



COACHES CODE OF ETHICS

INTRODUCTION

This RHA Coaching Ethics Code (“Code”) intends to provide standards of ethical conduct for coaches involved with Roller Hockey Alliance and its member organizations. It provides General Principles and Ethical Standards which cover many situations encountered by coaches, with its principle goals the welfare and protection of participants with whom coaches work. Coaches will respect and protect human and civil rights and not knowingly participate in or condone unfair discriminatory practices.

GENERAL PRINCIPLES

COMPETENCE

Coaches will maintain a standard of excellence with regard to education and information related to coaching and make an on-going effort to maintain competence in the skills they use.

INTEGRITY

Coaches will exercise integrity in the practice of coaching and be honest, fair and respectful of others.

PROFESSIONAL RESPONSIBILITY

Coaches will uphold professional standards, clarify professional roles and obligations, accept appropriate responsibility for behavior and adapt methods to the needs of participants.

RESPECT FOR PARTICIPANTS

Coaches will respect the fundamental rights, welfare, dignity, values, opinions and worth of all participants and will be aware of cultural and individual differences including those due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language and socio-economic status.

CONCERN FOR PARTICIPANTS

Coaches will be sensitive to different roles and responsibilities of all participants and not exploit or mislead them.

RESPONSIBLE COACHING

Coaches will be aware of ethical responsibilities to society and the community in which they work and live as well as comply with the law and encourage the development of policies which serve the interest of the sport and Roller Hockey Alliance.

ETHICAL STANDARDS

APPLICABILITY OF THE ETHICS CODE

Although many aspects of personal behavior and private activities may seem far removed from the official duties of coaching, Coaches will be sensitive to their positions as role models for participants and will consistently obey the standards of the Code.

DISCRIMINATION

Coaches will not engage in or condone discrimination based upon age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, socioeconomic status or any other basis prescribed by law.



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SEXUAL HARASSMENT

Coaches will not engage in sexual harassment which includes but is not necessarily limited to sexual solicitation, unwelcome physical advances and verbal or non-verbal conduct. Coaches will not deny any participants the right to participate in any activity based upon their having made or their being the subject of a sexual harassment claim.

HAZING/BULLYING

Coaches will not engage in or condone behavior which is harassing, harmful or demeaning to participants.

PERSONAL PROBLEMS AND CONFLICTS

Coaches will recognize a personal problem may harm participants. Coaches have an obligation to take reasonable steps to prevent impaired performance by recognizing a personal problem and seeking assistance for it.

AVOIDING HARM

Coaches will take reasonable steps to avoid harm being caused to participants whether it be physical, verbal or through electronic/social media.

MISUSE OF INFLUENCE

Coaches will guard against the misuse of influence and understand any action or judgment may have an effect on participants.

OUTSIDE RELATIONSHIPS

Coaches will refrain from entering into personal, professional, financial or other relationships with anyone if such a relationship may impair objectivity, interfere with properly performing coaching functions or directly or indirectly exploit or harm participants. Coaches will refrain from taking on obligations if a pre-existing relationship may create a conflict of interest.

EXPLOITATION

Coaches will not exploit or have a sexual or intimate relationship with participants.

STATEMENTS

Coaches will not make a statement which is deceptive, false, fraudulent or misleading.

COMMUNICATION WITH PARTICIPANTS

To avoid any misunderstanding with participants, coaches will discuss the nature and course of training with them and answer any questions they may have.

RELATIONSHIP INVOLVING COACHES, PARTICIPANTS AND PARENTS

Coaches will clarify the role of each party and any service provided relative to a relationship with participants and parents.



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ALCOHOL, DRUGS AND TOBACCO

Coaches will refrain from using and discourage the availability or use of alcohol, tobacco or performance enhancing or recreational drugs in conjunction with, including travelling to or from, any Roller Hockey Alliance, training or practice session and prohibit the use of alcohol, tobacco or performance enhancing or recreational drugs by participants.

GAMBLING

Coaches will refrain from and prohibit gambling of any kind in conjunction with, including travelling to or from, any Roller Hockey Alliance competition, training or practice session.

PORNOGRAPHY

Coaches will refrain from and prohibit the use of pornographic or sexually explicit material in conjunction with any Roller Hockey Alliance competition, including travel to or from any Roller Hockey Alliance competition, training or practice session.

RECRUITING

Coaches will not recruit a participant who is already a member of another Roller Hockey Alliance team. Direct contact by a coach or his/her staff or indirect contact through an agent or parent during the playing season with a participant who is a member of another Roller Hockey Alliance team is considered tampering and is prohibited.

EVALUATING PARTICIPANTS

Coaches will evaluate participants on actual ability, attitude and performance and in a manner consistent with the Code.

RESOLVING ISSUES

FAMILIARITY WITH CODE

Coaches will be familiar with the Code. Lack of awareness or misunderstanding of general principles or ethical standards included in the Code will not excuse violations of the Code.

CONFRONTING ISSUES

Coaches will consult with other coaches when they are uncertain if a particular situation or course of action violates the Code.

ORGANIZATIONAL CONFLICTS

Coaches will clarify the nature of any conflict between the demands of an organization and the Code, make known their commitment to the Code and seek to resolve the conflict in a way which adheres to the Code.

REPORTING VIOLATIONS

Coaches will inform participants of any perceived violation of the Code and their right to report any violation to the president or other appropriate designee of their association and complete an Ethical Violation Form provided by the association. Any violation of the Code shall be addressed by Roller Hockey Alliance and referred to the appropriate law enforcement agency as required.



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COOPERATION WITH INVESTIGATIONS, PROCEEDINGS AND RESOLUTIONS

Coaches will cooperate with any investigation, proceeding or resolution related to a perceived violation of the Code as mandated by Roller Hockey Alliance or any of its member organizations. Failure to cooperate in itself is a violation of the Code.

ACKNOWLEDGEMENT

Coaches acknowledge the Roller Hockey Alliance Ethics Code is administered under the authority of Roller Hockey Alliance and its member organizations. Any violation of the Code subjects the violating coach(es) to the disciplinary processes of Roller Hockey Alliance and its member organizations.

COACHES CONCUSSION AWARENESS

USA Hockey Concussion Management Program

Michael Stuart MD , Alan Ashare MD

A concussion is a traumatic brain injury- *there is no such thing as a minor brain injury.*

A player does not have to be “knocked-out” to have a concussion- *less than 10% of players actually lose consciousness.*

A concussion can result from a blow to head, neck or body. Concussions often occur to players who don't have or just released the puck, from open-ice hits, unanticipated hits and illegal collisions.

The youth hockey player's brain is more susceptible to concussion. In addition, the concussion in a young athlete may be harder to diagnosis, takes longer to recover, is more likely to have a recurrence and be associated with serious long-term effects.

Diagnosis

Players, coaches, parents and health care providers should be able to recognize the symptoms and signs of a concussion:

Symptoms

- Headache
- Nausea
- Poor balance
- Dizziness
- Double vision
- Blurred vision
- Poor concentration
- Impaired memory
- Light Sensitivity
- Noise Sensitivity
- Sluggish
- Foggy
- Groggy
- Confusion



Signs

- Appears dazed or stunned
- Confused about assignment
- Moves clumsily
- Answers slowly
- Behavior or personality changes, Unsure of score or opponent
- Can't recall events after the injury
- Can't recall events before the injury

Management Protocol

1. If the player is unresponsive- call for help & dial 911
2. If the athlete is *not breathing*: start CPR
 - ✓ DO NOT move the athlete
 - ✓ DO NOT remove the helmet
 - ✓ DO NOT rush the evaluation
3. Assume a neck injury *until proven otherwise*
 - ✓ DO NOT have the athlete sit up or skate off until you have determined:
 - no neck pain
 - no pain, numbness or tingling
 - no midline neck tenderness
 - normal muscle strength
 - normal sensation to light touch
4. If the athlete is conscious & responsive without symptoms or signs of a neck injury...
 - help the player off the ice to the locker room
 - perform an evaluation
 - do not leave them alone
5. Evaluate the player in the locker room:
 - Ask about concussion *symptoms* (How do you feel?)
 - Examine for *signs*
 - Verify *orientation* (What day is it?, What is the score?, Who are we playing?)
 - Check *immediate memory* (Repeat a list of 5 words)
 - Test *concentration* (List the months in reverse order)
 - Test *balance* (have the players stand on both legs, one leg and one foot in front of the other with their eyes closed for 20 seconds)
 - Check *delayed recall* (repeat the previous 5 words after 5-10 minutes)



6. A player with any symptoms or signs, disorientation, impaired memory, concentration, balance or recall has a concussion.

“When in doubt, sit them out”

- Remove immediately from play (training, practice or game)
- Inform the player’s parents
- Refer the athlete to a qualified health-care professional
- Medical clearance is required for return to play

7. If any of the signs or symptoms listed below develop or worsen: go to the hospital emergency department or dial **911**.

- Severe throbbing headache
- Dizziness or loss of coordination
- Memory loss or confusion
- Ringing in the ears (tinnitus)
- Blurred or double vision
- Unequal pupil size
- No pupil reaction to light
- Nausea and/or vomiting
- Slurred speech
- Convulsions or tremors
- Sleepiness or grogginess
- Clear fluid running from the nose and/or ears
- Numbness or paralysis (partial or complete)
- Difficulty in being aroused

8. An athlete who is *symptomatic* after a concussion requires complete **physical** and **cognitive rest**.

- A concussed athlete should not participate in any physical activity, return to school, play video games or text message if he or she is having symptoms at rest.

- Concussion symptoms & signs *evolve over time*- the severity of the injury and estimated time to return to play are unpredictable.

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 health care 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 ok.

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

ROLLER HOCKEY GAME PLAY & RULES

- when a player is assessed a "game misconduct" they will be suspended a minimum of 1 game
- when a player is assessed a "game ejection" no further suspension is required
- if a player is suspended at an RHA sanctioned event, all other RHA sanctioned events are put on notice
- there is no loss of man power if "coincidental penalties" are given out
- a penalized team may go down to 2 skaters on the surface
- players under the age of 18 must wear a full face mask/cage
- although contact may occur, body checking is not allowed and will result in a penalty
- if a player uses their hand to advance a puck from the "defensive zone" to the "offensive zone" a hand pass will be called
- a puck put into the net with a stick above the cross bar will result in a "high stick" being called and no goal will be awarded
- if a player leaves the bench too earlier when the goalie is coming off for an extra attacker, a whistle for an illegal substitution will be called but no penalty will be given
- in tournament play, only 1 assist is given out for each goal scored
- in tournament play, if a team is not ready to play at scheduled game time a referee may assess a delay of game penalty, take away a team's time out, or even forfeit the game.



ROLLER HOCKEY AT A GLANCE

- played 4 on 4 with a goalie at even strength
 - less players on floor leads to more creativity and puck touches
- there is no off-sides or icing
 - game is constantly moving with fewer whistles
- tends to be a puck possession game, concentrating on puck control
 - not looking to just dump and chase
 - players look to re-group and "back out" if they do not have a clear path to opponents net or an offensive edge
- players must be well rounded "2-way" players (offensively and defensively)
 - all players must be able to rotate and play all positions
- defenses generally play more of a 'man to man' style of play and sometimes a zone coverage is used
 - almost more like basketball
- players must be careful not to over fore-check and cause odd man rushes the other way
- no body checking allowed
- most teams carry shorter benches which also leads to more play time per player

Proceed To TEST-