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Subject: Annual Safety Report: Safety Committee
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Hi Kevin, Jay and Liz!

I hope you are well and that you had a great week!

Below is the annual safety report.

Liz and I will be finishing the concussion card next week so I put in there that it is done as it will be by the annual meeting.

Please let me know if you would like to see anything else added to the report.

Thank you!

Best,

Tom

Safety Committee Annual Report:

For the 2016-2017 hockey season the Massachusetts Hockey Safety Committee set three goals to complete. In no particular order, here were the three goals:

One goal for our committee was to deploy our nutrition program that was done by Boston Bruins nutritionist Julie Nicoletti. The goal for the program is to provide athletes with basic nutrition and healthy living tips to enhance performance as well as reduce the risk of injury by properly eating and drinking.

Another goal was to create something that would better educate coaches, supervisors and parents on signs that a player may be concussed. Our committee decided to create a double-sided concussion card that is the size of a business card. With 8 potential symptoms of a concussion on one side and 5 questions to ask a player if they appear concussed on the other, coaches, supervisors and parents are now better equipped to recognize if players may be concussed so they can get he or she off the ice and into proper medical care. These concussion cards will be deployed to Mass Hockey members at the start of the 2017 hockey season.

Our last goal was to continue to grow the Look-Up Line Safety Program and Heads Up Don't Duck. In September 2016 we partnered with the state of Massachusetts under the Baker administration as the Governor mandated the Look-Up Line in all 52 state governed rinks. All lines will be painted in these rinks no later than September 2017. This is a tremendous step for the Look-Up Line Safety Program and Heads Up Don't Duck as we will be able to better educate players in Massachusetts about the importance of keeping their heads up when approaching the boards, not to body check opposing players from behind, give players an opportunity to make proper bodily adjustment when approaching the boards as well as continue to remind on ice coaches and officials to educate players about safety in hockey.

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