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## GMAA

### Acceptance of Risk For Students playing GMAA 'Contact Physique' Ice Hockey

GMAA Hockey Leagues play 'contact physique' hockey. The risk of injury to a student playing in a 'contact physique' hockey league is significantly lower than that of a full-contact league, however, still exists. The team coach and the school principal must approve of the students who have been selected for that team. However, it must be clear that the decision to play for or not to play for the school hockey team is and remains that of the student and his or her parents or legal guardian.

Although all GMAA Hockey programs will be 'contact physique', hockey often involves forceful contact with the ice, boards or another player. Athletes and parents must be aware of the inherent risk to those who play in such a league.

#### INJURY STATISTICS

- For children & youth, ice hockey injuries ranked 3<sup>rd</sup>, after basketball and soccer, in emergency room visits related to sport and recreational activities
- In measures of injury severity, ice hockey ranked 4<sup>th</sup> for frequency of hospitalization
- In examining hockey-related injuries, the pediatric emergency room physician attends most often to males, 10-14 years of age
- A 1999 study of head injuries treated in the emergency room found that 18% of sport-related injuries occurred while playing hockey, while 1 in 5 of these (21%) were head injuries
- Hockey players 15-19 years old had the highest number of head injuries

The higher the level of skill, fitness and training the better prepared the student is to play ice hockey and the more you reduce the risk of injury. However, a weight difference of 100 lbs or more between players brings into question the safety of the smaller player.

**Please note that Mouth Guards are recommended for all players in GMAA Hockey!**

You must judge whether you (the student and parent or legal guardian) are prepared to accept the risk of injury inherent to non-contact ice hockey.

I have read the information written above and I am aware of and prepared to accept the risk of injury inherent to 'contact physique' ice hockey.

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Parent/Legal guardian

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Student

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School

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Age Category

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Date