

ICE HOCKEY CLUB LEUVEN

Lid van de Royal Belgian Ice Hockey Federation
Lid van de Vlaamse IJshockeyfederatie

CODE OF CONDUCT / CLUB RULES



In order to enable us to make the best of the season, clear statements of behavior on and around the ice-rink are essential. Ice Hockey Club Leuven wants to be known as a well-behaving and fair play Club.

Each member of our Club is to act accordingly and to project a positive image of ice hockey in general and of our Club in particular. Attitude and behavior should never be a cause for complaints or negative press. We expect our members, players, coaches, team managers and parents to behave correctly and in a sporting manner while being engaged in ice hockey.

In the interest of the Club and the mutual cooperation and understanding within the Club, Club management reserves the right to refuse membership or any other affiliation to any person without further explanation. By becoming a member of Ice Hockey Club Leuven, the Code of Conduct is automatically accepted, also by parents. A copy is available for reading at the Club Secretariat and/or on the website www.ihcl.be.

1. PROMPTNESS

As a general rule, coaches and/or team managers will inform players about the details of the next game during or after the last weekly practice.

Showing up for practice should be at least 30min before actual start, while at home or away games players should be in the locker room at least 1 hour before the game, allowing for warm-up and tactics from the coaches.

In general parents will be asked to drive their kids to away games. Carpooling is strongly recommended.

If a player cannot attend a training session and/or game, due to sickness or any other reason he/she or their parents must inform the team-manager and/or coach in time.

Players only enter the ice after permission by coach or trainer.

Outside the practice hours and games, no hockey gear is allowed on the ice.

Parents are basically not allowed in the locker rooms unless they are asked for by coaches or team management.

We also request parents not to stand at the border of the ice rink during practices, this to ensure that players are not unnecessarily distracted.

2. HYGIENE IN THE LOCKER ROOMS

After every practice or game players have the possibility to shower. Bath slippers are advised. Players should always have enough dry clothes and shower necessities with them.

Leave the locker room as clean as you found it when you came in (practices, home and away games, tournaments). Respect your hosts' property!

The organization of the cleaning of the locker rooms (e.g. that all litter ends up in the garbage cans) is within the team manager's responsibility.

We expressly ask our team managers to control the locker rooms after every practice or game.

3. EQUIPMENT

Following equipment is mandatory to attend training sessions and games:

- an **officially approved black** helmet with legal visor according to age group
- neck protector !
- elbow pads, shoulder protection, legs shins
- **black** hockey pants, protective shell, shirt, socks and gloves
- stick and sharp skates

Always wear this equipment for your own safety. Only when in full compliance you are covered by the insurance. Coaches and team managers will not allow a player on the ice for either practice or game if his/her safety equipment is damaged or if pieces are missing.

It is not allowed to wear jewelry (watches, chains, piercings, earrings or whatever) during practice and/or games. An injury due to this is highly possible.

The Club provides the team jerseys for each official game. Each team will take care of the proper use of the jerseys. Parents will be asked to assist in washing the jerseys after each game. The team manager will organize this.

Every player takes care of his own hockey socks (**Club colors only**). Do not forget to bring them for every game.

Every player is responsible for his own equipment. Damaged or broken parts need to be immediately fixed or replaced as you risk not to be allowed to go on the ice.

Always treat your own equipment and the Club jerseys with respect!

4. TAKING CARE AND WHAT (NOT) TO EAT

Smoking, alcohol, drugs (even soft drugs) will damage your health, physical condition and sport performance. These products are strictly forbidden near the ice-rink and in the locker rooms. Exclusion from the team and Club (see "Suspension and exclusion") can be a consequence for having offended this rule.

This goes for players, team managers, coaches, parents and referees.

Be aware that when the use of drugs is proven (urine tests are regularly organized by the Flemish Community) the results may be severe. Actions like trail for court are likely to happen. Suspension and exclusion by the BOIC and IIHF will always follow.

Good and enough sleep are essential for a good physical condition. A good physical condition and a clear mind will lead to the best results and better resistance against injuries.

We advise to have a light, healthy meal before practice/game (no chips, fries etc.). Avoid “fizzy” drinks before practice or game.

5. SUSPENSION AND EXCLUSION

The Club expects players and parents to behave respectfully towards coaches, team managers, referees, team mates, opponents, fans and Club management. Attitude, presence and clothing should never be offensive. Misbehavior will not be tolerated.

Club management will have the right to set disciplinary actions in case of misbehavior. Disciplinary actions can go from exclusion from practice/games to exclusion from the Club. All disciplinary actions will be discussed with Club management, involving coaches and team managers.

Theft of material and/or personal belongings will always result in exclusion from the Club. The same action will be taken when showing up for practice and/or a game being under the influence of alcohol or drugs.

Exclusion doesn't mean refund of the Club fees.

6. GENERAL INFORMATION

All information regarding weekly programs, changes in practice- and game hours, appointments, tournaments, fees etc. are available from team coach or team manager and on the Club website www.ihcl.be

Payment of the Club membership fee guarantees:

- ◆ Membership of Ice Hockey Club Leuven;
- ◆ The right to attend practice at team hours, except when excluded by management decision;
- ◆ Insurance in case of injury during Club sessions (insurance is provided by the Royal Belgian Ice-Hockey Federation and is in addition to your personal medical insurance).

Payment of the Club membership fee doesn't automatically mean that you will have the right to play the games. Coach and team manager will announce team compositions on a weekly basis, based on performance, progress, behavior and input during practices. Selection will be made in all honesty, reflecting the team and Club values at all times.

If necessary the Club will ask members and applicants for membership to take a test to assess skill level and performance. Additional practices can be recommended by the Club.

7. PROCEDURE FOR INJURY REGISTRATION

If injured during practice or game, the first step is to immediately inform the Club Secretary who will help you to with all necessary formalities towards insurance and federation.

After serious injury or illness the Club requires written permission from a doctor or from the parents, declaring that the player is fit to restart practices and/or to play games.

8. SCHOOL AND HOCKEY

The combination of school and hockey is perfectly possible when a good schedule for studies is kept. Such a combination is also positive for a healthy and balanced education.

Ice Hockey Club Leuven believes that studies always have priority over hockey. In the event that a player should forfeit practice and/or games because of school or studies, he should inform his/her coach or team manager, who will always understand the situation.

9. CONTRACT WITH PARENTS

We expect all parents to maintain at all times a positive attitude towards the Club and its management, at all levels.

Problems should never be discussed during practice sessions and/or games. There is always the possibility to talk to the team managers and/or coaches after these sessions.

The best way to handle problems is to let the young ones stand up for themselves. This way they will learn to deal with problems themselves, and learn to accept the outcome, positive as well as at first sight negative. If in doubt feel free to ask Club management for advice.

At the beginning of each new hockey season we organize an information session during which the general Club vision is discussed. Specific agreements can be set for each team.

Ice Hockey Club Leuven also expects from parents a certain level of commitment towards the Club and its teams.

By your personal and voluntary endeavor, you as a parent can bring an important contribution to the good functioning of team and/or Club at several levels and in different kinds of activities.

Do not be timid and give the good example to your child or children, other parents and Club members by voluntarily cooperating within the Club.

Your active support and participation are highly appreciated and really essential for making it work! For any questions, proposals, initiatives you can always contact the Club team managers and Board. We are also there to support you.

10. EVALUATIONS

Global evaluations based on performance during practices and games are organized during the hockey season:

1. End of September: internal evaluation with coaches and coordinators
2. End of December: evaluation discussed with the player
3. Beginning of May: parent contact during which an evaluation of the past season is given and expectations for the upcoming season are discussed.

11. TIPS

- ◆ Ensure that your kid gets enough sleep.
- ◆ Always support them positively.
- ◆ Try to attend as many games as possible to encourage the players and the team. Leave the coaching to the coach!

- ◆ A child's behavior is often a reflection of what they know and see from adults, so behave in a positive sportive way towards referees, teammates, opponents... even if a game was lost. Be an example.
- ◆ Unless asked for by the coach or team manager, interventions from parents will not be tolerated. Parents are not allowed to come onto the ice in any situation, even in case of injury or incidents.
- ◆ During practices, parents are requested to go to the restaurant to watch the practices, in order to let the coaches and trainers work without disturbance.
- ◆ Handing out sweets, drinks etc. during a game or game break is not allowed, unless the goods are for the entire team. You should hand these things to the team manager or coach BEFORE the game.
- ◆ It is recommended to minimize holidays during the Club's practice and game periods.
- ◆ We expect all players to be present at the preparation of the season start.

The Code of Conduct is binding for all members and can never be subject to discussion by any third party.

This English version is made to assist our non-Dutch speaking members to better understand our Club and to know how it is managed.

This version is purely informative, the official Club Code of Conduct is in Dutch language.

12. CONTACTS AT ICE HOCKEY CLUB LEUVEN

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