

Locker Room Policy

Official Policy Document

Effective Date: September 3, 2026

Season: 2026–27

Authority: CKHA Board of Directors

Program Director: Director of Player Safety

Read alongside: USA Hockey SafeSport Handbook and CKHA Disciplinary Action Policy

Replaces: CKHA/LIC 2022–23 Locker Room Monitors handout and the 2023–24 CKHA Locker Room Policy

Introduction

The safety and privacy of our players come first. As a USA Hockey member program, CKHA is required to publish a locker room policy to the parents of minor participants. This policy sets out where players dress, who supervises locker rooms, who may be present, and how to report a concern. It applies at the Lexington Ice and Recreation Center and at every other rink where a CKHA team practices or plays.

CKHA strictly prohibits physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment, and hazing in our locker rooms, as described in the USA Hockey SafeSport Handbook.

Purpose and Scope

This policy applies to all players, parents and guardians, coaches, team personnel, volunteers, and Board members participating in CKHA travel and house/recreational programs. It applies to practices, games, tryouts, clinics, camps, and tournaments. Coaches, team managers, and locker room monitors are responsible for applying it; the Director of Player Safety administers it.

I Where Players Dress

A. Locker Rooms Are the Only Changing Areas

Players dress and undress in an assigned locker room or another changing area designated by the rink. The lobby, bleachers, viewing areas, hallways, restrooms, concession area, and parking lot are not changing areas.

The lobby is a public space. Anyone may walk through it, no monitor is posted there, and there is no practical way to control who is present or what is photographed or recorded. A player who dresses in the lobby is outside every safeguard this policy establishes. Lobby dressing also occupies seating and walkways that other members, families, and rink guests need.

Dressing rule

Players change in locker rooms, not the lobby.

No player removes or changes clothing outside a locker room or a rink-designated changing area. Skates, helmets, gloves, and outerwear may be put on or taken off in the lobby; anything more happens in the locker room.

This rule applies to every age group, at every rink, for practices, games, tryouts, clinics, and tournaments.

B. Arriving Rink-Ready

To keep locker room time short, players are encouraged to arrive with base layers already on under their street clothes. This is a convenience, not a substitute for the rule in Section I.A: the remaining gear still goes on in the locker room.

C. If a Locker Room Is Not Available

If no locker room is open, or no locker room monitor is present, players wait to dress until a locker room is available. The team manager contacts rink staff and, if the issue is not resolved quickly, the Director of Player Safety. A delayed start to ice time is an acceptable outcome; dressing in the lobby is not. **The absence of an available locker room is never authorization to dress elsewhere.**

D. Compliance

Coaches, team managers, and locker room monitors will direct any player dressing outside a locker room to move. Families are asked to support that direction without discussion at the rink. Repeated non-compliance is handled under the CKHA Disciplinary Action Policy.

II Locker Room Access and Use

A. Opening

The Lexington Ice and Recreation Center opens locker rooms 30 minutes before a practice or game, and only if a coach is in the building. Locker rooms are not opened earlier on request.

B. Who May Be Present

Only participants (players and coaches), approved team personnel, locker room monitors, and family members permitted under Section V may be in a locker room. CKHA sweeps locker rooms and changing areas before players arrive. Doors are left open only where adequate privacy is still possible.

C. Securing During Ice Time

Locker rooms are secured appropriately while the team is on the ice. Players should not leave valuables in an unsecured locker room; CKHA and the rink are not responsible for lost or stolen property.

III Locker Room Monitors

A. A Monitor Is Required

USA Hockey requires at least one screened, responsible adult to directly monitor the locker room during all team events. CKHA requires a monitor for every practice and every game.

Access rule

If a locker room monitor is not present, the locker room may not be used. There are no exceptions.

A team without monitor coverage does not open the locker room and does not dress its players elsewhere. See Section I.C.

B. Coverage Is a Team Responsibility

Each team manager maintains a roster of screened monitors and a coverage schedule for the season. Where no volunteer is scheduled, a screened coach or approved team personnel fills the role. Monitor duty is a condition of team operation, not an optional courtesy.

C. Monitor Duties

- Be posted inside the locker room, or directly outside it where coaches are not inside, for the entire period of use.
- Permit only those listed in Section II.B to enter.
- Supervise conduct and address horseplay, bullying, hazing, or inappropriate language immediately.
- Enforce the cell phone and recording rules in Section VI.
- Report any concern under Section VII the same day.

D. No One-on-One

No adult is alone with an individual player in a locker room. A second screened adult, or at least one other player, is present. If a team is reduced to one player and one adult, the door remains open and the adult moves the conversation to an open area.

E. Gender and Co-Ed Locker Rooms

Locker room monitors should be gender correct for the locker room they supervise. Where a locker room is co-ed, CKHA follows the procedures set out in the current USA Hockey Annual Guide, including separate changing arrangements and appropriate attire requirements.

IV Becoming a Locker Room Monitor

Every monitor must complete all four steps before serving. There is no cost. Allow about a week for screening results to return.

- 1. Register with USA Hockey** at membership.usahockey.com as a volunteer (non-coach). Save your USA Hockey number — SafeSport registration requires it. If you registered previously and lost the number, search "Duplicate USA Hockey Number" to retrieve it.
- 2. Complete the USA Hockey background screening.** The current screening link is posted on the CKHA volunteer registration page.
- 3. Complete SafeSport training** through the USA Hockey SafeSport Program Training portal. Training must be current for the season in which you serve.

4. Register with CKHA as a volunteer at centralkentuckyhockey.com/program/coach-volunteer-registration/1510.

Team managers verify that each scheduled monitor has completed all four steps before the monitor serves. Questions about registration go to your team manager.

V Parents in Locker Rooms

A. General Rule

Parents are discouraged from entering locker rooms unless it is truly necessary — a player needs help with gear or uniform, a player is or may be injured, or a player's disability warrants assistance. Let the coach know beforehand that you will be helping.

B. 10U and Younger

For our youngest age groups, it is expected that parents assist players in getting dressed, in the locker room. We encourage families to teach players to dress independently as early as they are able.

C. Coach Discretion

Where parents are permitted in the locker room, coaches may ask them to step out briefly before and after a game so the coach can address the team. As players get older, the coach may prohibit parents from entering the locker room.

VI Cell Phones and Recording Devices

Cell phones and other devices with recording capability — voice recorders, still cameras, video cameras, smart watches, and similar devices — may not be taken into a locker room. Devices are left with a parent or stored in a bag outside the locker room. If a call must be made, step out of the locker room first.

A player who needs a phone for a medical device or accessibility reason should have a parent notify the coach and the Director of Player Safety in advance.

VII Reporting

Participants, employees, or volunteers who violate this policy, or who engage in misconduct or abuse under the USA Hockey SafeSport Policies, may be subject to disciplinary action. Report any actual or suspected violation. Reports may be made to any of the following:

- **CKHA Disciplinary Committee** — Luke Smith, Director of Player Safety and Committee Chairperson, lsmith@centralkentuckyhockey.com
- **U.S. Center for SafeSport** — SafeSport@usahockey.org or 1-833-587-7233
- **Local law enforcement** — 911, where a child is in immediate danger

Reporting a concern in good faith is protected. Retaliation against a person who makes a report is itself a violation of this policy.

VIII Amendments and Contact

This policy is reviewed annually by the Board and updated whenever USA Hockey SafeSport requirements change. Significant amendments will be communicated with 30 days' notice; minor clarifications with shorter notice.

Director of Player Safety — Luke Smith · Email: lsmith@centralkentuckyhockey.com

Questions about locker room logistics — contact your Team Manager.