

On-Ice Tips for Players

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

Be a good skater and commit to strong skill development.



Get your arms up when sliding into the boards.



Always approach the boards on an angle.



Know the danger zone: three to four feet from the boards.



Never hit or push another player from behind.



Never hit to the head.



Keep your head up when handling the puck. Play Smart Hockey; don't put yourself in a vulnerable position.



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.



Be aware and stay alert.



Control your stick responsibly.



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.



Communicate with your teammates. If you think a teammate may have a concussion, report symptoms to your coach, team trainer, or safety personnel.

