



# Things to Remember



# Change Room Etiquette



- Be respectful of the privacy of the opposite sex and of minors (under 18)
- Take turns changing by leaving the room
- Understand the perception the public may have – any perception of inappropriate behaviour **MUST be avoided**

# Supervisions



- Respect the supervisor's time for coming out to help you become a better official – they do not get paid to come to the games
- After the game, give the supervisor your attention for 5-10 minutes so they can give you the feedback that they have for you
- If the supervisor is not respecting you, please reach out to your Regional Executive to have the situation dealt with

# Before the Game



- Check to make sure you have all your equipment before you leave the house
- Be at the rink early enough to give yourself time to get ready and be on the ice on time
- During the warm-up check the game sheet and shake hands with the coaches
- After the warm-up check the nets for pucks and holes
- You can also check the ice surface and deal with equipment issues (neck guards, helmets done up)

# During the Game



- Be consistent
- Have the confidence to make the call
- Work with your partner(s)
- Hustle! – even if it's not a fast game you should be hustling to be in proper position
- Never sit on the boards to get out of the way of players – Instead...

**FACE AND BRACE!**

# After the Game



- Watch the teams shake hands
- Don't get caught up in discussions with coaches, players or fans
- Check and sign the game sheet
- Take the game sheet to the room with you if there is a game report to be written up

# Be Professional



- Your actions reflect on all referees in your region
- Avoid situations that might cause people to question your behaviour
- Think before you post on social media – don't trash talk a game that you just worked
- Don't trash talk fellow officials – especially during a game to coaches or players!
- Treat disrespect with respect – take a deep breath to remain calm