

RECOMMENDED ARENA SAFETY CHECKLIST

Emergency Response

- ✓ **In cases where skaters have special medical needs, the Coaches must be informed**
- ✓ **First aid kit available on bench before skaters take to the ice**
- ✓ **First aid kit includes: BCSSA Safety Report, All Sport insurance forms, Emergency Response Plan**
- ✓ **At least one trained volunteer off ice to call Emergency Services if required**

Arena Safety

- ✓ **Ensure no debris, dangerous ruts, bumps or bare spots on ice surface**
- ✓ **Ensure no protrusions from the boards or perimeter glass**
- ✓ **All gates must be securely and properly closed**
- ✓ **Place mats with at least one mat past blue lines on exit corners to mid point behind goal crease. For High Performance practices or club interclub meets mat coverage should be greater with double mats in high impact area.**
- ✓ **When removing mats, stack only maximum of nine (9) high on carts**

Skater Safety

- ✓ **No skaters allowed on ice until Zamboni is off ice**
- ✓ **All skaters must be registered with the club and BCSSA and oriented to safety policies**
- ✓ **Ensure skaters perform proper stretching and warm up / warm down routines**
- ✓ **Skaters must wear approved safety equipment: helmets, throat protector, gloves, shin guards**
- ✓ **No speed skating allowed unless all mats are in place and secured (before practice or after)**
- ✓ **Skaters must obey Code of Conduct and refrain from horesplay at rest periods**
- ✓ **Skaters shall be divided into groups of equal ability during competitive situations on ice**
- ✓ **At least one level one coach on ice at all times**

Security / Other

- ✓ **Separate change rooms for females and males (optional)**
- ✓ **Change rooms locked or fully supervised when skaters on ice**
- ✓ **Remind helpers and volunteers to take care when walking on ice surface with shoes**
- ✓ **Anyone on the ice must be at least registered as an "Associate Member" if not a skater**

SKATE SAFE, HAVE FUN !!!!