



## SECTION 9

### Risk Management

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### **An Understanding of the Importance of Risk Management for Officials both On and Off the Ice**

Upon completion of this section you will be better prepared to:

- Explain what risk management is;
- Understand the role of the official as a risk manager;
- Understand risk management principles;
- Identify and minimize risks.

## Overview

The purpose of this section is to provide officials with an understanding of fundamental risk management principles and the knowledge and awareness to implement an effective risk management program. The ultimate goal is for all officials to exercise a proactive, team-oriented approach to safety, in which every effort is made to prevent accidents and injuries before they happen, both on and off the ice, while all are prepared to react in the event of a serious injury or accident.

## Introduction to Risk Management

- Accidents can happen anywhere, anytime, to anyone.
- The risk of accidents is heightened in sports which involve physical contact, like hockey.
- When physical contact is involved, the potential exists for serious injuries which may inflict tremendous hardship on injured parties and their families (i.e. catastrophic injuries such as serious spinal injuries).
- Serious injuries also carry the risk of litigation, where people and organizations are sued for negligence.
- Risk management is a proactive approach which eliminates or minimizes risks in an activity; this helps to prevent accidents and injuries before they happen.

## Fundamental Risk Management Principles

### Risk Management: What Is It?

- **Definition:** Risk management is the process by which an organization identifies, assesses controls, eliminates or minimizes the risk of bodily injury or financial loss arising from its activities.
- For the IIHF, risk management is the process by which a National Association, league or team reviews its activities, programs and operating procedures (including buildings and staff) to identify, understand, and eliminate or minimize the everyday risks confronted in operating an organized hockey program.



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- Risk management consists of four basic steps, performed in a logical sequence:
  - Step 1: Identify the risks connected with an activity (i.e. game, dressing room, parking lot, travel plans, post-game).
  - Step 2: Assess the relative significance of all on-ice and off-ice risks.
  - Step 3: Eliminate or minimize identified risks.
  - Step 4: Provide insurance as protection against unavoidable risks.

### **Risk Management: The First Line of Defence**

- The first three steps **MUST** be carried out effectively, or no insurance or other funds which may be set aside will be adequate for the purpose of insuring against unavoidable risks. No funds would be able to contain the claims costs that would arise from a risk exposure that is uncontrolled and unmanaged. A proactive, preventive approach must be taken to ensure safety is the first priority, on and off the ice, at all times.

*Note: Risk management is our first line of defence; insurance is our last line of defence, the last resort when all risk management efforts have failed.*

### **Safety Requires Teamwork: Everybody Has a Role**

- While step two, assessing the significance of risks, and step four, providing insurance, require advanced training and expertise, we must all play a role in steps one and three: the identification, and minimization or elimination of avoidable risks. Everybody involved in hockey throughout the world is a member of the risk management team. Which of the following roles do you play on the risk management team?
  - Players
  - Coaches
  - Administrators
  - Parents
  - One-ice officials
  - Off-ice officials
  - Spectators
  - Arena management and employees
  - Other volunteers (managers, trainers, statisticians, etc.)
- Risk management is not a one-time activity: it is an ongoing process. Like electricity, it is present for as long as we are prepared to generate it.

- The best approach is common sense. Be aware of all of the risks involved in a hockey- related activity, and if you are ever in doubt, always err on the side of caution and never take chances.

## **Safety Requires Teamwork: What Role do you play?**

- Identifying and minimizing or eliminating risks begins long before, during and after any game. Risk management is an ongoing process which does not start or end with on-ice situations. The list of possible risks can never be exhausted. Major risks for officials to consider include:
  - Discussing risk management and awareness at clinics
  - Road and weather conditions and safe driving
  - Adequate time of arrival for games
  - Liability insurance coverage
  - Physical fitness
  - Fatigue
  - Mental preparation
  - Pre-game warm-up and stretching
  - Security for officials
  - First aid/trainers availability for officials
  - Arena layout: dressing rooms, players, spectators, exits, air quality, tc.
  - Arena conditions: boards, ice lighting, Plexiglas, etc.
  - Special illness considerations
  - No alcohol consumption
  - Pre-game meal considerations - nutrition
  - Equipment: prevention of injuries and decreasing risks
  - Proper treatment and rehabilitation of injuries
  - Medical examinations prior to fitness testing

## On-Ice Safety

- Arena conditions: ice (ruts, bare spots, bumps, debris), boards, players benches, penalty bench, etc. (Bring these items to the attention of the rink manager, if necessary.)
- Be aware of arena security procedures
- Alcohol and spectators control
- IIHF rules emphasis (i.e. Checking from Behind), and all rules in general
- Making the necessary calls (“Encourage the Courage”)
- Blood incidents - HIV, Hepatitis prevention
- Maintain relationships with trainers
- Equipment of players, on-ice and off-ice (i.e. helmets on bench and visors on-ice), ensure rule enforcement regarding protective equipment
- Equipment of officials (i.e. visors - preventative protection)
- Replenish fluids
- Emergency Action Plan - EAP - know the protocol in case of an emergency
- Injured players awareness
- On-ice awareness: the danger areas for players and officials
- Awareness of persons in street footwear on ice

## Post-Game Safety

- No alcohol consumption
- Be aware of weather and road conditions
- Travel: alertness is affected by fatigue
- Security post-game
- Post-game cool down - stretch
- Fluid replenishing
- Exiting building
- Post-game meal and proper nutrition
- Document and report to appropriate person any at risk situations
- Proper assessment, treatment and rehabilitation of any injuries
- Proper maintenance of equipment

## Fair Play and Respect

Respect for others and treating others as one would like to be treated is important in the development of attitudes and behaviours which make the game safer for all involved. The IIHF Sport Development Program stresses “Fair Play Codes” as described below.

### ● Fair Play Code for Officials:

- I will make sure that every player has a reasonable opportunity to perform to the best of his or her ability, within the limits of the rules.
- I will avoid or put an end to any situation that threatens the safety of the players.
- I will maintain a healthy atmosphere and environment for competition.
- I will not permit the intimidation of any player, either by word or by action. I will not tolerate unacceptable conduct toward myself, other officials, players or spectators.
- I will be consistent and objective in calling infractions, regardless of my personal feelings toward a team or individual player.
- I will handle all conflicts firmly but with dignity.
- I accept my role as a teacher and role model for fair play, especially with young participants.
- I will be open to discussion and contact with the players before and after the game.
- I will remain open to constructive criticism and show respect and consideration for different points of view.
- I will obtain proper training and continue to upgrade my officiating skills.
- I will work in cooperation with coaches for the benefit of the game.

### ● Fair Play Code for Players:

- I will play hockey because I want to, not because other people or coaches want me to.
- I will play by the rules of hockey, and in the spirit of the game.
- I will control my temper - fighting and verbal abuse can spoil the activity for everybody.
- I will respect my opponents.
- I will do my best to be a true team player.

- I will remember that winning isn't everything - that having fun, improving skills, making friends and doing my best are also important.
- I will acknowledge all good plays/performances, from both my teammates and my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

- **Fair Play Code for Coaches:**

- I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations.
- I will teach my players to play fairly and to respect the rules, officials and opponents.
- I will ensure that all players get equal instruction, support and playing time.
- I will not ridicule or verbally abuse players for making mistakes or for performing poorly. I will remember that players play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are safe and that they match the players' ages and abilities.
- I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will work in cooperation with officials for the benefit of the game.

- **Fair Play Code for Parents:**

- I will not force my child to participate in hockey.
- I will remember that my child plays hockey for his or her enjoyment, not for mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.

- I will never ridicule or verbally abuse my child for making a mistake or losing a game.
  - I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
  - I will never question the officials' judgement or honesty in public.
  - I will support all efforts to remove verbal and physical abuse from children's hockey games.
  - I will respect and show appreciation for the volunteer coaches who give their time to coach hockey for my child.
- **Fair Play Code for Spectators:**
    - I will remember that participants play hockey for their enjoyment. They are not playing to entertain me.
    - I will not have unrealistic expectations. I will remember that players are not professionals and cannot be judged by professional standards.
    - I will respect the officials' decisions and I will encourage participants to do the same.
    - I will never ridicule a player for making a mistake during a game. I will give positive comments that motivate and encourage continued effort.
    - I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches and league officials.
    - I will show respect for my team's opponents, because without them there would be no game.
    - I will not use bad language, nor will I harass players, coaches, officials or other spectators.
  - **Fair Play Code for League Organizers:**
    - I will do my best to see that all players are given the same chance to participate, regardless of gender, ability, ethnic background or race.
    - I will absolutely discourage any sport program from becoming primarily an entertainment for the spectator.
    - I will make sure that all equipment and facilities are safe and that they match the athletes' ages and abilities.

- I will make sure that the age and maturing level of the participants are considered in program development, rule enforcement and scheduling.
- I will remember that play is done for its own sake and make sure that winning is kept in proper perspective.
- I will distribute the fair play codes to spectators, coaches, athletes, officials, parents and media.
- I will make sure that coaches and officials are capable of promoting fair play as well as the development of good technical skills and I will encourage them to become certified.

## Protective Equipment

- Protective equipment is not only essential for players, but also for officials. It is important to emphasize:
  - proper fit
  - protective quality
  - proper maintenance
- Protective equipment for officials include:
  - Jock strap (athletic support)
  - Jill strap (females) or pelvic protector
  - Shin/knee pads
  - Protective girdle
  - Elbow pads
  - Helmet and visor
  - Skates

## Injury Prevention

- Injury prevention is a very important part of risk management. Injuries occur in three ways: self induced, interaction with others, and interaction with the environment.
- Injury prevention guidelines include:
  - Physical conditioning
  - Technical skills and rules
  - Strict rule application
  - Regular equipment checks

- Recognizing minor injuries
- On-ice awareness
- Off-ice awareness
- Proper treatment and rehabilitation of injuries
- Reconditioning after injuries
- Gradual return to officiating
- Proper stretching routines, pre-game and post-game
- Rest periods and re-hydration

## Emergency Planning and First Aid

- Officials must do everything possible to prevent injuries and accidents from happening by identifying and eliminating or minimizing risks. However, in the event of injuries or accidents, officials must know what their responsibilities should be.
- All teams should have an Emergency Action Plan in place. Officials are not trained in first aid and must take only a supportive role to assist in any way as directed by the Emergency Action Plan leader (usually team doctor, trainer or coach).
- It is recommended that all officials attend a first aid course as part of their certification by the National Association.
- Once an injury is recognised, the official should stop play in accordance with the rules and then signal the trainer or bench personnel onto the ice if necessary. The trainer may request help or may institute the Emergency Action Plan as needed.
- The officials should remain available for support as requested (i.e. assist arena personnel in bringing spine board onto the ice, control spectators, ensure route for ambulance team is clear).
- An example of an Emergency Action Plan is shown on page 15 to make an official aware of what the trainer or leader's role is.

## HIV and Hockey

As parents, coaches, trainers, players and officials, we are concerned about AIDS and HIV in the community. The Canadian Academy of Sport Medicine (CASM) prepared a position statement clarifying many of the issues about the disease, the virus, its transmission and how it relates to sport. The following is a summary of the CASM statement.

- Human Immunodeficiency Virus (HIV) is the cause of Acquired Immune Deficiency Syndrome (AIDS). HIV infects and seriously damages the body's immune system. Without the protection of the immune system, people can suffer fatal infections and cancers. People can be infected with HIV before being symptomatic.
- Hepatitis B (HBV) and Hepatitis C (HCV) are also viral infections. The hepatitis viruses infect the liver causing serious illnesses. The complication of hepatitis may be fatal.
- HIV, HBV, HCV are all transmitted in similar ways. Transmission of HIV occurs mainly through sexual activity.

### Risk of HIV Transmission in Sport

- The risk of transmission of HIV in the hockey setting is exceedingly low. The risk of obtaining HIV through blood into an open wound is very small (less than any other type of transmission).
- Because of the remote possibility, certain precautions need to be taken by all players, trainers, coaches, officials, and other volunteers. Those measures may be more important for other viruses (hepatitis) and other infections, and they are appropriate to reduce to zero the transmission in the sport setting.

### General Prevention

**Please note that the following are recommendations only, and not part of IIHF playing rules or regulations:**

- Safe sex and abstinence from sex play a major role in decreasing HIV transmission.
- Instruments designed for piercing the skin such as needles, syringes, ear-piercing, tattooing and acupuncture should be sterile, used one time and not shared.
- Personal items that may pierce the skin should not be shared. This includes razors, toothbrushes and nail clippers.

## Sport Specific Prevention

- Primary prevention for bloody injuries includes the use of appropriate protective equipment.
- Dealing with a bloody wound:
  - If a player suffers a bloody wound, their participation should be interrupted until the bleeding is stopped and the wound is cleansed with antiseptic and covered with a dressing.
  - All clothing with blood should be removed and replaced with clean clothing prior to returning to competition. Clothing with blood should be washed in hot water before it is used again.
  - All abrasions, skin lesions and rashes must be reviewed by a medical professional and diagnosed as non-infectious before the athlete returns to competition. They should be securely covered.

## Prevention for Officials

- Beware of contact with another individual's blood or body fluids.
- Wear waterproof gloves for direct contact with another individual's blood or body fluids.
- Wash hands with soap and water after removing gloves or coming into contact with blood or body fluids.
- Officials with any weeping skin lesions, open wounds or rashes must routinely have protective coverings.

## Drugs and Tobacco

- Hockey is a game of skill and agility. There is no place for the use of illicit or performance enhancing drugs in the game of hockey with its players or officials. There are many reasons for this including ethical, health, legal and risk management reasons.
- Smoking tobacco decreases respiratory and cardiac function and is detrimental to the athletic ability of the official both in the short and long term. Also, serious health concerns and risks associated with the use of tobacco are well known and it's use is therefore not recommended. Because of the detrimental effects of second hand smoke, it is recommended that no smoking be allowed in the officials' dressing room.



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### Summary

Risk management is an ongoing process that identifies, assesses, controls, eliminates or minimizes risk of bodily injury or financial loss arising from its activities. This section gives the official a clear understanding of what risk management is, and encourages development of the official's knowledge about risks associated with the sport of hockey. It also furthers the ideology that risk management is a dynamic on-going process that must be continually considered to maintain the safety and integrity of hockey

# SAFETY REQUIRE TEAMWORK

## AN EMERGENCY ACTION PLAN FOR HOCKEY

### Equipment Locations



Please locate and identify areas on above map. (i.e., first aid room, route for ambulance crew, telephone)

#### Emergency Telephone Numbers

Emergency \_\_\_\_\_ Ambulance \_\_\_\_\_

Fire Dept. \_\_\_\_\_ Hospital \_\_\_\_\_

Police \_\_\_\_\_ General \_\_\_\_\_

#### 1. Person in Charge

- The most qualified person available with training in first aid emergency control or the Hockey Trainers Safety Program
- Familiarize yourself with arena emergency equipment
- Take control of an emergency situation until a medical authority arrives
- Assess injury status of player
- Calm and reassure injured player until medical assistance arrives.

#### 2. Call Person

- Makes call for emergency assistance
- Knows location of emergency telephone
- Has list of emergency telephone numbers
- Knows best directions to arena
- Knows best route in and out of arena for ambulance crew

#### 3. Control Person

- Controls spectators and other players to keep them away from person in charge and injured player
- Ensure proper room to work for person in charge and ambulance crew
- Discuss emergency action plan with:  
Arena staff  
Officials  
Opponents
- Ensure that the route for the ambulance crew is clear and available
- Seek highly trained medical personnel (i.e., MD, nurse) if requested by person in charge