



RMHA On-Ice Helper Policy

This policy applies to young minor hockey players interested in helping on the ice with teams of lower divisions.

All on-ice helpers must be at least 10 years of age and be at least one age division higher than the team they are assisting.

All on-ice helpers must be a registered member of a minor hockey association, or junior hockey league. This ensures that insurance coverage has been secured.

All on-ice helpers must wear full hockey gear, including a CSA certified helmet with facial protection and BNQ certified neck protection and hockey gloves while assisting on the ice.

On-ice helpers may assist with a team during practices. They may only be demonstrators/helpers and are not permitted to partake in any scrimmages as a player would.

On-ice helpers are required to request permission from the appropriate Convenor for the teams they would like to assist. Players, player guardians and coaches will be required to sign the RMHA On-Ice Helper Rules and Regulations form and submit it to the appropriate Convenor, prior to being allowed on the ice.



RMHA On-Ice Helper Rules and Regulations

- I understand that an on-ice helper must be at least 10 years of age and be at least one age division higher than the team they are assisting and must be a registered member of a minor hockey association, or junior hockey league.
- I understand that on-ice helpers must wear full hockey gear, including a CSA certified helmet with facial protection and a BNQ certified neck protection and hockey gloves while assisting on the ice.
- I understand that an on-ice helper can only be a demonstrator and assist the coaching staff with setting up drill stations and collecting pucks/pylons and is not permitted to partake in any scrimmages as a player would.
- I understand that an on-ice helper is not to be taking slap shots or practice shots while not being utilized on the ice, particularly when the coach is in discussion with the team or drills are being executed.
- I understand that the coach is a mentor providing guidance to the on-ice helper while ensuring a safe environment for all involved.
- I understand that any abuse of this policy will result in the on-ice helper being removed from the ice.

Printed Name	Signature
Player	
Player Guardian	
Coach	
Convenor	
Teams on-ice helper is permitted to assist:	