



## HOCKEY CALGARY

### Safety Committee Report May 2020

The safety committee has been active in 2019-2020 in our overall plan to provide a safe environment for players and volunteers within Hockey Calgary. Our activity over the past hockey season is summarized below:

1) At the annual Hockey Alberta coaching conference, the founders of the Head Start Pro program presented their coach education program. The main goal of the education is to help coaches and athletes improve performance, while preventing injury. Jamie Henry has met with the owners of the company and is in the process of implementing a pilot project in PeeWee AA. For more information refer to their website:

<https://headstartpro.com>.

2) The safety committee has re-drafted a criminal records check policy to be followed by all boards members of Hockey Calgary.

3) The terms of reference for the safety committee have been updated and passed by the board.

4) The safety committee collaborated with the “What Not To Yell” group to gather data and utilize their expertise to improve the hockey environment in Calgary by creating positive experiences for those who participate. Key points raised from our discussions were:

- Values – Fun, Safe, Supportive.
- “Positive Cheering”, “Positive Vibe” (a Spengler Cup feel that is balanced)
- Proactive cheering vs waiting for something to happen (good or bad)
- Use the App to create key messages from HC to reinforce values and mission

Some of the next steps may involve:

1. Set up committee to access the App (Ghost league idea) for review
2. Continue the App usage (was to be for city play-offs, which was interrupted due to COVID19)
3. Communicate to Teams –
  - a. current stats and usage (highlight teams to date with high rankings and high usage)
  - b. reinforce reward for highest use/ratings for end of regular season, pizza party for team, winners photos on HC website
  - c. additional reward for playoffs (Mel and KM to figure out)
  - d. #ApplauseforALL – description of FANtastic Culture
4. Create an internal communication plan/marketing plan for #ApplauseforALL



## HOCKEY CALGARY

5) The safety committee is working toward mental health education resources for our membership. Some of the processes discussed to date include:

- use of the AHS self-help form
- post references on our website with annual updates
- provide information on how to contact the Distress Centre (for education material and resources for our membership on mental health issues)
- provide managers key information on who to contact when in distress
- provide information in “Health and Safety Corner” in newsletter

6) The safety committee and Hockey Calgary have developed an injury reporting system via the game sheet. Some of the purposes of this system include:

- track types of injuries by age group and level of play
- look at time to return to play from onset of the injury

From our initial analyses, it appears that there is more work to be completed to allow for proper coding and, ultimately, the validity and utility of the data. This work is ongoing.

7) As in previous years, we have collaborated with the Sport Injury Prevention and Research Centre at the University of Calgary in order to keep up to date with best practices and current research in injury prevention and management in youth ice hockey. Our partnerships and ongoing collaboration have not only provided a platform for our education to put forth to apply to our policies (ie; body checking age groups), but has resulted in numerous presentations at medical conferences. Hockey Calgary and the University of Calgary have lead data-driven analyses that have provided ongoing support for the positive impact of policy changes on the safety of the game (ie; reduced injuries) for our youth athletes.

The safety committee is proud to uphold our mandate of optimizing safety in youth ice hockey for the long-term benefit of our youth athletes.

Respectfully yours,

Geoff Schneider, Doug Sharp, Karen Pirie, Jody Forbes, and Kevin Kobelka