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## Acceptance of Risk

### For Students playing GMAA Contact Ice Hockey

GMAA Boys Ice Hockey League plays full contact hockey at both the bantam (age 13 to 14) and juvenile (age 16 to 17) levels. The risk of injury to a student playing in a full contact hockey league is noted below. The team coach and the school principal of that team 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 boys hockey team is and remains that of the student and his parents or legal guardian.

In a contact hockey league, athletes and parents must be aware of the inherent risk to those who play in such a league.

Researchers have compiled the following statistics on contact hockey. The statistics have been provided by the Régie de la Sécurité dans les sports du Québec.

In an age category of 12-14 year olds (boys playing contact hockey)

1. The weight difference between the biggest and smallest player may be over 100 lbs.
2. The force of impact created by the bigger players is 70% greater than that of the smaller players.

In an age category of 13-16 year old males playing contact hockey

1. Nearly 75% of the major injuries are directly related to body checking.
2. Nearly 50% of minor injuries are directly related to body checking.
3. Nearly 60% of all penalties (major and minor) are of an aggressive nature.

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 compulsory for all players in G.M.A.A. Hockey!**

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

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

\_\_\_\_\_  
Student

\_\_\_\_\_  
School

\_\_\_\_\_  
Age Category

\_\_\_\_\_  
Date