













On-Ice Tips for Players

Follow these 12 on-ice tips to keep yourself and others safe. Play safe. Play Smart Hockey.

<p>Be a good skater and commit to strong skill development.</p>			<p>Get your arms up when sliding into the boards.</p>
<p>Always approach the boards on an angle.</p>			<p>Know the danger zone: three to four feet from the boards.</p>
<p>Never hit or push another player from behind.</p>			<p>Never hit to the head.</p>
<p>Keep your head up when handling the puck. Play Smart Hockey; don't put yourself in a vulnerable position.</p>			<p>Respect the safety of yourself and everyone on the ice. Avoid contact with a player if they are in a vulnerable position, such as with their back facing you.</p>
<p>Be aware and stay alert.</p>			<p>Control your stick responsibly.</p>
<p>Remove yourself from the ice if you experience any concussion symptoms after a hard fall or contact with another player. Report symptoms to your coach, team trainer or safety personnel.</p>			<p>Communicate with your teammates. If you think a teammate may have a concussion, report symptoms to your coach, team trainer, or safety personnel.</p>