



LITTLETON HOCKEY ASSOCIATION
Littleton Hawks and Colorado 14ers

Locker Room Policy
2025-2026 Season

The following provisions apply to participation in hockey programming with Littleton Hockey Association (“LHA”).

In addition to the development of hockey players and enjoyment of the sport of hockey, the safety and protection of our participants is central to the goals of Littleton Hockey Association (“LHA”). Across all its programs, LHA adheres to USA Hockey’s SafeSport Program 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, LHA 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.

For most home games, LHA utilizes a variety of locker rooms at the Ice Ranch and/or Edge Ice Arena. Some of the individual locker rooms used by LHA may have its own restroom and shower area, some may share a restroom and shower area with one or more locker rooms, and some may not have restrooms or shower areas. Some teams in our program may also occasionally or regularly travel to play games at other arenas, and those locker rooms, rest rooms and shower facilities will vary from location to location.

Locker Room Monitoring

LHA has predictable and limited use of locker rooms, generally 30-60 minutes before and 20-30 minutes following practices and games. This allows for direct and regular monitoring of locker room areas. While LHA understands direct monitoring of locker rooms might make some players or parents uncomfortable and/or might create certain scheduling difficulties for coaches, constant monitoring inside of locker rooms is the most effective and efficient way to prevent locker room problems and is necessary to comply with applicable CAHA and USA Hockey requirements.

Locker rooms shall be monitored during all team events by the head coach, an assistant coach, or by one or more designated adult Locker Room Monitors (“LRMs”). All LRMs must be certified and/or screened under applicable SafeSport Program procedures. Monitors shall supervise conduct, observe behavior, and make sure only participants (coaches and players), approved team personnel and approved family members are allowed in the locker rooms. Monitoring of locker rooms is required any time a player is present in the locker room. This includes a player or players present in the locker room during a game or practice.

All LHA teams are required to have designated LRMs. Consistent with applicable CAHA Policies and Procedures, at least three (3) LRMs that are NOT a coach on the team shall be specifically designated on all 10U and older team rosters. All National Bound Teams must have a minimum of three (3) LRMs that are NOT coaches on the team.

For all 8U, 9U, 10U, 11U, 12U, 13U and 14U teams, the head coach, assistant coach or LRM must physically be present inside the locker room to supervise and monitor conduct. For all 15U, 16U, 18U and 19U teams, the head coach, assistant coach or LRM shall be stationed immediately outside the locker room door to supervise and monitor conduct, but does not need to be physically present in the locker room.

For all single-gender teams, the head coach, assistant coach or LRM monitoring the locker room must be of the same gender as the players being monitored; provided, however, that a head coach or assistant coach of the opposite gender may be present in a player locker room before a game or practice for a team meeting, so long as the same-gendered LRM or coach remains present at all times.

For all mixed-gender teams, further monitoring provisions are set forth in the “Mixed Gender Teams” section below.

Head coaches are ultimately responsible for ensuring appropriate locker room monitoring, even if the monitoring duty is delegated to an assistant coach or LRM. In the event it is determined that a violation of the provisions of the Locker Room Policy regarding locker room monitoring has occurred, the head coach will be subject to the following presumptive Progression of Discipline, absent mitigating circumstances on a case-by-case basis, in addition to any disciplinary action that may be imposed on a team or head coach under CAHA Policies and Procedures:

- **First Offense:** Suspension of the head coach from all LHA practices, games, events or activities for a **MINIMUM PERIOD OF TEN (10) DAYS.**
- **Second Offense:** Suspension of the head coach from attendance at all LHA practices, games, events or activities for the **REMAINDER OF THE SEASON.**

Parents in Locker Rooms

For all LHA teams other than 8U age groups, LHA discourages parents from entering locker rooms. If a player needs assistance with his or her uniform or gear, if the player is or may be injured, or a player's disability warrants assistance, then LHA asks that parents let the coach know beforehand that he or she will be helping the player. For these teams, the head coach may, in his or her discretion, prohibit parents from locker rooms, except in the event a player is or may be injured.

For players participating in the 8U age groups, it may be necessary for parents to assist the players getting dressed. LHA encourages parents to teach their players 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.

Mixed Gender Teams

Some LHA teams consist of both male and female players. It is important that the privacy rights of all LHA players are given consideration and appropriate arrangements made.

Where possible, LHA 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 practice for a team meeting. Once the game or practice is finished, the players may come to one locker room for a team meeting and then the male and female players proceed to their separate locker rooms to undress and shower, if available. The head coach, assistant coach or LRM monitoring each separate locker room shall be of the same gender as the players in the locker room for which they are monitoring; provided, however, that if only a single player of a particular gender is present in a separate locker room, such locker room may be monitored by the player's parent or guardian regardless of gender. When players and coaches convene in a single locker room before or after the game or practice for a team meeting, monitors from both locker rooms shall remain present.

If separate locker rooms are not available, then all players will be required to maintain minimum attire due to the sharing of one locker room. All players are required to arrive at the rink wearing their hockey base layers or shorts and t-shirts under their street clothes. All members of the team must have this minimum attire before entering a co-ed locker room so that no player of one gender has the opportunity to see players of the opposite gender in a state of dress/undress. This may mean that players need to go to the arena restroom to change into the minimum attire prior to entering the locker room. LHA understands that these arrangements may require that players arrive earlier or leave later to dress, but believes this is the most reasonable way to accommodate and respect all of our players. In the event separate locker rooms are not available, the head coach, assistant coach or LRM monitoring the locker room may be of either gender.

Coaches in Locker Rooms

If a coach needs to speak to an individual player in the locker room, the door must remain open or another coach or LRM must be present for the duration of such conversation.

Coaches shall have a separate place to change and shower. Coaches are never to be nude or in a state of dress/undress among players. In the event a coach decides to put on hockey equipment in the player locker room, the coach must maintain minimum attire before entering and at all times while present in a player locker room so that no player has the opportunity to see a coach in a state of dress/undress.

Player Behavior in Locker Rooms

Additional provisions and guidelines regarding player behavior in locker rooms are as follows:

- Locker rooms and showers should be used by same-aged peers when possible.
- The showers are for showering only. No horseplay, urinating on others, physical contact, sexual activity or other forms of misconduct is allowed in showers.

- Players are not permitted to touch other players' genital areas. Players are not permitted to touch their own genital areas in a way that will make others uncomfortable.
- Players are not permitted to touch other players' equipment, sticks, hockey bags, or other personal property in the locker room without express permission. Players are not permitted to damage other players' equipment, sticks, hockey bags, or other personal property in the locker room. For purposes of this section, "personal property" includes, but is not limited to, mouthguards, tape, wax, towels, cell phones, headphones, shoes, and clothing and apparel.
- No pornographic materials are permitted in the locker room.
- Nudity is to be kept to a minimum. After showering, players are asked to dress quickly.
- No drugs, alcohol or other illegal substances are allowed.
- No physical contact of a sexual nature between players is allowed.

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; provided, however, that cell phones and other mobile devices may be used for the limited purpose of playing music. If phones or other mobile devices must be used for any other purpose, they should be taken outside of the locker room.

Valuables

In general, locker rooms remain unsecured while players and coaches are on the ice. Valuables should not be brought to or stored in locker rooms.

Prohibited Conduct and Reporting

LHA prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment, hazing and other types of misconduct. LHA has a **zero tolerance** position when it comes to player safety and preventing abuse and misconduct.

Any breach of the Locker Room Policy may result in disciplinary action, up to and including suspension or expulsion from LHA with no refund.

Any misconduct, abuse or violation should be immediately reported to the appropriate LHA segment leader, the LHA Hockey Director, the Colorado 14ers Director and/or the LHA Disciplinary Committee.

Acknowledgment

By registering online and/or by signing below, I certify that I have read and understand this Locker Room Policy, and that I agree to abide by all procedures and policies set forth by LHA.

Player Signature: _____ **Date**

Parent 1 Signature: _____ **Date**

Parent 2 Signature: _____ **Date**