

FREMONT FLYERS

YOUTH HOCKEY

HANDBOOK

2025-26

FLYERS
H O C K E Y



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INTRODUCTION

PURPOSE OF HANDBOOK

The purpose of this handbook is to communicate the goals, expectations and responsibilities of everyone associated with Fremont Flyers Youth Hockey (FFYH). Most problems can be headed off or diminished by good communication, and we hope this handbook is a step in that direction. Please note that this booklet is always a work in progress and that the Fremont Flyers Youth Hockey Board (FFYHB) makes changes and alterations to this handbook on an annual basis.

FREMONT FLYERS YOUTH HOCKEY MISSION

The mission of the Fremont Flyers Youth Hockey program is to provide a positive hockey experience to each youth at all levels of interest, ability and economic standing. Flyers Hockey believes in teaching all members of its organization the values of good sportsmanship, honesty, respect for self and others and personal integrity while properly and effectively developing players to allow them to reach their fullest potential.

FREMONT FLYERS YOUTH HOCKEY BOARD VISION

The Fremont Flyers Youth Hockey Board's (FFYHB) vision is to lead and manage the Fremont Flyers Youth Hockey Association (FFYHA) by planning, organizing, implementing, and maintaining policies/guidelines that support Fremont Flyers youth hockey.

FREMONT FLYERS YOUTH HOCKEY ASSOCIATION

Fremont Flyers Youth Hockey Association is a non-profit organization, governed by the rules of MWAHA & USA Hockey.

FFYHB DUTIES AND RESPONSIBILITIES

Members of the Fremont Flyers Youth Hockey Board are:

- *Warren Peters (President, Disciplinary, Travel Director)**
- *Greg Evert (Vice President)**
- *Justin Quick (Treasurer)**
- *Hilary Arndt (Secretary)**
- *Joe Laughlin (Member)**
- Kevin Kern (SafeSport Coordinator)
- Amy Johnson (Fundraising Director)
- Jason Buzzell (House Coordinator)
- Angie Wyle (Registrar, Risk Manager, Communications Director, Referee-In-Chief)

**Denotes Voting Member*

Board meetings are held monthly throughout the year. Please refer to the calendar tab on our website to find the next meeting date.

***FFYH WEB PAGE**

For information about FFYH, including arena and team schedules, please refer to our website www.fremontflyers.org or call the Sidner Ice Arena at **402-753-0200**.

GENERAL YOUTH HOCKEY INFORMATION

- **REGISTRATION** - FFYH registration is available throughout the season via our website or by contacting the Sidner Ice Arena. FFYH prefers all participants to be signed up and registered by September 1 of the current season; however, registrations will be accepted throughout the season. All participants must first register with USA Hockey and provide the registration code before practicing with the Fremont Flyers program.
- **Hockey Season Fees** - Season fees for the current house hockey season will be set by the Fremont Flyers Board of Directors by May 1 of the current year. Select and Travel Base fees will be set by June 1st. As of the 25-26 season, all players, house, select, and travel, within the Fremont Flyers program, will need to register before Sept. 1, and all house fees and registration fees must be paid in full by 10/15 of the season. All hockey season fees must be paid online via the FFYH-approved sports management software platform.
- **Team Names/Naming Rights** - Use of the Fremont Flyers logo and name can only be used with the approval of the Board. Changes to team names and sponsors must abide by the FFYHA sponsorship guidelines and be approved by the Board of Directors to ensure consistency with organizational values, community representation, and program goals.
- **House Program** - House league players will be charged a season fee. These fees cover items such as practice time, games, referee fees, league fees, etc. No additional fees will be charged to these players unless a mutual decision is made by the coaches, parents and administrators to play in tournaments or games not previously scheduled or factored into the initial season fees. In such a case, the additional fees will be split up amongst the team to be paid equally by the team. All house league fees must be paid by 10/15 of the current season.
- **Select Program** - Select Players must register and pay for the current house season fees and must be paid in full by 10/15. These fees will be credited towards individual players' season select base fees. A select base fee will be set by June 1. These fees cover items such as extra tournaments, select league fees, etc. No additional fees, beyond the base select fee, will be charged to these players unless a mutual decision is made by the coaches, parents and administrators to play in tournaments or games not previously scheduled or factored into the initial season base select fees. In such a case, the additional fees will be split up amongst the team to be paid equally by the team. Payments for the select season will be split and due on 11/15 and 12/15 of the season.
- **Travel Program** - Travel players must register and pay for the current house season fees, and must be paid in full by 10/15. These fees will be credited towards individual players' season travel base fees. A travel base fee will be set by June 1 prior to tryouts. These fees cover items such as practice time, tournaments, referee fees, travel league fees, etc. Parents will be presented with an estimated season budget at the parents' meeting at the beginning of the season along with a schedule based on the

team's calibre and level. If the estimated budget exceeds the base travel fee, this will be communicated at this time. Items that may exceed base travel fee may include extra tournaments beyond the base fee allocation, extra equipment, etc. In such a case, the additional fees will be split up amongst the team to be paid equally by the team. Payments for the season will be split and due on 11/15 and 12/15 of the season with the final payment being due on 1/15.

- **Overpayment for Select or Travel** - At the end of the season, the treasurer will thoroughly review each team budget by 4/1 of that season. If a budget has been overestimated and a remaining balance exists for said team, the treasurer will break down the excess on a per-player basis. If the overpayment amount exceeds \$250 per player, reimbursements or credits to the nearest \$50 increment will be given back to the family. Families will have the option of being reimbursed by the program or may carry a credit balance into the next season.
- **Payment Plans** - Payment plans are available on an individual basis and must be arranged with the treasurer. Anyone interested in a payment plan must send an email to the FIA treasurer prior to 10/15 of the current season. Payment plans must be kept current according to the agreement.
- **Equipment** - FFYH offers a loaner gear program. All gear loaned out is the property of the FFYHA and must be returned at the appropriate time. Any players who do not return this gear will be fined the full cost to replace all unreturned materials.
- **Donated Equipment** - Any items that are considered to be a donation to the program are the property of the FFYHA and must be returned if the player chooses to leave the program or the team the item was donated. These items include any materials that were purchased using donated funds. For example, any helmets, jerseys, etc that were purchased for a team from donated funds are the property of the FFYHA and not that of the player and must be returned at the appropriate time. If the equipment is damaged outside the normal wear and tear of hockey, it will be subject to a fine and any deposits forfeited.
- **Fundraising** - We depend on a variety of fundraising methods/events throughout the year to help keep our hockey program running. These events contribute to our growing program. There will be annual events held (example: golf tournament) that will go to the program. As these events are planned, it will be communicated to the program if the event is going to the program or if there is a team fundraising opportunity. We are always looking for ideas on how to raise funds. If you have ideas, please make them known to the FFYH board. New fundraisers must have approval of the FFYH board.
 - **Team Fundraising** - All players are required to pay the program fees for the season. Fundraising dollars can not be used to reduce these fees to players. These fees will cover ice time for practices, a pre-determined set amount of tournaments for that level, jerseys/socks, and, depending on cost, additional team-branded apparel. Fundraising at the team level is to be used towards additional accomplishments or unexpected board-approved additional tournaments (Example: National Champions, Silverstick Championships, etc.). The head coach and team manager should determine the fundraising goal and communicate to the team parents what the funds will go towards. All funds must be divided equally among players if it is being used towards items like lodging and travel.

All team fundraisers must be approved by the Fundraising Chair. All funds must be made payable to the organization. The Treasurer will be responsible for the disbursement of funds back to the team budget for the known expenses from the head coach and/or team manager.

- **Team Sponsorship** - Several team sponsorships from corporate or personal contacts are encouraged. These dollars need to go towards costs above and beyond the registration fees.
- **Communication** - Polite and direct communication is essential to our program. In the event of questions or concerns, the procedures to follow are:
 - Take the concern directly and privately to your team manager or coach.
 - Take the concern to the Board President or another board member.
 - Take the concern to the Fremont Flyers Youth Hockey Board.
 - If you are still not satisfied, you may contact the Midwest Amateur Hockey Association (MWAHA), and then representatives with USA Hockey. MWAHA wants to remind everyone to follow the chain of communication protocol listed above to avoid skipping levels.
- **Rink Rat Philosophy**- The FFYHA feels that the most important factor in the development of a hockey player is ice time. Hockey Teams are made in practices and games. Hockey Players are made in open hockey, open skating, and private practice at home and during the off-season. **The commitment by the parent bringing their son/daughter to the arena is a key component in the child's hockey development.** Take full advantage of all the opportunities available at the Sidner Ice Arena in Fremont, Nebraska. "Rink Rats" make good hockey players! Please talk with players about proper ice rink etiquette, etc. Stick and Pucks, drop-ins, etc are not associated with the Fremont Flyers organization. Any misconduct that takes place by a member of the FFYHA at the Sidner Ice Arena during a non-sanctioned Fremont Flyers event may have repercussions to the member of the FFYHA and anyone else involved. We ask that all rules and regulations be followed at all times to ensure the best possible environment for all.
- **Ice Schedule** - For info about arena and team schedules, please refer to our FFYH web site: www.fremontflyers.org
- **USA Hockey Rosters** - All players must be registered with USA Hockey prior to beginning the season. The FFYHA is responsible for rostering all players within the organization on the appropriate teams.
- **Volunteers Expectations** - Volunteers are vital to our program's continued success. Parents, coaches, managers, board members, etc. are not compensated for their time. We need to be mindful of that. All persons within our program will be treated with dignity and respect.

EQUIPMENT REQUIREMENTS AND SUGGESTIONS

8U/Mites 10U/Squirts 12U/PeeWees 14U/16U/18U

Helmet/Mask	R	R	R	R
Mouth guard	SS	R	R	R
Shin pads	R	R	R	R
Elbow pads	R	R	R	R
Breezers/Pants	R	R	R	R
Cup/Supporter	SS	SS	R	R
Pelvic Protector	SS	R	R	R
Shoulder Pads	R	R	R	R
Hockey Gloves	R	R	R	R
Neck Guard	R	R	R	R
Concussion Baseline Testing				R

R = REQUIRED

SS = STRONGLY SUGGESTED

NOTE- Throat protector collar is required by USA Hockey starting 8/1/24. All standard goalie equipment will be worn when practicing or playing.

CODE OF CONDUCT AND RESPONSIBILITIES

Fremont Flyers Youth Hockey Association believes the growth and development of players can best take place in an environment that promotes safety, fairness, courtesy, and respect for one another. We highly value the appropriate behavior of all players, parents, and coaches. Reference addendums A, B, and C to see full Code of Conduct regulations driven and implemented as per USA Hockey, MWAHA, Safe Sports and FFYHA.

COACHES DUTIES

- Serve as the official spokesperson on behalf of the team.
- Coordinate the delegation of responsibilities to the assistant coach and manager
- Plan on and off-ice activities in consultation with the assistant coach
- Organize parents' meeting to inform them on the team's hockey season plan
- Plan, implement and control pre-game preparation and communication with the team
- Design the practice plans in consultation with the assistant coach
- Coach the team in games and practices
- Enforce rules for the team and oversee the supervision of the players and report violations directly to the Safe Sport Committee for review

TEAM MANAGER/REPRESENTATIVE DUTIES

Team managers/representatives are recommended and appointed by the team coach and approved by the FFYHA board. The team manager, coach and the FFYHA board should work together as a team within the team.

- Lineup/confirm parent volunteers for clock, penalty box, and score book for home games.
- Lineup/confirm home tournament parent volunteers.
- Reserve hotels/motels for away trips. (Travel)
- Take care of the book with team roster and birth certificates. Ensure players and coaches have their paperwork completed. (Travel)
- Be a “go between” for parents and coaches (No parent will be allowed to confront a coach before, during, or after a game or practice. A private meeting should be set up a minimum of 24 hours later).
- Help secure team participation for home tournaments.
- Attend scheduled board meetings as instructed.
- Be a “go between” for parents and board members.

LOCKER ROOM ATTENDANT DUTIES

Team locker room attendants are required and approved by the FFYHA board. It is strongly recommended that each team should have a minimum of three locker room attendants.

- Coaches and locker room attendants will determine who will get locker room key (most rinks require key check out). This should be done prior to all games and practices.
- Be present for all games and practices. A minimum of two monitors required for every practice and game.
- Be the last to leave the locker room and is responsible for locking the door. No player should be left behind.
- Ensure the locker room is clean and nothing is left behind. Please bring items that are left behind to the next practice or game.
- Locker rooms are typically open no more than 20-30 minutes before practice and games. Locker room monitors are to coordinate arrival time with coaches. This could fluctuate based on coach preference and specific situation.
- All players are to be out of the locker room no later than 15 minutes after coach dismissal.
- Responsible for ensuring only players, coaches and other designated team locker room monitors enter locker rooms.

PLAYER DEVELOPMENT ROAD MAP

We realize there is “no one way” to develop a player, and much of our philosophy is based on the sharing of experiences by a variety of coaches, former players, and enthusiasts. We feel it may help all of us if we capture some basic player development philosophies within this handbook. We aim to have a program where each level builds on the next, and where coaches can have an expectation of what skills an incoming player will have or will have been exposed to. As in any road map, there may be other routes to a destination, but it is this map that we have chosen to follow.

The following “progression pyramid” is our broad approach to player development. What follows is a more detailed (although not meant to be an encompassing) picture of where we want to go in developing our

players. These “maps” are published here so as to give all parents, players, coaches, and enthusiasts an idea of where we want to go and a vehicle to measure individual players' progression along that journey.

FREMONT FLYERS YOUTH HOCKEY-PYRAMID OF PROGRESSION

Intro to Hockey

Player age –Any

- Recommended entry level - Introduction of skills through fun and games.
- Keep things very simple.
- Emphasis on skating development.
- Non-competitive level.
- Divide up teams and play cross ice (3-on-3, etc.)
- Equal participation by all.

6U & 8U/Mites

Player age – 6U & 8U

- Introduce skills with emphasis on skating.
- Introduce the rules of the game.
- Equal participation, emphasize fun and development.
- Introducing USA Hockey (ADM) model, 3-on-3 and 4-on-4 half ice.
- Have kids play and learn all positions.
- Begin competition in Jamboree Events.
- Usually two ice sessions / week.
- Introducing limited travel.

10U/Squirts

Player age – 10U

- House, Select and Travel Games
- Expansion of travel hockey - select teams.
- Complete understanding of rules.
- Early development of team systems.
- Kids play different positions.

12U/Pee Wee

Player age – 12U

- House, Select and Travel Games
- Continued development of individual skills and team systems.
- Kids begin to specialize at a position.

14U/Bantam

Player age – 14U

- House, Select and Travel Games
- Full development of individual skills and team systems.
- Special teams - some will be on Power Play, some on Power Kill, some both.

High School: House, JV and Varsity

Player age – 18U/16U

- House and Travel
- Full development of individual skills and team systems.
- Special teams - some will be on Power Play, some on Power Kill, some both.

SELECT/TRAVEL TEAMS:

- High school, JV, Bantam, PeeWee and Squirt levels may have select/travel teams if enough interest/player potential exists.
- Select/Travel teams should have from 12-18 skaters and 1-2 goalies on their roster.
- Select/Travel players' ice time will be at the discretion of the coach with equal emphasis on winning and team/individual development (i.e. "playing all lines" until crunch time).
- A select/travel team tryout will be held prior to the beginning of the season. Any player within the Fremont Flyers appropriate age group will be encouraged to attend the appropriate team tryout. All players will be evaluated by a panel of coaches during the tryout and players and their parents will be notified of the player's status following the tryout. The FFYHA recommends that all players wishing to be evaluated for the select/travel team attend the appropriate tryout; however, under certain circumstances, by approval of the Hockey Director, players who are not able to attend tryouts can be granted an evaluation outside of the tryout and be considered for the team.

YOUTH HOCKEY "MOVE UP" POLICY

- Definition- The term "moving up" refers to a player playing up from his/her age group.
- Requests to move up must be submitted in writing to the FFYHA Board.
- The decision to allow a player to play "up" will be made by the Fremont Flyers Move-Up Committee after the following factors have been reviewed and considered with the player's parents and the Director of Fremont Flyers Youth Hockey Association.
- Factors to be considered include, but are not limited to:
 - The player must be a top-performing athlete within their age division.
 - Players moving up should be "elite" or advanced.
 - If players do not possess the appropriate skills for the next level, they will stay within their assigned USA Hockey age group.
 - The best interests of the program.
 - How does it affect numbers in each age group?
 - This factor could allow a player to move up and play if there is a shortage of numbers at that level or position.
 - The decision is in the best interests of the player.
 - Is the player not being challenged at the current level?
 - Is the player mature enough physically and mentally to socialize with older players?

- The request to move from your assigned age group to another must be made in writing to the FFYHA Board at least 15 days before team tryouts and assignments. Please note that this is only a request and requests must be approved by the FFYHA Board. Moves made after try-outs will only be done in extremely special circumstances by the FFYHA Board.

For individual player age participation level refer to www.USAHOCKEY.org Click on players and then age chart & participation levels.

Fremont Flyers Youth Hockey Program's Locker Room Policy

In addition to the development of our hockey players and the enjoyment of the sport of hockey, the safety and protection of our participants is central to FFYH's goals. FFYH adheres to USA Hockey's SafeSport Program as a means to help protect its participants from physical abuse, sexual abuse, and other types of misconduct, including emotional abuse, bullying, threats, harassment, and hazing. To help prevent abuse or misconduct from occurring in our locker rooms, FFYH has adopted the following locker room policy. This policy is designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms.

At the Sidner Ice Arena there are 6 locker rooms available for our program's use. Some teams in our program may also occasionally or regularly travel to play games at other arenas, and those locker rooms, restrooms, and shower facilities will vary from location to location. FFYH team organizers will attempt to provide information on the locker room facilities in advance of games away from our home arena. At arenas for which you are unfamiliar, parents should plan to have extra time and some flexibility in making arrangements for their child to dress, undress and shower if desired.

Locker Room Monitoring

FFYH has predictable and limited use of locker rooms and changing areas (e.g., generally 30-45 minutes before and following practices and games). This allows for direct and regular monitoring of locker room areas. While constant monitoring inside of locker rooms and changing areas might be the most effective way to prevent problems, we understand that this would likely make some players uncomfortable and may even place our staff at risk for unwarranted suspicion. We conduct a sweep of the locker rooms and changing areas before players arrive, and if the coaches are not inside the locker rooms, either a coach or voluntary locker room monitors (each of which has been screened) will be posted directly outside of the locker rooms and changing areas during periods of use, and leave the doors open only when adequate privacy is still possible, so that only participants (coaches and players), approved team personnel are permitted in the locker room. Team personnel will also secure the locker room appropriately during times when the team is on the ice.

Parents in Locker Rooms

Except for players at the younger age groups (8u & 6u only), we discourage parents from entering locker rooms unless it is truly necessary. If a player needs assistance with his or her uniform or gear, if the player is or may be injured, or if a player's disability warrants assistance, then we ask that parents let the coach know beforehand that he or she will be helping the player. Naturally, with our youngest age groups, it is necessary for parents to assist the players in getting dressed. We encourage parents to

teach their players as young as possible how to get dressed so that players will learn as early as possible how to get dressed independently. In circumstances where parents are permitted in the locker room, coaches are permitted to ask that the parents leave for a short time before the game and for a short time after the game so that the coaches may address the players. As players get older, the coach may in his or her discretion prohibit parents from a locker room.

Mixed Gender Teams

Some of our teams consist of both male and female players. It is important that the privacy rights of all of our players are given consideration and appropriate arrangements made. Where possible, FFYH will have the male and female players dress/undress in separate locker rooms and then convene in a single locker room before the game or team meeting.

Cell Phones and Other Mobile Recording Devices

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras, are not permitted to be used in the locker rooms. If phones or other mobile devices must be used, they should be taken outside of the locker room.

Prohibited Conduct and Reporting

FFYH prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Hockey SafeSport Handbook. Participants, employees or volunteers in FFYH may be subject to disciplinary action for violation of these locker room policies or for engaging in any misconduct or abuse or that violates the USA Hockey SafeSport Policies. Reports of any actual or suspected violations, you may email USA Hockey at SafeSport@usahockey.org or may call 1-800-888-4656.

Per USA Hockey regulations, any player or coach who receives a total of three game misconduct penalties or a penalty involving conduct deliberately intending to injure another player or coach, in a single FFYHA season, they shall be suspended until the Board of Directors has had an opportunity to review and decide upon the conduct and take such action as it deems appropriate, including suspension for the remainder of the season or for life.

Fremont Flyers Youth Hockey Safe Sport Committee

The Safe Sport Committee shall consist of the President, and two members of the Board of Directors designated by the Board of Directors. The term of the Safe Sport Committee shall be one year to coincide with the term of the Board of Directors. Two members of the Safe Sport Committee shall constitute a quorum for conducting business. All decisions must be by majority vote. Safe Sport Committee members who have a conflict of interest concerning the matter to be decided must excuse themselves from hearing the matter.

Duties

The Safe Sport Committee shall implement and enforce the Rules of Conduct. The Safe Sport Committee may adopt interpretive regulations and directives pursuant to and consistent with the Rules of Conduct, and, if adopted, shall have the same force and effect as the Rules of Conduct. The Safe Sport Committee shall review violations, consider evidence, make decisions, take corrective action, and impose penalties with majority BOD approval.

Jurisdiction

The Safe Sport Committee has complete jurisdiction over violations of the specific rules set forth within the USA Hockey Safe Sport Handbook. Decisions of the Safe Sport Committee may be reviewed by the Board of Directors and such decision upon review shall be final.

Procedure

The Safe Sport Committee shall meet as necessary to address reported violations of the Rules of Conduct. Rules of Procedure shall be implemented by the Safe Sport Committee.

Notice Requirements

Any person who is the subject of a rules violation inquiry by the Safe Sport Committee shall be notified of a hearing date, place and time and shall be provided an opportunity to be heard. Any person under eighteen (18) years of age who is subject of a rules violation inquiry shall have a parent or guardian present at all hearings. The notice requirement will not limit the Safe Sport Committee from taking action to immediately suspend a player, coach or other individual pending a hearing if the Safe Sport Committee deems such action appropriate.

Revision and Modification

Revisions and modifications to these rules may be considered and implemented by a majority vote of the Board of Directors.

Rules

Any violation by any person of any rule shall be subject to review by the Safe Sport Committee and the Safe Sport Committee shall take such action as it deems necessary in its sole discretion using the "3 Strike" policy.

3 Strike Policy

The 3-strike policy will be used for participants, parents, coaches, and others involved in the FFYHA. The Safe Sport Committee will use the following as a guideline in any violation that is subject to review.

*Any combination of violations can be counted for 3 strikes. Violations do not need to be the same type of violation.

Strike 1

Conference with the Safe Sport Committee to discuss violations.

Strike 2

Conference with Safe Sport Committee and removal from all hockey experiences for two calendar weeks. (Experiences including practices, games and tournaments.) **No refunds for lost ice time.**

Strike 3

Conference with Safe Sport Committee and removal from Fremont Flyers Youth Hockey program for the remainder of the season. Individuals will be allowed to participate in the next full season on a probationary period.

In General

All Fremont Flyers Youth Ice Hockey coaches shall consent to having a local, state or national criminal background check completed as a condition of coaching at any level within FFYHA.

FFYHA players, coaches, officials, and administrators shall abide by the USA Hockey "code of conduct", and the FFYHA codes of conduct incorporated herein by reference.

Only registered and/or rostered coaches, student coaches, and players (at coaches discretion) shall be on the ice.

All FFYHA games shall be played in accordance with the Official Rules of Ice Hockey published by USA Hockey, subject to modification by FFYHA Board officials as permitted by USA Hockey.

It is the strict responsibility of the parents, coaches, and other players to immediately report violations of this rule. If you fail to report violations this could be counted as a violation.



Fremont Flyers Hockey

Concussion Policy

On July 20, 2012, LB26- the Concussion Awareness Act became law. Under this law, an athlete showing signs or symptoms of a concussion, thereby being “reasonably suspected” of having had a concussion, must be removed from participation and may not return until evaluated by a licensed healthcare professional. Due to this law, the Fremont Flyers Youth Hockey Association has adopted the following concussion policy in accordance with the Nebraska State Legislature’s three requirements of this law:

1. **Education:** All coaches, youth athletes, and their parents or guardians must be provided with education about the risks and symptoms of concussion and how to seek proper medical attention.
2. **Removal from Play:** Under any reasonable suspicion of concussion, coaches will remove youth athletes from play.
3. **Return to Play:** Youth athletes will not be allowed to return to play including games, scrimmages, and practices of any kind, until written approval from an appropriate licensed healthcare professional AND the youth's parent or guardian is obtained. Licensed healthcare professionals may be a physician, physician's assistant, nurse practitioner nurse, athletic trainer, neuropsychologist, or any licensed healthcare worker in Nebraska who is specifically trained in pediatric traumatic brain injury.

The Fremont Flyers Youth Hockey Association will take the following steps regarding concussions:

1. Coach suspects concussion on-ice during practice, game, etc.
 - a. Player will be immediately removed from that day's play
 - b. Players will need to be checked by the appropriate licensed healthcare professional as stated above and will not be permitted to play/practice until a signed note from the stated professional is obtained and submitted directly to the coach or Flyers Hockey Director.
 - c. It is strongly recommended that the stated healthcare professional gives the concussed player a return to play schedule to be submitted to the coach or director and followed by the coach and player until the "all clear" is given
 - d. Once the "all clear" is given in writing from the appropriate healthcare professional, the player will be permitted to practice and play as stated by that professional.
2. Concussion happens outside of hockey practice/games
 - a. It is the duty of the parent/guardian to immediately report any suspicion of or diagnosed concussions to the player's coach or director of the program. Failure to report a diagnosed concussion may result in immediate suspension of the player
 - b. In the event of a concussion happening outside of practice/game, the same protocol for return to play as stated in the previous section will be followed
3. Education of Parents
 - a. This handout along with the "CDC Heads Up Concussion" handout will be given to all parents/guardians within the program
 - b. Parents/guardians are responsible for communicating this information with their child/ren and explaining the associated risks with them
 - c. For more detailed information, please visit www.cdc.gov/Concussion

4. Education of Coaches

- a. As a part of USA Hockey Coach's Training all coaches are required to take online modules and training on concussions.
- b. This handout along with the "CDC Heads Up Concussion" handout will be given to all coaches within the program
- c. Coaches are responsible for passing along information on concussed players to the Fremont Flyers Director
- d. Coaches will follow any return to play guidelines given to a concussed athlete by the licensed healthcare professional
- e. Coaches will follow USA Hockey's adage- "When in doubt, sit them out"

USA Hockey Post-Concussion Functional Return to Play Protocol

This protocol should not be initiated until after the athlete has been released to participate in the functional return to play protocol by a qualified healthcare provider. ***If symptoms appear during a functional test, the test should be stopped and the athlete monitored until symptoms resolve.*** No further functional testing should be performed that day. Functional testing may resume the following day at the previously asymptomatic level if the athlete remains asymptomatic. If symptoms do not resolve, appropriate medical attention should be obtained.

After each phase of functional testing, the presence of post-concussive symptoms should be assessed and progression to the next phase of functional testing will require the absence of post-concussive symptoms. Each phase requires ***a minimum of 1 day*** before progressing to the next phase.

Level 1: Physical and cognitive rest.



Level 2: Light aerobic exercise such as walking or stationary cycling. No resistance training.
May read 20% of normal volume. TV ok. No video games.



Level 3: Sport-specific exercises. No resistance training. May read 40% of normal volume. No video games.



Level 4: Non-contact practice. Resistance training ok. May read 60% of normal volume. No video games.



Level 5: Full contact practice.
May read 80% of normal volume. Video games are ok.



Level 6: Return to unrestricted competition and cognitive activities if medical clearance is provided by a qualified healthcare provider



PLAYER CODE OF CONDUCT

Player Name: _____

To be read and signed by you as a member of team: _____

Participating in USA Hockey for the season: _____

1. Play for fun.
2. Work hard to improve your skills.
3. Be a team player – get along with your teammates.
4. Learn teamwork, sportsmanship and discipline.
5. Be on time.
6. Learn the rules and play by them. Always be a good sport.
7. Respect your coach, your teammates, your parents, opponents and officials.
8. Never argue with an official's decision. No lashing out at any official no matter what the call is. The coaching staff will handle all matters pertaining to officiating.
9. No swearing or abusive language on the bench, in the rink, or at any team function.
10. Anyone who receives a penalty will skate directly to the penalty box.
11. Fighting will not be tolerated. Fighting will result in an appearance before the appropriate governing committee(s).
12. There will be no drinking, smoking, chewing of tobacco or use of illegal substances at any team function.
13. I will conduct myself in a befitting manner at all facilities (ice rink, hotel, restaurant, etc.) during all team functions.
14. Any player who cannot abide by these rules or violates them will be subject to further disciplinary action.
15. I have received, read and will comply with all provisions outlined within the Fremont Flyer handbook.

Signed: _____ Date: _____



COACH CODE OF CONDUCT

Parent Name: _____

Player Name: _____

To be read and signed by you as a member of team: _____

Participating in USA Hockey for the season: _____

1. Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game.
2. Remember, players are involved in hockey for fun and enjoyment.
3. Be a positive role model to your players. Display emotional maturity and be alert to the physical safety of players.
4. Be generous with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
5. Adjust to personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.
6. Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
7. Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
8. Be concerned with the overall development of your players. Stress good health habits and clean living.
9. I have received, read and will comply with all provisions outlined within the Fremont Flyer handbook.

Signed: _____ Date: _____



PARENT CODE OF CONDUCT

Name: _____

To be read and signed by you as a member of team: _____

Participating in USA Hockey for the season: _____

1. Do not force your children to participate in sports, but support their desires to play their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.
2. Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
3. Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
4. Emphasize skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.
5. Know and study the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
6. Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice – it is destructive. Work toward removing the physical and verbal abuse in youth sports.
7. Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
8. If you enjoy the game, learn all you can about hockey – and volunteer.
9. I have received, read and will comply with all provisions outlined within the Fremont Flyer handbook.

Signed: _____ Date: _____