



Greater Petawawa Minor Hockey Association Inc.

P.O. Box 105

Petawawa, ON K8H 2X1

613-687-1277

On-Ice Helper Rules and Regulations

For Coaches and Players (as an On-Ice Helper):

- I understand that On-Ice Helpers MUST be one division higher than the team they are assisting and MUST be a registered member of the G.P.M.H.A.I. or with a Team in the District 5 boundaries. I understand that On-Ice Helpers must be at least 12 years of age.
- I understand that an On-Ice Helper must be in full hockey gear while assisting on the ice.
- I understand that an On-Ice Helper is not to participate in a scrimmage situation for any reason.
- I understand that an On-Ice Helper can only be a demonstrator and assist the Coach Staff with setting up drill stations and collecting pucks/pylons and is not to assist players as certified Coaching Staff would.
- I understand that an On-Ice Helper is not to be taking slap shots or practice shots while not being utilized on the ice, particularly when the Coach is in discussion with his/her team or drills are being executed.
- I understand that the Coach is a mentor providing guidance to the On-Ice Helper while ensuring a safe environment for all involved.
- I understand that any abuse of this policy will result in suspensions. I understand that the Head Coach is directly responsible for this procedure and will be held accountable.

Printed Name	Signature
Player	
Player Guardian	
Coach	
Rep or House Director	
Registrar	