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**Acceptance of Risk**  
**For Students playing RSEQ GMAA D4 Hockey**

**There is an inherent risk of injury for all students playing in any hockey league.** Approval from the team coach, school Athletic Director/SAC representative and school principal is required for any student selected to participate on any RSEQ GMAA Hockey team. However, it must be made clear that the decision to play for, or not to play for, the school hockey team is solely the responsibility of the student and his or her parent(s) or legal guardian(s).

**All RSEQ GMAA hockey leagues often involve forceful contact with the ice, boards or other players.** Athletes and parents must be aware of the inherent risks associated with playing in such leagues.

**Injury Statistics**

- Among the sports most commonly played by youth in a school setting that cause a significant number of injuries each year, hockey ranks 4th after football, basketball and soccer.
- Emergency room visits related to youth sports have increased by 45% since 2018 for athletes aged 11-17 years old.
- For hockey-related injuries in student-athletes aged 11–17, concussions account for 30% of ER visits, fractures make up approximately 25%, lacerations and cuts 15%, and sprains and strains 30%.
- Despite a push towards stricter penalties for head contact, the concussion rate for student-athletes participating in school hockey leagues remains high.

**The higher the level of preparation, including emphasis on conditioning and injury prevention programs, the better prepared the student is to play hockey, helping to reduce the risk of injury.** The proper and consistent use of protective equipment has also been proven to lower the number of injuries incurred. Please note that, although mouthguards are not mandatory in RSEQ GMAA Hockey, they are strongly recommended for all players.

You must decide whether you (the student and parent or legal guardian) are prepared to accept the inherent risk of injury associated with RSEQ GMAA D4 Hockey.

**I have read the information above and understand and accept the inherent risk of injury in RSEQ GMAA D4 Hockey.**

\_\_\_\_\_  
Parent/legal guardian

\_\_\_\_\_  
Student

\_\_\_\_\_  
School

\_\_\_\_\_  
Level/Age Category

\_\_\_\_\_  
Date