

ESHA Guidelines for Stick and Puck

Mandatory Policies

- Keep the front of the net clear at all times and listen to the staff.
- Maximum 30 participants per session - no reservations, first-come-first-served.
- Goalies play for FREE.
- No slap shots.
- No checking.
- Full hockey gear required.
- USA Hockey-approved helmets MUST be worn at all times. All participants under the age of 18 must wear a full shield.
- No small/full ice games during stick and puck.
- Fighting and horseplay will NOT be tolerated. Fighting will result in expulsion without refund.
- All participants not registered with ESHA or USA Hockey must complete participant information and waiver forms - non-ESHA members must bring verification of USA Hockey registered status.
- Staff have the right to ask anyone not following the above to leave as these rules are in place to protect everyone's safety

Suggestions

- Be aware of those around you when shooting/skating for a puck.
- Be aware of varying ages and skill levels of participants.