



MHL Helmet & Mouth Guard Policy

All on-ice coaches, trainers, assistant coaches, assistant trainers, volunteers or paid instructors will be required to wear CSA approved helmets with chinstrap properly fastened during all on-ice activities. Sanctions for non-compliance: first incident results in written notification/warning by one or all of the following; MHL Board of Directors, MHL Area Association Executive Member, or the MHL Office. On a second incident by the same party, that individual shall be suspended from participation in MHL activity for a minimum of 2 weeks. For a third infraction of the policy, the participant shall be suspended for a period of 1 year. This policy includes practices in which ice has been rented privately.

While it is not currently an MHL or GTHL requirement to wear mouth guards, it is recommended that all players do so.