



# Safety & Risk Management

Fall 2010

BC Hockey Safety & Risk Management Committee

Volume 1, Issue 3

## Safety & Risk Managers... Who Are They?

Each minor hockey association and league shall appoint an Executive member as Risk Manager. The Risk Manager shall be responsible for implementing, administering and evaluating the association's risk management program. Some of the specific functions of the Risk Manager are:

- Become qualified in the Hockey Canada Safety Program (HCSP).
- Become qualified in Respect in Sport.
- Coordinate booking of association HCSP clinics through the District Safety & Risk Management Coordinator.
- Attend association HCSP clinics as a liaison between association participants and the BC Hockey Course Conductors.
- Ensure that all association teams have at least one HCSP qualified person assigned to their team roster by December 1.
- Maintain accurate and current association records of all HCSP qualified people.
- Attend association executive meetings and advise the Executive of all safety and risk management concerns within the association.
- Complete regular arena safety checks on all facilities used by the association and liaise with the arena facility manager(s) with respect to association safety issues.
- Conduct regular meetings with team safety people.
- Act as a risk management advisor for association tournaments and special events.
- Ensure that all teams have adequate supply of and access to Hockey Canada injury report forms.
- Establish a protocol for handling all injury report forms, ie, receiving completed forms back from injured players, ensuring forms are completely and accurately filled out, copying form to the player file, forwarding completed form to the BC Hockey office.
- Establish association protocol for response to serious injury and/or death of a member, ie, association risk manager to be notified immediately, risk manager to notify BC Hockey immediately, ensure serious injury report form is completed and forwarded to Hockey Canada through the BC Hockey office.

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## What you need to know about Insulin Pumps

### Coaches, do you have a player with Type 1 Diabetes?

#### What is Type 1 Diabetes?

Type 1 diabetes is an autoimmune disease that occurs when the insulin-producing beta cells within the pancreas are gradually destroyed and eventually fail to produce insulin. Insulin is a hormone that helps the body's cells use glucose for energy. Blood glucose (or blood sugar) is manufactured from the food we eat (primarily carbohydrates) and by the liver. If glucose cannot be used by the cells, it builds up in the blood-

stream instead, and high blood sugar is the result. Over time, the high blood sugar can be toxic to every system of the body.

#### What does a Coach need to know?

As a coach of an athlete with type I diabetes, you need to meet with the player and their parents. You need to know what the player's normal routine is for looking after their diabetes during exercise. Do the parents attend every game and practice? If not, what is the back-up plan if the player is having difficulties with their diabetes? Does the player check his or her blood sugar values before, during and after exercise? How do they treat a low blood

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# Safety & Risk Management Committee... Who Are We? —

The Safety & Risk Management Committee is a committee of BC Hockey formed in the 2004-2005 season. Its mandate is to propose revisions of and amendments to the regulations and policy of the society relating to programs. The Committee is specifically concerned with the Hockey Canada Safety Program, Respect in Sport (formerly Speak Out!), TEAM First and other risk management matters. Proposed revisions are submitted for consideration and action at the General Meeting of the Society.

It is also the duty of the Safety & Risk Management Committee to review the BC Hockey Safety & Risk Management Manual annually.

The Safety & Risk Management Committee's responsibility is to work with each district on any safety and risk management issues. Committee members work with HCSP Coordinators to develop clinic schedules and plans for each association. Committee members also help make sure that each association has met the necessary safety and risk management and Respect in Sport requirements. In addition,

they assist in the promotion and delivery of BC Hockey Game Management Program TEAM First.

**The Safety & Risk Management Committee's responsibility is to work with each district on any safety and risk management issues.**

The Committee consists of the Chairperson (BC Hockey Officer), the Society's Safety & Risk Management Coordinator, the Society's Harassment Advisor, and nine district members representing the entire province.

2010-2011 Safety & Risk Management Committee Members:

Committee Chair ~ **Neil McNabb**  
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## Safety & Risk Mangers *(continued from page 1)*

- Receive and act upon all injury statistics.
- Inform facility manager(s) of any injuries which may arise as a result of facility hazards / deficiencies.
- Support the decision making authority of the team safety people and be prepared to communicate with parents, team officials or players should there be conflicts of opinion with regard to removal from / return of play.
- Investigate all safety concerns reported by a team safety person or other interested party.
- Insist on the Board having a policy relative to Board volunteer liability.
- Review event sanctions request form and guidelines with all team safety people to ensure that every team knows what constitutes a "sanctioned" event.
- Advise facility management staff of the Emergency Action Plan (EPA).

- Set up EAP information sheet for visiting teams / tournaments / special events.
- Organize training drills for team safety people, ie, practice on-ice response to injury, implement EAP, etc.
- Receive all BC Hockey risk management bulletins and keep safety people current with this information.
- Conduct annual safety and risk management meeting for parents.
- Be responsible for the association inventory of first aid kits. Distribute kits to teams at beginning of season and establish replenishment procedures. If the association does not supply kits, ensure that a well stocked kit is easily accessible in every association facility.
- Encourage teams to complete their medical history forms prior to their first game of the season.
- Be aware of TEAM First program.

In addition to the day-to-day operations of your association you may assume responsibility for the overall risk management operation of all events hosted by your association. These could include tournaments, jamborees, playoffs, provincial championships, High Performance (Best Ever) camps, Canucks Centre for BC Hockey, etc. The following are some guidelines to help you implement an effective risk management program with your event and touch on the following concerns:

- Arena safety inspections
- On-Ice Safety
- Off-Ice Safety
- Transportation
- Hotel Accommodations

For more information and inspection templates visit:

[www.bchockey.net/  
RiskManagement/  
riskmanagement.aspx](http://www.bchockey.net/RiskManagement/riskmanagement.aspx)

# Beginning of the Season Equipment Checklist

It's the beginning of the season and many of us are going to be faced with the panicked questions from first time hockey parents "What does my son / daughter need to play hockey?" The following is an equipment checklist that would be helpful for all hockey parents, not just the first timers.



EQUIPMENT	BASIC THINGS TO LOOK FOR
PANTS	<ul style="list-style-type: none"> <li>- No tears, loose threads and / or dangling belts or straps.</li> <li>- Inside zippers done up and working.</li> </ul>
STICK	<ul style="list-style-type: none"> <li>- Plug is in butt end of the stick (top).</li> <li>- Blade has no sharp edges or breakages.</li> </ul>
HELMET	<ul style="list-style-type: none"> <li>- Must have visible CSA label, snug chin strap, ear guards, be decal and tape free, and not painted.</li> <li>- No cracks in shell or padding.</li> </ul>
FACEMASK	<ul style="list-style-type: none"> <li>- No metal bars broken on cages.</li> <li>- Tight screws and if replacements, NOT too long.</li> <li>- Straps snug with stretch in elastic.</li> <li>- Clips in place.</li> <li>- NO cracks in plastic.</li> <li>- Watch for rust at wire seams.</li> </ul>
GLOVES	<ul style="list-style-type: none"> <li>- High enough so covers wrist.</li> <li>- Firm fingers, thumb and back padding</li> <li>- Palms soft and pliable. NO holes near fingers or in palm larger than a quarter.</li> <li>- No loose threads.</li> </ul>
NECKGUARD	<ul style="list-style-type: none"> <li>- Completely covers neck.</li> <li>- Fits snug enough to avoid exposing parts of neck and upper chest.</li> <li>- MUST have BNQ certification and be free of fabric cuts.</li> <li>- Velcro strap NOT worn and in good working order.</li> <li>- Must not be altered in any way.</li> <li>- Rips or tears should be sewn.</li> <li>- No tape wrapped around neckguard.</li> </ul>

## Recent Changes: "Respect in Sport"

Respect in Sport (RiS) is an online training course for coaches and sport leaders. It is designed as a tool to assist leaders in identifying and dealing with abuse, neglect, harassment and bullying in sport. Based on the results of the Hockey Manitoba pilot, Hockey Canada has recognized Respect in Sport as an option to obtain Speak Out! accreditation.

Beginning in 2009-2010, BC Hockey fully integrated in the RiS platform as the mechanism for Speak Out! accreditation. Previous Speak Out! accreditations will remain valid, and the cost for the clinic will remain the same.

Respect in Sport registration is accessible from the clinics page on the BC Hockey website 24 hours a day, 7 days a week.

The benefits of the new system include:

1) Time Commitment - The course will take an estimated 2.5 hours and accreditation will be updated in the Hockey Canada Registry immediately upon completion.

**Previous Speak Out! accreditations will remain valid...**

2) Availability / Access - The course is accessible over the internet, so it can be taken when and where you wish, as well as at your own speed. All you need is access to the internet and speakers or a headset.

3) Flexibility - Delegates can access the Respect in Sport online course at any time, so it can be completed at your leisure. It is broken into six 30-minute modules, and they can be completed one module at a time.

4) E-Learning Platform - This is an introduction to the capabilities of training delegates with online tools and resources. The course contains audio / visual presentations and quizzes, as well as many handouts which remain accessible after the course is complete.

5) Not Sport Specific - Respect in Sport is not specific to any sport. This allows for the reduction of duplication of information for individuals who volunteer in more than one sport.

# Seeking East/West Kootenay Committee Member

BC Hockey is currently seeking applications for a Safety & Risk Management Committee Member from the East & West Kootenay's. If you would like to apply for this position or require more information please contact the BC Hockey office at 250-652-2978 or by email at [info@bchockey.net](mailto:info@bchockey.net).

The East & West Kootenay Safety & Risk Management Committee Member will join the other committee members

in reviewing regulations and policies relating to risk management matters, such as the Hockey Canada Safety Program (HCSP), Respect in Sport (formerly Speak Out!) and TEAM First. The committee member will also work with his or her district on any safety and risk management issues as well as work with HCSP Coordinators to develop clinic schedules.

## Important Safety & Risk Management Resources

BC Hockey's Risk Management web pages provides many valuable resources for risk managers.

[www.bchockey.net/  
RiskManagement/  
riskmanagement.aspx](http://www.bchockey.net/RiskManagement/riskmanagement.aspx)

On the homepage you will find links to:

- The Safety/Risk Management Manual - This manual is updated yearly and contains important information on topics such as Arena Safety Inspection, Complaint Submission, Return to Play and Criminal Record Checks.
- Zero Tolerance Policy.
- Articles of Interest - Articles are

added periodically.

- ["Caffeinating" children and youth](#)
- Related BC Hockey News.
- Related BC Hockey Bulletins.

Within the Risk Management section, there are specific pages containing information for:

- [HCSP](#) (Hockey Canada Safety Program).
- [Respect in Sport / Speak Out!](#)
- [TEAM First](#).
- [Injury Claims](#).
- [Special Events](#).
- [Certificates of Insurance](#).
- [Safety For All Booklet](#) - This

Hockey Canada publication contains information in three areas (1) Understanding Bullying, Harassment & Abuse (2) Safety Requires Teamwork: An information guide to Hockey Canada's Risk Management and National Insurance Programs, and (3) Equipment Tips.

Included in the new 2010 Hockey Canada Safety Program manual is Sudden Cardiac Death ([www.sads.ca](http://www.sads.ca)) information and Equipment Fitting tips

### What you need to know about Insulin Pumps *(continued from Page 1)*

sugar? Does the player bring supplies to treat a low blood sugar onto the bench? Does the player use a syringe or pen to give their insulin, or do they wear an insulin pump?

What is an insulin pump?

An insulin pump is a small, battery-powered microcomputer. It is about the size of a pager and is worn clipped to a belt or waistband, or in a pouch or pocket. The pump holds a syringe or cartridge filled with rapid-acting insulin. The pump is programmed to deliver small amounts of insulin through a thin plastic tubing that is attached to a small hollow, flexible, plastic tube, called a cannula. The cannula sits in the fatty tissue just under the skin. The cannula site is changed every 2-3 days.

Contact sports such as football, soccer, hockey or basketball can create challenges for players who wear insulin pumps. If

the player chooses to wear their pump during these activities, it is advisable for the pump to be protected by padding. Wearing the protective padding with the pump is up to the individual.

As a coach you need to know if the player is wearing a pump, and where it is located. If the player takes a hit that may have come in contact with the pump, you need to have the player ensure that his or her pump is still working. The player also needs to have a back up plan if the pump is damaged during activity or is lost/ stolen when disconnecting. If the player is not wearing their pump (the pump can be disconnected for approximately 1-1 1/2 hours) are they going to take insulin half way through the game or practice? An insulin pen or syringe and insulin are mandatory for athletes on pumps.

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## What you need to know about Insulin Pumps *(continued from Page 4)*

### Signs and Symptoms of Low Blood Sugars

Low blood sugars can occur with no symptoms, minor symptoms, or full blown symptoms. Symptoms vary from person to person and from one reaction to another. A low blood sugar may be first recognized by the person having the reaction or by others observing it.

Symptoms: one or more of these symptoms can occur during any reaction (some may never occur)

Sweating

Shaking

Irritability (mood swings, argumentative)

Blurred vision

Fast heart rate

Sudden tiredness

Dizziness and confusion

Numbness of the lips

Nausea or vomiting

Frequent sighing

Headache

Silliness

Tingling

During a low blood sugar reaction, thinking becomes impaired due to lack of glucose needed for the brain to function well. Glucose is the only fuel source for the brain. Loss of coordination, confusion, and irritability usually start when the blood sugar drops below 3.1-3.3 mmol. These symptoms are more easily recognized by someone observing the player, rather than the player themselves.

In summary, as a coach you need to have a meeting with the player and their parents. You need to find out how the player looks after their diabetes. You need to know what the back up plan is if the parents are not in attendance and what supplies the player will require on the bench during a game situation. Being aware of your player's usual skill level and playing attitude is necessary to be able to recognize a change if it occurs, possibly indicating a low blood sugar reaction. Exercise sharpens the mind and tones the body. It makes the heart stronger, the lungs more efficient, increases endurance and resistance to stress and fatigue. It combats depression and creates a sense of well-being. All children need to be able to participate in sports activities. Having a good plan in place allows players with diabetes to participate.

For more information you can go to the sources of this article: [www.childrenwithdiabetes.com/sports](http://www.childrenwithdiabetes.com/sports); [www.diabetes-exercise.org](http://www.diabetes-exercise.org); Pumping Insulin by John Walsh, P.A.,C.D.E. and Ruth Roberts, M.A.

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