



## Dressing Rooms

Change rooms are assigned for skaters to use as an area to prepare for competition. Coaches should be allowed to retrieve skaters from a change room, but are **not** allowed to remain in the change room for any length of time. Parents or any other unauthorized persons are **not** allowed in the change rooms or in the general area.

A dressing room kit should be located in each change room or at a central convenient location close to the entrance and exit area to the ice. The dressing room kit should contain the following:

- Safety pins
- Needle and thread
- Skate laces
- Screw driver
- J-cloths
- Band-aids
- Kleenex
- Hair Spray
- Mirror (preferably a full length mirror)