

Dressing Room Monitor Roles and Responsibilities

October 2026



CERTIFICATIONS REQUIRED

- Must have a Valid Criminal Record Check (CRC) and Vulnerable Sector Check (VSC) which is now obtained through Halifax Regional Police. <https://hockeynovascotia.ca/safe-sport/volunteer-screening/>
- Must have completed “The Shift Forward” or “Respect in Sport for activity leaders” if still current.

GUIDELINES TO FOLLOW

- **The Rule of Two:** Two trained and screened adults must be present together in the dressing room or immediately outside with the door propped open. A lone adult is not permitted with players at any time.
- **Timing:** Supervision is mandatory before, during, and after all on-ice sessions (games and practices). The Rule of Two remains active even when showers are in use.
- **Strictly a Female Role (besides U7/U9 which allow for males to hold the role)**

RULES TO ENFORCE

- **Cell Phones/Recording Devices:** Taking photos, videos, or voice recordings of any kind inside the dressing room is strictly prohibited. Mobile phones are banned from use in dressing rooms, except for playing team music when properly monitored
- **Minimum Attire (Base Layers):** Players must wear a base layer (such as shorts and a shirt, or comparable garments) at all times while in the dressing room.
- **Zero Tolerance:** Bullying, hazing, and any form of violent or discriminatory behavior are strictly forbidden. All players should feel valued and included in the dressing room.
- **Discipline:** Ensure players are behaving in a manner that properly represents the association, the team and themselves at all times. This includes leaving our dressing rooms in better shape than when we found it.

THE FUN

- You are the coaches' extra eyes, ears, and keeper of the schedule. Coaches can get sidetracked... a lot! Helping keep things on track is a valuable part of the role.
- You are in charge of the dressing room vibes. If the energy is low, it's your time to shine! Help create a positive, fun, and supportive environment for the players.
- One of the best parts of being a Dressing Room Monitor is having a front-row seat to watch your daughter and her teammates grow, develop, and build friendships throughout the season, both on and off the ice.

If you have any questions or concerns please reach out to ypsafesport@metrowestforce.com