



Greater Bridgeport Junior Hockey Association
Riverhawks Hockey Club
Gulls Hockey Club

2009-2010 Program Guidelines

At the regularly scheduled September 2009 Board Meeting, the Board of Directors of the Greater Bridgeport Junior Hockey Association approved the following program guidelines for the 2009-2010 season.

Water Bottles – It is strongly recommended that each player bring a fresh, clean water bottle to each game and practice. We recommend a disposable bottle or a bottle that is cleaned by the parent after each game and practice. We will be discouraging coaches from bringing community water bottles and we discourage the practice of sharing water bottles on the bench. With the projected health risk of H1N1 influenza, we believe this guideline will help keep a healthy environment for our players.

Mouth guards – While it is required for PeeWee level and above, we strongly recommend mouth guards for all mite and squirt levels of play. The primary purpose of the mouth guard is to absorb shock and prevent concussions and we strongly recommend that mite and squirt age player wear mouthguards.

Neck guards - GBJHA requires neck guard to be used at all levels of play. Any player without a neck guard will be asked to leave the ice and will be able to return only with the proper equipment, including a neck guard.

These guidelines are in effect for the 2009-2010 season and will be review periodically by the Board of Directors. These guidelines are in place to ensure the safety and well being of the Riverhawk or Gulls player.

Guidelines adopted 09/09/09