



UAHA Monthly Business Meeting
August 1, 2011

- Call to order and approval of minutes from previous month – called to order at 7 pm. Fred made a motion to approve the minutes from July with no amendments Kathleen 2nd. Geoff brought up the 1 goal gear that still needs to be ordered, he will follow through with Scott to be sure they get ordered. Passed unanimously.
- September ADM Clinics – Fred Wilner
 - There are 3 clinics set up for September 15, 16 and 17, Logan, Acord and Park City. There will be a mite session and parent/coaching education session and a session for Squirts and Pee Wees.
- Affiliate Financial Review – Geoff Fisher
 - UAHA is being audited by USA Hockey along with several other states; it is a standard practice with USA Hockey to audit affiliates from time to time.
- UAHA Head Injury Policy – Fred Wilner
 - Fred discussed Utah House bill 204 that requires all youth athletic programs to have a head injury policy in place. See attached proposal. Discussion on this followed. Fred went through the process that is outlined by this policy. Information will need to be sent to the rink managers so they know that they will need to put something in place for out of state or private camps/events. Fred made a motion that we approve the head injury policy and add it to our policies and procedures. Mike 2nd. Passed Unanimously.
- Girls 2012 State Development Camp Utah/Idaho combined – Shannon Schmidt
 - Shannon and Derrick are looking at hosting a state development camp for Utah and Idaho girls combined. Discussion followed on what this should look like. Geoff requested some additional information and then asked Shannon to make a proposal to the board.
- Girls Hockey Day Proposal – Shannon Schmidt
 - October 2nd is IIHF girls' hockey day. Utah will participate by hosting a couple of all girls clinic on October 1st. Shannon presented his list of requests in order to hold this event. Shannon will work with the youth council to get some sponsoring associations. Jared said he will look and see if he has ice available on October 1st to donate. Steve made a motion to approve up to \$500 for ice for the girls hockey day. Matt 2nd. Passed unanimously.

- UHSH National Tournament – Fred Wilner
 - There was some discussion on this. Progress is being made toward the accommodation requirements and other logistics are being worked on. The tournament will be held the 21st – 25th of March.
- Jared asked everyone to think about 4 people within their organization that they want to thank. He is proposing that UAHA buy 4 season tickets to the Grizzlies games and hand them out to 4 volunteers to say thank you. Could be coaches, parents, players. Discussion followed on this. The cost of these tickets would be \$2840.00 for all 4. Steve made a motion that the board spends \$2840.00 for 4 season tickets. Kathleen 2nd. Passed unanimously.
- Geoff mentioned the RMD meeting in Boise and is asking the board to approve money for Cathy Anderson to travel to Boise for the meeting. Pete made a motion to approve up to \$500.00 for Cathy's travel expenses. Steve 2nd. Passed unanimously.
- Mike Holmes asked if Geoff could see if Utah could get another level 4 coaching clinic in the near future, he feels we would have enough coaches to make it worthwhile.
- Mike Maero is asking for the state to help reimburse the ice cost for the ADM clinics in September. It will be 1 ½ or 2 hours of ice at each rink. Derrick made a motion to approve up to \$250.00 per site to be reimbursed upon providing receipts to be used as they see fit for the ADM clinic expenses. Steve 2nd. Passed Unanimously.
- Matt discussed the referee in chief meeting that was held recently in SLC. He mentioned the current year rule changes, primarily the removal of checking at the PeeWee age group. Matt will provide a summary for the board. USA Hockey is also trying to recruit female officials; anyone who knows of a girl interested in officiating should encourage them to do so.
- Cathy has the new rule books to distribute.
- Next month's meeting will be held on Tuesday September the 6th since the 5th is Labor Day.
- Fred brought up a discussion on the disciplinary committee. He feels there may be a conflict of interest since his son coaches for one of the sub-affiliates so he does not feel he should be the committee chair. It was suggested that a co-chair or alternate chair be selected to work alongside of Fred. Geoff told Fred to come to the board with a written proposal. Discussion followed on this. Peter made a motion that 2 - 5 person pools be put together with 3 people being selected from the pool for each hearing. These committees will be put together for the entire year, 1 to hear fee disputes and 1 to hear playing rules violations. Mike 2nd. Passed unanimously.
- Shannon made a motion to adjourn Geoff 2nd. Passed unanimously. Meeting adjourned at 8:53 pm.

International Ice Hockey Federation (IIHF) Girls Hockey Day

October 2, 2011

Utah Try It For Free Girls Proposal

Overview: In effort to grow girls hockey in Utah and to support the IIHF Girls Hockey Day, the Utah Girls/Women's section would like to offer 2 FREE girls only clinics at 2 locations.

Requirements:

1. 2 hours of ice
2. 1 or more Sponsoring Youth Organization (s) that will be present at each clinic with FREE One Goal gear, or helmets/sticks available for use.
3. Sponsoring Youth Organization must be able to present registration information or learn to play clinics that girls can sign up for immediately.
4. 1 Sponsoring Girl's or Women's team to be present at each clinic to help mentor and coach.

Request:

1. Request for Utah Amateur Hockey Association to purchase 2 hours of ice for 2 Try It For Free Clinics. Booking and arrangements to be made by Shannon Schmidt.
2. Request for Utah Amateur Hockey Association to provide FREE online registration for the clinics
3. Request for Utah Amateur Hockey Association to provide the 2010-11 USA Hockey registration list for all girls/women in Utah.



UTAH AMATEUR HOCKEY ASSOCIATION

POLICY AND PROCEDURE ON CONCUSSION AND HEAD INJURY

PURPOSE:

Pursuant to the passage of House Bill 204, Protection of Athletes with Head Injuries, the following policy and procedures are being implemented as of August 1, 2011, by Utah Amateur Hockey Association (UAHA) with the hockey intent to provide conscientious and safe athletic events for all hockey event, programs, leagues and teams that fall under the umbrella of UAHA. Concussions pose a serious risk to participants of all recreational sporting activities.

POLICY:

It is the policy of UAHA to inform coaches, referees, site supervisors, parents and athletes of the signs, symptoms or behavior consistent with sports induced concussions and the UAHA's requirement that athletes, under the age of 18, suspected of a head injury or concussion are required to seek medical attention and procedures for return to play.

PROCEDURE:

Beginning August 1, 2011, the new policy requires that:

1.0 Distribution of Policy & Collection of Consent

1.1 A copy of this Head Injury Policy shall be provided to each parent or legal guardian of a minor registered in a UAHA-sanctioned hockey event; including, but not limited to: a game, practice, hockey camp or clinic, league, tournament, or tryouts. This policy shall not pertain to drop-in programs or other non-UAHA sanctioned events or activities which would not require distribution of the policy or a signed consent form.

1.2 Coaches, Team Managers and Trustees, all other team officials, league officials, and all on and off-ice officials present at any of the activities delineated in section 1.1 above must be familiar with and have a copy of the UAHA Concussion and Head Injury Policy.

1.3 A UAHA Concussion and Head Injury Release Form must be signed by the parent or legal guardian of all registered athletes under the age of 18, prior to the athlete's participation in an included Sporting Event.

2.0 Suspected Concussion Procedure

2.1 An athlete who is suspected of sustaining a concussion or head injury must be removed from play or participation in the sporting Event – “when in doubt, sit them out”. The person in authority at the Sporting Event who removes the player will complete a head injury report and submit the report to the administrator responsible for the Sporting Event within 24 hours or on the next business day following the accident. The UAHA Risk Manager should also be notified of the incident and a copy of the report shall be forwarded to the UAHA Risk Manager within the same 24 hour period or on the next business day following the accident. If the incident occurs during a game, the game official shall also note on the score sheet that the player was removed due to a head injury. The note should indicate the player's name, number, team along with the time of the removal

2.2 An athlete who has been removed from play **must receive written clearance from a licensed health care provider stating that the athlete has been evaluated by a qualified health care provider (with no relation or connection to any member of the injured athlete's team), licensed under Utah code Ann., title 58, who is trained in the evaluation and management of a concussion; and that the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and the athlete is cleared to resume participation in UAHA sanctioned sporting programs or events, prior to returning to play. A copy of this written clearance shall be delivered to the athlete's coach; league administrator; event administrator, if applicable; to the UAHA Risk Manager; and to the State Registrar.**

2.3 The Sporting Event administrator will complete a head injury report and advise the athlete and his parent or guardian that the athlete has been pulled and is required to obtain a written release from a qualified Health Care Provider before being allowed to participate further in the particular Sporting Event or any UAHA sanctioned activities. The date and time and name of parent or guardian contacted will be noted on the head injury report by the Sporting Event administrator at the time of contact.

2.4 Each team, league, sub-affiliate or organization under the supervision of UAHA shall maintain a record contained in the registration database for their program, indicating the date the athlete was removed from participation due to a suspected head injury.

2.5 The head injury report will be attached to the accident report form and submitted to the administrator for the team, league sub-affiliate or organization with a copy going to UAHA's Risk Manager within 24 hours of the incident or the following business day. A written release from an approved health care provider, meeting the above-mentioned criteria, will also be forwarded to the above-named persons and kept on file by the Sporting Event's administrator, the team, league, sub-affiliate or organization.

2.6 Once all needed paperwork is obtained, the administrator of the Sporting Event in which the athlete was injured will make note that the injured player is cleared to play and notify the State Risk Manager, the State Registrar and the administrator for the organization sponsoring the Sporting Event.

DEFINITIONS / SYMPTOMS & FAILURE TO RESPOND

3.0 Definition of a Concussion

3.1 A concussion is a brain injury that:

3.1.1 Is caused by a bump or blow to the head

3.1.2 Can change the way your brain normally works

3.1.3 Can occur during practices or games in any sport

3.1.4 Can happen even if you haven't been knocked out

3.1.5 Can be serious even if you've just been "dinged"

4.0 Symptoms of a Concussion

4.1 Headache or "pressure" in head

- 4.2 Nausea or vomiting
- 4.3 Balance problems or dizziness
- 4.4 Double or blurry vision
- 4.5 Bothered by light
- 4.6 Bothered by noise
- 4.7 Feeling sluggish, hazy, foggy, or groggy
- 4.8 Difficulty paying attention
- 4.9 Memory problems
- 4.10 Transient confusion, disorientation or impaired consciousness
- 4.11 Loss of consciousness
- 5.0 Signs of other neurological or neuropsychological dysfunction including:
 - 5.1 Seizures
 - 5.2 Irritability
 - 5.3 Lethargy
 - 5.4 Vomiting
 - 5.5 Headache
 - 5.6 Dizziness
 - 5.7 Fatigue
 - 5.8 Does not “feel right”
- 6.0 Failure to Respond
 - 6.1 What if my child/athlete continues playing with a concussion or returns too soon?
 - 6.1.1 Athletes with signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant

damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under-report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

For current and up-to-date information on concussions you can go to:

<http://sportsmedicine.about.com/cs/head/a/concussion.htm>



UTAH AMATEUR HOCKEY ASSOCIATION Concussion and Head Injury Release Form

Pursuant to the passage of House Bill 204, Protection of Athletes with Head Injuries and in order to protect participants in Utah Amateur Hockey Association (UAHA) sanctioned events, effective August 1, 2011, UAHA requires that athletes, parents/guardians and coaches follow UAHA Head Injury Policy and Procedures prior to participation in any UAHA sanctioned UAHA-sanctioned hockey event; including, but not limited to: a game, practice, hockey camp or clinic, league, tournament, or tryouts.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Headaches
"Pressure in head"
Nausea or vomiting
Neck pain
Balance problems or dizziness
Blurred, double or fuzzy vision

Amnesia
"don't feel right"
Fatigue or low energy
Sadness
Nervousness or anxiety
Irritability

Sensitivity to light or noise
Feeling sluggish or slowed down
Feeling foggy or groggy
Drowsiness
Change in sleep patterns

More emotional
Confusion
Concentration or memory (forgetting plays)
Repeating the same

Signs observed by teammates, parents and coaches include:

Appears dazed
Vacant facial expression
Forgets plays
Moves clumsily or displays lack of coordination
Slurred speech
Can't recall events prior to hit
Any change in typical behavior or personality

Seizures or convulsions
Loses Consciousness
Is unsure of game, score or opponent
Answers questions slowly
Shows behavior or personality changes
Can't recall events after hit

What can happen if my athlete keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for a young athlete's safety.

If you think your child/player has suffered a concussion

Any athlete, under the age of 18, suspected of suffering a head injury or concussion must be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance. Written medical clearance must state that the athlete has been evaluated by a qualified health care provider, licensed under Utah Code Ann, Title 58, who is trained in the evaluation and management of concussions; and that the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and the athlete is cleared to resume participation in the UAHA-sanctioned Sporting Program or Event.

Licensed Health Care Providers acceptable to make the determination:

1. Medical Doctors (MD)
2. Doctor of Osteopathy (DO)
3. Advanced Registered Nurse Practitioner (ARNP)
4. Physician's Assistant (PA)
5. Licensed Certified Athletic Trainers (ATC)

You should also inform your child's coach if you think that your child/player may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Athlete Name (printed)

Parent/Legal Guardian (printed)

I have read, understand and agree to abide by the UAHA Head Injury Policy

Parent/Legal Guardian (signed)

Dated