



Parent Handbook

2019-2020

ICE WOLVES YOUTH HOCKEY
2019-2020 Parent Handbook

Introduction

Welcome to the Ice Wolves Youth Hockey Association (IWYHA). Our youth hockey association provides boys and girls in the Dodgeville, Mt Horeb, and surrounding communities in southwestern Wisconsin the opportunity to participate in the sport of youth hockey.

The Ice Wolves Youth Hockey Association was formed in 2000 when the youth hockey programs in Mt Horeb and Dodgeville merged. Our home rink is inside Ley Pavilion, Harris Park, Dodgeville, WI. Ley Pavilion owned by the city of Dodgeville is leased to the IWYHA for the purpose of providing skating and hockey opportunities. Equipment needed to assemble the rink, locker rooms, concession stand, and the Zamboni are owned by the IWYHA. Our association members and friends assemble the rink each October and disassemble each March.

The association's activities are carried out by the Board of Directors and a number of different committees. All activities are governed by the association's bylaws. The board generally meets once a month during the Ice Wolves hockey season and twice a month during the summer to prepare for the following season. Parents are invited to attend any of the board meetings, but should first verify the date, time, and location. Notification of board meeting and minutes of previous meetings can be found on the Ice Wolves website at www.icewolveshockey.org

The Ice Wolves Youth Hockey Association is operated entirely by parent volunteer help. As a parent you will be called upon to participate in the operation of the association. Committee work includes fundraising, rink set-up and tear down, and more. Parents are also needed to serve as team-reps, coaches, and board members. Please consider where you can contribute to benefit our association. Your involvement will offer opportunities to meet other parents in the association, and you will experience the satisfaction of providing the highest quality youth hockey program for all of our skaters.

The remainder of this handbook provides additional details concerning the operation of the Ice Wolves Youth Hockey Association and youth hockey in general. We hope this information will help you have an enjoyable and successful hockey season.

Goals of the Ice Wolves Youth Hockey Association

Our goal is to provide an organization and environment that allows youth hockey players the opportunity to grow as individuals and develop hockey skills by:

1. Giving skaters the opportunity to participate in competitive hockey regardless of their skill level.
2. Encouraging skaters to achieve individual and team goals through positive reinforcement.
3. Providing practice and game facilities that are safe and always supervised by qualified coaches.
4. Promoting the ideals of teamwork, competition, sportsmanship, and fair play in victory and defeat.
5. Encouraging parent involvement and guidance in helping skaters achieve their individual and team goals.

6. Teaching skaters the importance of practice time and proper equipment.

Youth Hockey's Organizational Framework

The IWYHA is a member of the Region Four Youth Hockey Council, which represents youth associations in south-central Wisconsin. IWYHA teams participate in leagues within Region Four Youth Hockey council during the season. There are six regions in the Wisconsin Amateur Hockey Association (WAHA). WAHA conducts playoffs within each region, to determine region representation at the WAHA State Tournaments in March. WAHA is an affiliate of the national organization, USA Hockey. Each of these bodies has rules governing youth hockey.

Ice Wolves' Organizational Structure

The Board of Directors is the governing body of the IWYHA. A listing of the current Board of Directors and Association contacts can be found in Appendix A of this handbook.

The Board of Directors operates under the approved By Laws and Policies and Procedures. A copy of the approved document can be found on our website.

Officers are elected by the membership at the annual meeting of the association held each spring. Non-officer positions are nominated by the nominating committee and approved by the Board prior to the annual meeting. IWYHA committees may include the following: Nominating Committee, Financial Committee, Rink Management Committee, Recruitment, Retention, & Coaching Committee, Public Skate Committee, Rental Equipment Committee, and other ad hoc committees. To serve as a Board member or on a committee make your interest known to the IWYHA President or any current Board member.

Age Levels

Ice Wolves policy, and that of all organizations in Region Four, recommends that skaters participate at the level specified by USA Hockey. The following Age Classification Chart shall apply for the 2019-2020 season:

AGE	BIRTH YEARS	USA HOCKEY LEVEL
6 and under	2013 - younger	U6 Cross Ice
8 and under	2011 - younger	Learn to Play*
8 and under	2011 - younger	Wolf Pack*
9 and 10	2009 and 2010	Squirt
11 to 14	2005 to 2008	Girls U14 *if interest allows*
11 and 12	2007 and 2008	Pee Wee
13 and 14	2005 and 2006	Bantam
15 and up	2001 and 2004	Midget (High School)

*The Learn to Play Hockey and Wolf Pack are Ice Wolves programs for boys and girls primarily ages 4-10. They are not designated USA Hockey age level programs. They incorporate what the Ice Wolves have traditionally referred to as the "Atoms" and "Mites" and more recently Hockey KIDS I and Hockey KIDS II. See Appendix B for a complete program listing. If you have questions about the best placement for your child contact the Association Coaching and Education (ACE) Director (listed in Appendix A).

Skill Levels

The IWYHA has been designated as a Division 4 Association by WAHA. There is a total of four Divisions in WAHA, with the largest associations generally in Division 1. This means that the most skilled IWYHA team at each age level must play at the 4A level in the WAHA State Tournament. Ice Wolves Squirt through Bantam level teams participates in the Region Four League, while the High School team participates in the Wisconsin Club High School Hockey League. WAHA classifications do not determine league assignments in Region Four. Region Four League games are based on relative skill level of each team compared to other teams at the same age level. If the Ice Wolves first team is competitive with the first teams from most other associations in Region Four, that team will compete at the highest level in Region Four league play. However, if that team would be more evenly matched by playing second or third teams from other Region Four associations, it will be scheduled to play those lower skill level teams.

Parents and coaches, as a group, decide on the number of tournaments they will play during a season. Tournament fees are in addition to IWYHA registration fees.

Fees

See Appendix B for registration fees and work deposit fees assessed for each program/age level.

Scholarships

The Association offers a limited number of scholarships each year to enable families with financial difficulties to play hockey. Scholarships are considered and granted on an individual case-by-case basis by the IWYHA Scholarship Committee and/or Board. Scholarship information and applications are available on the Ice Wolves Website. Applications must be received by the IWYHA designated contact (generally the Registrar) no later than August 15 of the season in which you are applying.

Registration

Ice Wolves skaters must reside in Dodgeville, Mt Horeb, surrounding school districts in southwestern Wisconsin, or in a school district not served by another WAHA registered hockey association. Players from another hockey association wishing to join the Ice Wolves should contact the IWYHA President. Transferring between associations requires the consent of the IWYHA and the transferring Association.

Registration fees must be paid in full at the time of registration, either with one check for the entire registration fee dated at the time of registration or with three checks – one dated with the actual date of registration and the others post-dated December 1 and January 1 of the current season. If paying with three checks, all must be turned in at the time of registration, but the post-dated checks will not be deposited until dates listed. If families have multiple skaters the oldest is full fee, and each after is 25% off their fee. Players cannot practice until registration forms have been completed and fees have been paid. Registration received 8/16 and after will incur a \$100 late fee. Learn to Play is exempt.

Equipment – General

It is essential for the protection and safety of the skaters that they have properly fitted equipment. If you intend to purchase equipment and are not familiar with hockey equipment, suggested sources include: Pure Hockey, Madison.

The following equipment is necessary:

1. Shoulder pads with chest protection
2. Shin guards
3. Elbow pads
4. Gloves
5. Breezers (hockey pants)
6. Hockey skates
7. Hockey stick
8. Helmet (HECC approved)
9. Face mask
10. Hockey socks
11. Practice jersey
12. Garter belt or Velcro shorts for holding up socks, athletic supporter with cup (male), pelvic protector (female).
13. Mouth guard (required for traveling teams)
14. Neck guard (optional)

The IWYHA STRONGLY recommends all skaters wear neck and mouth guards. Depending on age and level of play, game jerseys and game socks may also be required. For more information see the “Equipment Rental Policy” in Appendix C.

Ice Wolves Jersey Policy

Members of the traveling teams (Squirt level and higher) will own both home (white/light) and away (black/dark) jerseys. For more information on Jerseys, see the “Jersey Policy” in Appendix E.

Player Selection Process

Refer to Article III of the approved Policies and Procedures for the Player Selection Process.

Skating at a Higher Age Classification

Refer to Article III of the approved Policies and Procedures for the Skating at a Higher Age Classification process.

Grievance Policy and Procedure

IWYHA expects Board Members, Coaches, Referees, players, and parents to conduct themselves in an ethical and responsible manner that is consistent with USA Hockey regulations and that reflects well on IWYHA. It is IWYHA’s purpose to provide an effective means for all volunteers to bring problems or complaints concerning the program to the attention of the IWYHA Board without fear of recrimination. Any complaints/concerns must be reported per Article IV of the approved Policies and Procedures.

Work Deposit/Work Hours and Fundraisers

A work deposit will be required from all Ice Wolves families, except those participating in the Learn to Play Hockey program. It is the responsibility of each family to record and report their work hours by signing in at the rink during set-up and tear-down (the Rink Manager then reports these hours to the Team Rep Manager). In-season work hours should be reported by e-mailing them to the Team Rep Manager. Be sure to include the skater's name, team, work duties performed, date and hours worked that day. To receive your work deposit back, work hours need to be completed and reported within each "fulfillment period" of rink set-up, in-season, and rink tear-down. Fulfillment periods (actual dates for work to be completed by) may vary slightly from season to season and will be communicated via e-mail. The Work Deposit and Work Hours form and additional information can be found in Appendix E.

The Ice Wolves Youth Hockey Association conducts a variety of fundraising activities throughout the year. Typically, the net proceeds from these fundraisers go toward defraying the cost of ice fees/registration fees for the participating families. Fundraising will be required from all Ice Wolves families, except those participating in the Learn to Play Hockey program.

Code of Conduct

The Ice Wolves adopted a code of conduct in 2001 and updated it in 2010 and 2015. Players and parents are asked to read and sign this at registration. Ice Wolves' coaches also sign a Coaches Code of Conduct and are expected to support the Player and Parent Code of Conduct. See Appendix G/H regarding the Code of Conduct.

Background Screening

In accordance with USA Hockey and WAHA guidelines, The Ice Wolves require screening of all coaches, team managers, employees of the association, association board members and Adults (18 years and older skating on youth teams) through Protect Youth Sports, a national criminal background search service. The screen will consist of a National Criminal Database and National Sex Offender Search.

Concussion Law and WAHA Policy

The Wisconsin Legislature passed a law that went into effect on April 17, 2012 regarding concussions in youth athletic activities. Under the Law, everyone who is participating in Youth Hockey must be trained and players must sign a statement that they were trained. If those players are under the age of 19, a parent or guardian must also sign a statement that states they were trained. WAHA is also mandating that all coaches sign a statement that they have been trained. WAHA has developed such documents for players/parents and coaches and they are on the WAHA website at: <http://www.wahahockey.com/> See Appendix F.

Website

To find up-to-date information about the association, teams and schedules, please use the website at www.icewolveshockey.org

Appendix A: IWYHA Board and Contact Information

President: Courtney Mallon Cell: 341-6055 Email: icewolvesprez@gmail.com	Referee Manager: Cell: Email:
Vice President: Kendall McWilliams Cell: 843-0223 Email: icewolvesvp@gmail.com	Registrar: Larry Tremelling Cell: 574-2697 Email: icewolvesregistrar@gmail.com
Treasurer: Kristin McWilliams Cell: 262-402-7280 Email: icewolvestreasurer@gmail.com	Representative to WAHA Region 4: See President Cell: Email:
Secretary: Meggan Allen Cell: 215-3456 Email: icewolvessecretary@gmail.com	Representative to WAHA Region 4: See President Cell: Email:
Association Coaching and Education(ACE) Director: Eric Mallon Cell: 574-9006 Email: icewolvesace@gmail.com	Rink Director: Chris Rusch Cell: 341-7621 Email: cruschter@hotmail.com
Concession Manager: Jennifer Ferrell Cell: 341-6170 Email: icewolvesparty@gmail.com	Team Rep Director: Andie Benish Cell: 574-1877 Email: andierongabe@yahoo.com
Equipment Manager: Jennifer Ferrell Cell: 341-6170 Email: jferrell380@gmail.com	Website and Electronic Communication Director: Katie Harrington Cell: 574-4084 Email: katiecru@gmail.com
Fund Raising Director: See President	Ice Scheduler: Larry Tremelling Cell: 574-2697 Email: iwiceschedule@gmail.com
Marketing Director: Thad Kohlenberg Cell: 608-358-0964 Email: tkohlenberg@brucecompany.com	Tournament Director: Amie Tremelling Cell: 574-0633 Email: icewolvestournament@gmail.com

Appendix B: IWYHA Program Structure

Program	Ages/ Birth Yrs.	Duration of the Season	Practice	Registration fees Additional annual fee to register with USAH	Work Hours and Fees <i>** Work Deposits collected separately by Team Rep Manager</i>	Rink Cleaning	Public Skate	Fund Raisers
Learn to Play Hockey	8 and under 2011 - younger	(2)6 Week Sessions I: Nov- Dec II: Jan-Feb	45 mins; 1x per week 8:30-9:15 am Saturday	\$50 per session or \$75 for both sessions <u>if paid</u> prior to start of session I *Rental Equipment available.	No work deposit required.	No	Work at least one Public Skate session.	Not Required participation appreciated
U6 Cross Ice	6 and under 2013 - younger	Nov – early March	45 mins 1x per week (weeknight) – Optional Practice Saturday (LTP) – games Sunday	\$200 *Rental Equipment available.	\$300 work deposit required; returned upon completion of work divided as: \$50 for 2.5 hrs of rink set-up \$50 for 2.5 hrs of rink tear-down \$200 in-season work TBD by Team Rep Director	Yes; assigned weeks	Assignments made for each team; <u>all families on the team need to assist</u>	One or more
Wolf Pack Red/White Blue	8 and under 2011 - younger	Nov – early March	75 mins 2x per week (weeknights) --plus weekend ice time	\$250 *Rental Equipment available.	\$600 work deposit required; returned upon completion of work divided as: \$100 for 5hrs of rink set-up \$100 for 5hrs of rink tear-down \$400 in-season work TBD by Team Rep Director	Yes; assigned weeks	Assignments made for each team; <u>all families on the team need to assist</u>	One or more
Squirt Traveling Team	Generally Ages 9-10 Born 2009- 2010	Full Season; Nov – mid March	75 mins 2x per week (weeknights) --plus weekend ice time	\$475 *Rental Equipment available	\$600 work deposit required; returned upon completion of work divided as: \$100 for 5hrs of rink set-up \$100 for 5hrs of rink tear-down \$400 in-season work TBD by Team Rep Director	Yes; assigned weeks	Assignments made for each team; <u>all families on the team need to assist</u>	One or more
Girls Traveling Team U12/U14 *if interest allows*	Generally, Ages 12- 14 Born 2005- 2008	Full Season; Nov – mid March	75 mins 2x per week (weeknights) --plus weekend ice time	\$200 *Rental Equipment available	\$600 work deposit required; returned upon completion of work divided as: \$100 for 5hrs of rink set-up \$100 for 5hrs of rink tear-down \$400 in-season work TBD by Team Rep Director	Yes; assigned weeks	Assignments made for each team; <u>all families on the team need to assist</u>	One or more
Pee Wee Traveling Team	Generally Ages 11- 12 Born 2007- 2008	Full Season; Nov – mid March	75 mins 2x per week (weeknights) --plus weekend ice time	\$500 *Rental Equipment available	\$600 work deposit required; returned upon completion of work divided as: \$100 for 5hrs of rink set-up \$100 for 5hrs of rink tear-down \$400 in-season work TBD by Team Rep Director	Yes; assigned weeks	Assignments made for each team; <u>all families on the team need to assist</u>	One or more
Bantam Traveling Team	Generally Ages 13- 14 Born 2005- 2006	Full Season; Nov – mid March	75 mins 2x per week (weeknights) --plus weekend ice time	\$525 *Rental Equipment available	\$600 work deposit required; returned upon completion of work divided as: \$100 for 5hrs of rink set-up \$100 for 5hrs of rink tear-down \$400 in-season work TBD by Team Rep Director	Yes; assigned weeks	Assignments made for each team; <u>all families on the team need to assist</u>	One or more
High School Traveling Team	Generally Ages 15- 18 Born 2001- 2004	Full Season; Nov – mid March	75 mins 3x per week (weeknights) --plus weekend ice time	\$575 *Rental Equipment available *Includes League Fees	\$600 work deposit required; returned upon completion of work divided as: \$100 for 5hrs of rink set-up \$100 for 5hrs of rink tear-down \$400 in-season work TBD by Team Rep Director	Yes; assigned weeks	Assignments made for each team; <u>all families on the team need to assist</u>	One or more

Registration fees must be paid in full at the time registration. However, the total can be split into three equal payments. See details on the registration form.

All families must work public skate sessions as assigned whether or not they have met their minimum work hours.

**The Ice Wolves "Wolf Pack" is open to any skater age 8 (generally) and under who has completed the Ice Wolves Learn to Play Hockey program, a similar Learn to Skate Program, or has skated or played hockey for at least one season.

Registrations received August 16th or later from current Ice Wolves players will have a \$50 increase in registration fees.

Appendix C: Ice Wolves Equipment Rental

The Ice Wolves Youth Hockey Association (IWYHA) is committed to having equipment available to rent to skater's ages 4 through 12. Equipment in sizes to fit skaters older than 12 is on a limited basis.

Rental equipment is checked out at "Fitting Events" overseen by the Equipment Manager or (on a limited basis) by individual appointment with the Equipment Manager. Equipment "Fitting Events", typically held in early October, will be announced via e-mail.

Equipment Rental Options and Fees

**Fees are due upon rental.*

DELUXE RENTAL (\$60)

- Equipment bag
- Chest/Shoulder pads
- Shin pads
- Elbow pads
- Gloves
- Breezers
- Hockey Socks
- Helmet
- Skates
- Stick: see note below

INDIVIDUAL PIECES (\$15 ea. excluding bags)

SUMMER RENTAL – Skater (\$25)

*Sticks are cut to size. However, they are still a part of the rental package and need to be returned at the end of the season with the rest of the equipment.

SUMMER RENTAL – Goalie (\$25) Deposit of \$300 - with contract of agreement on proper use of Ice Wolves issued goalie equipment on file with Equipment Manager.

**Practice Jerseys are available with both rental packages to Wolf Pack level members and up.

***Practice Jerseys are not needed for LTP members during the season (summer rental only).

EQUIPMENT NOT AVAILABLE FOR RENT

- Garter belt or Velcro jock/Jill shorts
- Athletic supporter and cup
- Mouth guard

The equipment rental fee is \$60.00 for one session of Learn to Play Hockey; the rental fee is waived for those continuing from session 1.

Appendix D: Jersey Policy for Learn to Play and Wolf Pack Participants

• Learn to Play Hockey and Wolf Pack participants will be provided with an association-owned jersey, at the beginning of the season, to use during the season. **This jersey MUST be returned at the end of the season.** A practice jersey will be provided for those choosing to rent the equipment in between seasons (summer rental).

Jersey/Hockey Sock Policy for Traveling Teams

• Skaters on traveling teams (Squirts and up) must purchase two game jerseys; one home (white/light) and one away (black/dark); purchase of name bars are optional. Skaters must also purchase one of hockey socks - away (black/dark on top).

JERSEY/HOCKEY SOCK FEE STRUCTURE	
New jersey set:	(Estimated) \$100
Hockey Socks:	\$13.00-\$20.00 per pair

• In the event of number duplication on a team, the player with the most seniority in the IWYHA will have first choice of that jersey number.

• To maintain the appearance and value of their game jerseys, skaters are encouraged to wear practice jerseys, not game jerseys, for all practices. **Game jerseys are not acceptable for practices.**

• The jersey order for the season will take place in early October. Reminders will be sent via e-mail. A check for jerseys will be required at the time of ordering. The check will be held until the jerseys have been delivered to the equipment manager. The Equipment manager will designate a date and time for delivery/pick up of jerseys.

Appendix E: Work Deposits and Work Hours

Learn to Play Hockey – No work deposit required; Work one public skate session

U6 - **\$300** work deposit returned upon completion of work divided as: \$50 for 2.5 hours of rink set-up / \$50 for 2.5 hours of rink tear down / \$200 in-season work TBD by Team Rep Director

Wolf Pack and Traveling Teams -

\$600 work deposit returned upon completion of work divided as:

\$100 for 5 hours of rink set-up / \$100 for 5 hours of rink tear-down / \$400 in-season work TBD by Team Rep Director

Work Deposits are collected and held by the Team Rep Director – contact information is below and on the Ice Wolves Website (www.icewolveshockey.org). Work Deposits are collected per family, not skater.

Work Hours consist of:

-Rink Set-up

-Rink Tear-down

-In Season Work

*Assisting with Special Events / Private Party's – counts towards one open skate shift

*Assisting with "Try Hockey Free Events" – counts towards one open skate shift

*Rink cleaning (each team/program is assigned specific weeks during which they are responsible for cleaning the rink)

*Working public open skate (each team/program is assigned specific weekends during which they are responsible for operating the public skate sessions). Each family will be responsible to work a later determined amount of shifts, divided equally by family.

*Additional work hours will be assigned by team reps for game work schedules, i.e.: scorekeeping, penalty box, game clock, and concession stand.

***The duties of rink cleaning, working public skate sessions and working during games will be shared evenly between ALL families on a specific team. It is at the discretion of the Team Rep Director in consultation with the Team Rep for a specific team and the Ice Wolves Board of Directors to withhold the work deposit of any family that does not assist with their share of these team-assigned responsibilities.*

Work Deposit Received from: _____ (Name of Family or Skater)

Skater Level (circle): U6 RWB SQUIRT PEE WEE BANTAM HIGH SCHOOL

Amount Rec'd: \$600 / \$300 Check Numbers: _____ \$100 / \$50 _____ \$400 / \$200 _____ \$100 / \$50

Following each fulfillment period (set-up, in-season hours, tear-down), if my hours have been completed, I want the Team Rep Manager to: ___ Destroy my check ___ Return my check

Following each fulfillment period, if I did not complete the required work hours, the IWYHA will cash my check.

I understand this policy _____ (Signature)

Return this form and check(s) at the time of registration to:

**Andie Benish, IWYHA Team Rep Director
1315 Novak Rd.
Highland, WI 53543
Questions call 608-574-1877**

Work Hours Reporting Procedure:

A sign-in sheet will be available to record your rink set-up and tear-down hours. These will then be reported by the Rink Director. **However, it is each family's responsibility to report their in-season work hours directly to the**

Team Rep Director via e-mail: andierongabe@yahoo.com. Only if you do not have access to e-mail should you report your hours to your Team Rep. Team Reps will track game work schedules per family.

Completion of Work Hours:

The end of rink set up and rink tear-down will be determined by Rink Director and announced to Association members via e-mail. In-season hours must be completed by the end of the final public skate session.

Appendix F: Parent/Player/Coach Concussion Training and Information

Concussion Information - When in Doubt, Sit Them Out!

Before a student may participate in practice or competition: At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

<p>These are some SIGNS concussion (what others can see in an injured athlete):</p> <ul style="list-style-type: none">-Dazed or stunned appearance-Change in the level of consciousness or awareness-Confused about assignment-Forgets plays-Unsure of score, game, opponent-Clumsy-Answers more slowly than usual-Shows behavior changes-Loss of consciousness-Asks repetitive questions or memory concerns	<p>These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):</p> <ul style="list-style-type: none">-Headache-Nausea-Dizzy or unsteady-Sensitive to light or noise-Feeling mentally foggy –Problems with concentration and memory-Confused-Slow
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Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. “When in doubt sit them out.” It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including weight lifting) or competition.

RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion. The program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their health care provider before progressing to the next level.

STEP ONE: About 15 minutes of light exercise: stationary biking or jogging

STEP TWO: More strenuous running and sprinting in the gym or field without equipment

STEP THREE: Begin non-contact drills in full uniform. May also resume weight lifting

STEP FOUR: Full practice with contact

STEP FIVE: Full game clearance

2011 WISCONSIN ACT 172: AN ACT to amend 119.04 (1); and to create 118.293 of the statutes; relating to: concussions and other head injuries sustained in youth athletic activities. SECTION 1. 118.293 of the statutes is created to read:

118.293 Concussion and head injury

(1) In this section: (a) "Credential" means a license or certificate of certification issued by this state. (b) "Health care provider" means a person to whom all of the following apply: 1. He or she holds a credential that authorizes the person to provide health care; 2. He or she is trained and has experience in evaluating and managing pediatric concussions and head injuries; 3. He or she is practicing within the scope of his or her credential. (c) "Youth athletic activity" means an organized athletic activity in which the participants, a majority of whom are under 19 years of age, are engaged in an athletic game or competition against another team, club, or entity, or in practice or preparation for an organized athletic game or competition against another team, club, or entity. "Youth athletic activity" does not include a college or university activity or an activity that is incidental to a nonathletic program.

(2) In consultation with the Wisconsin Interscholastic Athletic Association, the department shall develop guidelines and other information for the purpose of educating athletic coaches and pupil athletes and their parents or guardians about the nature and risk of concussion and head injury in youth athletic activities. (3) At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

(4) (a) An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury. (b) A person who has been removed from a youth athletic activity under par. (a) may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider. (5) (a) Any athletic coach, official involved in an athletic activity, or volunteer who fails to remove a person from a youth athletic activity under sub. (4) (a) is immune from civil liability for any injury resulting from that omission unless it constitutes gross negligence or willful or wanton misconduct. (b) Any volunteer who authorizes a person to participate in a youth athletic activity under sub. (4) (b) is immune from civil liability for any injury resulting from that act unless the act constitutes gross negligence or willful or wanton misconduct. (6) This section does not create any liability for, or a cause of action against, any person.

Additional Concussion Resources Are Available at:

<http://www.wiaawi.org/Health/Concussions.aspx>

<http://www.wahahockey.com/#>

Appendix G: Code of Conduct

Ice hockey is a rigorous, challenging team sport, providing opportunities for the wholesome development of individual skill and character, as well as team work and good sportsmanship. It is the responsibility of each player, parent, coach and volunteer to ensure that these opportunities are equally available to all members of the Ice Wolves Youth Hockey Association and that the association will always be recognized by its high standards and sportsmanship, conduct and completion.

Player Conduct and Responsibilities

As a player for the Ice Wolves Youth Hockey Association (IWYHA),

I will do my best:

- Attend all practices, follow my coach's instructions, and work hard during all drills and game scenarios.
- Be on time and prepared for play.
- Learn the rules of the game from my team of coaches and abide by them in practices and games.
- Wear proper protective gear, including a mouth guard correctly placed in my mouth and unaltered helmet at all times when I am on the ice.
- Keep up with my school assignments and studies to minimize conflicts with practices and games.
- Display good sportsmanship in my interactions with my coaches, teammates, referees, and opponents.
- Behave properly whenever I am with my team, especially at our opponent's rinks and at public facilities including hotels, restaurants, shopping malls, etc.

To guarantee my continued ability to play for IWYHA,

I will refrain from:

- Bullying or harassing my teammates or other skaters (this includes but is not limited to making hurtful or malicious statements to or about them, using racial slurs, making references to one's sexuality, initiating rumors, taunting, name calling, making threats, taking or disfiguring another player's equipment, inappropriate physical contact, posting inappropriate comments on Facebook, Twitter or any other social media).
- Confronting the coach(es) or other adults in a disrespectful or belligerent manner
- Fighting
- Arguing with an official's decision.
- Approaching referees and/or opponents during or after games to threaten or initiate verbal or physical confrontations.
- Fooling around in the locker room including spitting water, throwing things, hiding equipment, running, hanging from clothes hooks or stall doors, etc.
- Using profanity in the lobby, locker room, or on ice in general or directed at any player, adult, coach, or official.
- Activating a cell phone or digital camera in the locker room.
- Using or distributing alcohol, tobacco (including vaping), illegal drugs, or medications not prescribed to me by a doctor.

- Bringing any type of weapon to the rink or sponsored hockey event.
- Wearing offensive or inappropriate clothing.
- Driving myself and/or other players to away games, if applicable.

I understand that I will be subject to appropriate disciplinary measures by coaches, officials, IWYHA Disciplinary Committee and/or my parents for failing to abide by these rules.

Penalties can include but are not limited to:

- “Benching”
- Written Warning
- Restorative action (i.e. apology letter, damage/repair costs, clean-up)
- Suspension from practices or games
- Probation for any time length
- Removal from this organization

These penalties may occur in any order and in any combination as deemed appropriate.

I also understand that I may have to meet with the Executive Board, the Discipline Committee, the Board of Directors, coaches, managers and or/parents to discuss any situation that has been brought to any of their attention regarding my behavior. I understand I have a right to an explanation of any disciplinary action(s) taken against me.

Parent/Spectator Conduct and Responsibilities

As a parent of a IWYHA hockey player and to promote a supportive learning environment for the children of this organization, I will:

- Do my best to ensure that my child attends every practice and actively participates in all drills and game scenarios.
- Support by son/daughter’s team of coaches through my words and actions
- Meet privately with my son/daughter’s coach or team of coaches to discuss any concerns or issues that I believe need to be addressed.
- Choose behavior at all hockey events including tournaments that does not embarrass nor humiliate my child or any other child, undermine my son/daughter’s coach’s authority, or portray the IWYHA organization in a negative manner.
- Do my best to maintain a positive perspective when speaking with my son/daughter about his/her hockey development and performance as a player.
- Fulfill my financial and volunteer obligations to IWYHA as outlined in the Parent Handbook and team manager meetings.
- Display good sportsmanship at all times in my interactions with referees, opponent players and families, and my child’s teammates and their families. Behaving in a sportsmanlike manner includes but is not limited to refraining from:
 - Making harassing statements
 - Making vulgar, rude, or derogatory comments
 - Using profanity
 - Approaching referees and/or opponents during or after games to initiate verbal or physical confrontations.

Most importantly, I will remember that I am responsible for my actions in and around the hockey rink, as well as the actions of the visitors attending with me, and will be held accountable when my actions or inaction violates this agreement.

Consequences may include but are not limited to:

- My son/daughter being suspended from practice and/or games
- My ejection from hockey events i.e. games, tournaments
- My loss of ability to attend hockey events i.e. games, tournaments
- Additional fees and/or penalties being added to my financial statement

I have read the above code of conduct and AGREE TO ABIDE BY SAID CONDUCT. I also understand that violation to this agreement could result in removal of my child from participation with IWYHA and USA Hockey. (Both parents/guardians if applicable)

Coaches and Team Representatives Conduct and Responsibilities

1. Each team will have a head coach. Those wishing to apply for coaching positions should submit an email to the ACE Director of the Ice Wolves Youth Hockey Association by August 30 of each pre-season. These positions will be reviewed and approved by the ACE Director and the Board. Head coaches will be selected by September 15th. The Head Coach is responsible for appointing assistant coaches. The Ice Wolves Youth Hockey Board must approve all coaches.
2. Coaches will promote the USA Hockey Zero Tolerance Policy and the Ice Wolves Youth Hockey philosophy of good sportsmanship.
3. Coaches and team representatives will set a good example of personal conduct at all times, and shall promote TEAM and INDIVIDUAL development.
4. Coaches may take reasonable disciplinary actions including benching players if appropriate. Players should be told exactly why such action was taken.
5. All coaches will be certified in compliance with the requirements of USA Hockey Guidelines. All coaches, assistant coaches, or others assisting on the bench, or on the ice must be registered with and insured by USA Hockey. No non-registered persons shall be permitted on the ice or on the bench during games or practices.
6. Coaches and team representatives should strive for parental involvement by:
 - a. Understanding the parents' concerns and allowing them to express their feelings freely.
 - b. Soliciting the active support of parents by establishing specific duties and responsibilities, i.e. scorekeeper, time keeper, etc.
 - c. Communicating the objectives for the season's program and what is to be expected of both parents and players
7. Obscene or abusive language, unpartisan like displays, intoxication, or substance abuse shall not be tolerated and will be referred to the Ice Wolves Youth Hockey Board for action.
8. Coaches, assistant Coaches and team representatives are responsible to see that locker rooms (home and away) are left clean. Any damage must be reported to the Ace Director immediately.
9. The head coach shall notify the President of the Ice Wolves Youth Hockey Association of any player/coach game misconduct or suspension within 72 hours of occurrence.

10. Coaches are responsible for seeing that any suspended player sits out all required games as required by league rules.
11. The team representative and/or Coach is responsible for maintain the team's required forms.
12. The head coach is responsible for bringing and the medical kit to each practice and game.

Appendix H: USA Hockey Participant Code of Conduct

To be read and acknowledged by you as a member of Team: **Ice Wolves Youth Hockey**

Participating in USA Hockey for the **2019-2020** season.

1. No swearing or abusive language on the bench, in the rink, or at any team function.
2. No lashing out at any official no matter what the call is. The coaching staff will handle all matters pertaining to officiating.
3. Anyone who receives a penalty will skate directly to the penalty box.
4. Fighting will not be tolerated. Fighting will result in an appearance before a Discipline Committee.
5. There will be no drinking, smoking, chewing of tobacco or use of illegal substance at any team function.
6. I will conduct myself in a befitting manner at all facilities (ice rink, hotel, restaurant, etc.) during all team functions.
7. Any player or team official who cannot abide by these rules or violates them will be subject to further disciplinary action.

Appendix I: Return Check Policy

Refer to Article II Section 3 of the approved Policies and Procedures for the Return Check Policy.