulation will begin the first day an athlete registers for any team, and will continue throughout his/her career with Spokane Youth Hockey.

The following is a guide as to the typical consequences for certain violations. Each violation, however, will be handled on a case by case basis and consequences will be determined by the coaching staff, with consultation from the SafeSport Director, Disciplinary Director and/or additional Board of Directors designees. Please note the following possible violations and their consequences:

- A. Violation – Misuse of Team Equipment.** Athletes are responsible for all equipment issued by Spokane Youth Hockey, and that equipment must be treated with respect and kept in reasonable condition. You will be required to pay for any damage intentionally or negligently caused to your equipment.
- B. Violation – Late to Practice, Game or any Team Function without contacting a member of the coaching staff.**

First Offense: Warning from the Coach.

Second Offense: Minimum one period suspension.

Third Offense: Minimum one game suspension.

- C. Violation - Team Rules.**

All violations of team rules are subject to the coaching staff's discretion.

- D. Violation – Tobacco or Alcohol Consumption**

Consequences could include, but are not limited to player suspension and/or expulsion from the team and/or Spokane Youth Hockey.

- E. Violation - Illegal Use of Drugs**

Immediate expulsion from Spokane Youth Hockey. This is a zero tolerance policy.

F. Violation - Unsportsmanlike Conduct, including Abuse of Officials, Abuse of Coaching Staff, Disrespect of Opposing Team.

Notwithstanding required Playing Rules suspensions, consequences will be at the discretion of the coaching staff, but also may be subject to further disciplinary action from the Disciplinary Committee.

G. Violation - SafeSport Policies.

Consequences could include, but are not limited to player suspension and/or expulsion from the team and/or Spokane Youth Hockey.

Section Three: General Information

I. Potential Dangers in Athletic Participation

Parents and athletes should fully understand and appreciate the risk of serious personal injury associated with participation in the hockey program provided by Spokane Youth Hockey. Taking part in such activities is calculated risk-taking on the part of the athlete and parents. Reducing injuries to a minimum is a continuous goal of our coaching and administrative staff.

II. USA Hockey Concussion Information

All sports and free play are associated with risk for a concussion, including playing, officiating or participating in ice hockey. It is important that all participants and parents learn about concussion prevention, recognition, treatment and return to play.

A concussion is a type of traumatic brain injury—or TBI— caused by a bump or blow to the head or by a hit to the body that causes the head and brain to move quickly back and forth. Bouncing or twisting of the brain in the skull can cause chemical changes and sometimes stretching of the brain cells. A concussion disrupts the way the brain normally works. Most concussions are mild, but all concussions should be taken seriously because permanent brain damage and death can occur from another injury. A concussion may be difficult to recognize. A athlete does not have to be “knocked-out” to have a concussion- less than 10% of athletes actually lose consciousness. Signs and symptoms may show up right after the injury or can take hours or days to fully appear.

If a person reports one or more symptoms or demonstrates any signs of concussion after a blow to the head or body, s/he should be kept out of practice, play or training immediately and referred to a health care professional with experience in concussion management. A concussed brain needs time to heal and the person is much more likely to have another concussion if they return too soon. Repeat concussions are usually more severe and take longer to heal. Return to

play is allowed only after the individual is without symptoms, has progressed through the concussion protocol and is cleared by the health care professional.

USA Hockey provides all participants with information and educational materials about concussions, including the risk of sustaining a concussion, how to minimize these risks, concussion signs and symptoms, and USA Hockey's program for returning to play following a concussion. USA Hockey's Concussion Management Program can be found on the USA Hockey website at: usahockey.com/safety-concussions.

By registering with USA Hockey and Spokane Youth Hockey, the participant, and participant's parent(s) or legal guardian(s) if participant is a minor, hereby acknowledges (1) that they have had the opportunity to review information on concussions provided by USA Hockey, including the signs and symptoms of a concussion, (2) that participating in the sport of ice hockey involves the risk of sustaining a concussion and that they knowingly, freely and fully assume all such risks, (3) that any participant suspected of possibly sustaining a concussion will be removed from practice or competition (and that a athlete will remove him/herself from practice or competition) and will not return to practice or competition until cleared in writing by a licensed health care provider trained in the evaluation and management of concussions, and (4) that the participant shall follow USA Hockey's Post-Concussion Return to Play Protocol prior to returning to play.

III. Waiver of Liability, Release and Assumption of Risk

The programs that Spokane Youth Hockey provide are voluntary programs in which participants participate if they so desire. They do so at their own risk. Participants waive liability and assume risk by registering with USA Hockey and/or Spokane Youth Hockey.

IV. Insurance Coverage

By registering as a member of USA Hockey you are automatically enrolled in the USA Hockey insurance program. The following is a brief description of the insurance policies provided to registered members of USA Hockey.

Tips For Filing a Claim

If you are a registered USA Hockey member and you are injured while participating in a USA Hockey sanctioned activity, follow these procedures:

Step 1: At the hospital or doctor's office, always provide them with your individual, employer health plan, union plan, etc., information as your primary plan.

The USAH plan requires that treatment following an injury must occur within 30 days from the injury date.

Step 2: The Next Business Day: Call your local program Registrar to request a claim form, or if you do not know who to call locally, please call USA Hockey at 800 566 3288,

x123. If you have no other insurance, then your USAH plan will be the primary plan with a \$3,500 deductible.

DO NOT DELAY getting a claim form or submitting to K&K Insurance. The policy has a timely filing provision and you do not want to jeopardize your claim by not filing within the required time. Upon receipt of your claim, we send an acknowledgement letter and highlights of the coverage/limitations of the plan. By filing your claim after your injury, you are made aware of this information early. **DO NOT WAIT UNTIL YOUR PRIMARY INSURANCE HAS COMPLETELY FINISHED YOUR CLAIM BEFORE SENDING IN YOUR USAH CLAIM FORM.**

Make sure your claim form has been signed in the appropriate places by the appropriate designated persons.

Make sure your claim form is submitted along with documentation of your USAH membership.

ONLY CLAIMS ARISING FROM A USAH SANCTIONED ACTIVITY WILL BE HONORED.

Step 3: Upon receipt of your acknowledgment letter from K & K you should provide the hospital or doctor's office with your USA Hockey plan information as your secondary plan.

By giving all of the medical providers both your primary and secondary information, they will automatically send us the proper itemized medical bill and your primary insurance Explanation of Benefits (EOB), thereby, removing this responsibility from you of collecting the proper information to send with your USAH claim. By following this instruction, your K & K claim administrator will be able to contact the medical providers to request information without being told they cannot release anything to us because we are not on file with them.

Whether provided by the medical provider or directly from you, medical bills must be in an itemized format with dates of service, diagnosis codes, and procedure codes.

If submitting as a secondary claim, each itemized bill must be accompanied by your primary insurance Explanation of Benefits (EOB), whether this is provided by the medical provider or by yourself.

If you have paid any of your medical expenses, please indicate that clearly on the medical bills so that payment will be sent to you.

IF YOU HAVE QUESTIONS ABOUT YOUR CLAIM AFTER IT HAS BEEN FILED: Call K&K Insurance at 800/237-2917, Option 1.

V. Locker Room Policy

Strict adherence to the Locker Room policy is required by all athletes, parents and guests of Spokane Youth Hockey. The current policy is located on our website at www.spokaneyouthhockey.com. Using devices of any kind to capture or transmit images is strictly prohibited in locker rooms, dressing areas, training rooms, showers, restrooms, or other areas where there is an expectation of privacy.

VI. Notice of Non-Discrimination

USA Hockey and Spokane Youth Hockey are committed to fostering a welcoming environment for all by building a diverse, equitable and inclusive game. We celebrate every race, gender and background to unite as one community.

Spokane Youth Hockey does not discriminate on the basis of race, creed, color, national origin, gender, age, disability, religion, sexual orientation including gender expression or identity in its programs and activities. The following person has been designated to handle inquiries regarding the nondiscrimination policies. Executive Director, Spokane Youth Hockey

6321 North Addison
Spokane, Washington 99208
509-327-7383



Athletic Code of Excellence for Athletes and Parents: Acknowledgement

I, _____, as a Spokane Jr. Chief, agree to the terms, conditions and responsibilities outlined and referenced here. I will strive to ensure that I do not violate any of the rules and regulations of USA Hockey, PNAHA or Spokane Youth Hockey. I do hereby willingly and voluntarily submit to the Spokane Youth Hockey Code of Excellence for Athletes and Parents.

Player Signature

Parent Signature

Player Printed Name

Parent Printed Name

Date

Date