

# Inclusion

Inclusive behaviours!



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A player is inclusive when they:

- **Make sure to welcome** players joining the team, whether they're new or coming from another team as a replacement.
- **Recognize and appreciate their teammates' unique talent** (e.g., exceptional speed, great hockey IQ or leadership skills). Instead of making negative comparisons, they highlight each person's strengths and encourage others to build on them.
- **Show interest in their teammates' traditions or culture.** For instance, if a player comes from another country or region, they ask respectful questions about their customs.
- **Organize or invite teammates to social events** off the ice, such as dinners or group activities, to strengthen relationships and get to know one another outside a competitive setting.
- **Avoid making negative comments** about their teammates' mistakes, whether physical or tactical. They choose to motivate and support their teammates by finding solutions instead of focusing on mistakes.

These behaviours are general guidelines.  
Adjust your expectations according to your  
players' age and skill level!



- **Make sure everyone has the chance to express themselves** after a practice or a game by encouraging shy or new teammates to speak up.
- **Take time to help a less experienced teammate** understand game strategies or techniques, without judging or making fun of them. They offer constructive advice based on their teammate's skill level and celebrate each win, no matter how small.
- **Make sure teammates with special needs (e.g., an injury, a physical or mental disability) are fully included** in group activities or drills, taking into account their limitations without excluding them.
- **Ensure all interactions on and off the ice are respectful.** This includes not making fun of or discriminating against others, not making inappropriate comments, and avoiding offensive behaviour. It also means speaking up if needed when another player acts disrespectfully.
- **Show they're open to other ideas and suggestions**, even if they come from new or less experienced players. For example, they can listen to a teammate's strategy and work together to see if it benefits the team.
- **Publicly acknowledge a teammate's hard work** during a practice or a game, even if it doesn't lead to immediate results.
- **Take the initiative to support a teammate going through a tough time** (e.g., family or personal issues) by listening attentively or offering words of encouragement.
- **Make sure to interact with all teammates regularly**, whether by choosing different partners for drills, or sitting next to other teammates in the locker room or on the bus.

Teach and reinforce these behaviours on a  
daily basis to help your young athletes be  
inclusive!