# **Nepean Minor Hockey Association (NMHA) Helmet Policy**

Hockey helmets are designed to help protect against head injuries occurring on ice, whether from a fall or collision. It is important to ensure that when a skater is on the ice, they are protected with equipment designed for their sport or activity.

All NMHA players, coaches, on-ice volunteers and trainers are to wear CSA approved helmets fully fastened when on the ice surface. Players are to wear helmets with full face masks.

Trainers: In the event of an injured player, and a trainer is needed to go on the ice surface, the Trainer MUST wear a helmet that is fastened properly.

Wearing of Helmets by all on the ice surface is required, for safety reasons and to meet the City of Ottawa Contract for Ice Rental and Hockey Canada Insurance requirements.

<https://www.ottawapublichealth.ca/en/public-health-topics/helmet-safety.aspx?_mid_=18809>

All CSA certified helmets have a sticker indicating their certification.

Any person found to be in violation of this rule will receive a written warning for a first offence, a League hearing for a second offence and District hearing for a third offence.