

## QUESTIONS AND ANSWERS

### ***What if my child does not know how to skate?***

Programs are designed and staffed to meet the needs of the learner regardless of their disability.

### ***Are disabled hockey programs safe?***

Disabled Hockey programs are not only a very safe form of recreation activity, but have also proven to be a great therapy program for people with all types of physical and developmental disabilities. Disabled Hockey programs combine staff with hockey backgrounds along with professionals in special needs careers to adapt programs to the needs of all participants in a safe atmosphere which establish social and life development skills.

### ***What is the cost of the program?***

The cost of the program will vary from each organization across the country. All programs in the United States try to keep program cost as low as possible. All organizations with membership in the America Special Hockey Association must register their players with USA Hockey. This gives all players and organizations valuable insurance. *(this fee is waived for first year players)*. Most organizations have a registration fee between \$100-\$300 per year. This usually includes ice time and equipment. All American Special Hockey organizations have built in scholarship funding so no participant is unable to play due to funding issues.

### ***How do deaf/hard of hearing players know when to stop playing if they can not hear the whistle?***

At the Olympics and the USA Disabled Hockey Festival, lights are set up around the outside of the boards. When the whistle blows, the lights come on to signal a stoppage of play.

### ***How do deaf/hard of hearing players communicate on the ice, bench and in the locker room?***

There are special signs that players and coaches use to communicate hockey terminology to each other. The use of interpreters on the bench and in the locker room further helps the coaches and players communicate with one another. On the ice the players are coached to be aware of their surroundings, keep their heads up and stay focused on the job at hand. A hearing impaired player must be more aware of his surroundings to be successful. The coaches also teach the players to use the glass around the rink as a mirror in seeing what is coming or happening behind them.

## WHERE TO PLAY IN YOUR AREA

Disabled Hockey Programs are supported by USA Hockey across the nation and prove that hockey is for everyBODY. These programs are divided into four "disciplines." The four disciplines are: Standing/Amputee, Deaf/Hard of Hearing, Sled, and Special Hockey.

For information about disabled hockey programs registered with USA Hockey in your area, contact the USA Hockey Disabled Hockey Representative in your area (*label below*) or visit [www.usahockey.com](http://www.usahockey.com) and click on the disabled hockey link under player divisions.

# HOCKEY IS FOR everyBODY!

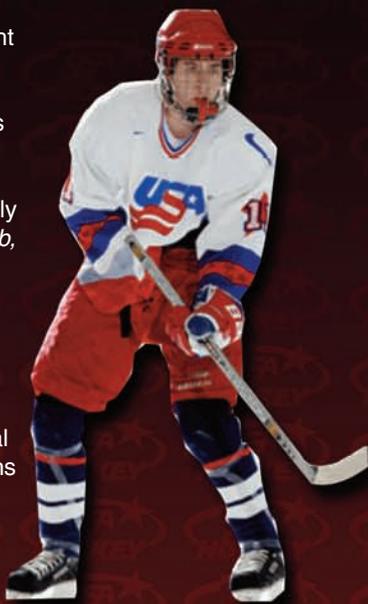
## PUT YOUR DISABILITY ON



[www.usahockey.com](http://www.usahockey.com)

## STANDING/AMPUTEE HOCKEY

Standing/Amputee hockey is played upright and follows typical ice hockey rules. Some players use prostheses or artificial limbs that allow them to control a hockey stick more easily *(by adding artificial limb, it becomes a teaching tool as well)*.



Standing/Amputee Hockey has allowed a growing number of athletes with congenital or acquired amputations or other physical impairments to enjoy the great sport of hockey. Players use prostheses to control a hockey stick or to skate.

Both skills can be improved with practice as with any other hockey skill.

There are many opportunities for Standing/Amputee Hockey players to engage in this sport from recreational all the way to international competition. Combining players with various types of disabilities creates a unique team experience in this fast-paced exciting sport.



## SLED HOCKEY (SLEDGE)



Sled (Sledge) Hockey was invented in Sweden at a rehabilitation center in the early 1980's by a group of Swedes with a physical disability. Despite their disability, they wanted to continue playing ice hockey.

Players sit in specially designed seats attached to a lightweight frame with hockey skate blades underneath. Each player carries two sticks, both

have a metal pic on one end for propelling and a hockey blade on the other end for handling the puck. Sled hockey provides opportunity for many types of physical disabilities and there is opportunities available in local areas for recreation/ competition all the way to the US Paralympic Hockey Team. Sled hockey is rapidly growing in the US and players are "hooked" once they touch the ice the first time.

## DEAF/HARD OF HEARING



Deaf/Hard of Hearing Hockey is for the individual who has hearing impairments and may have special needs to play ice hockey. The game is played with typical ice hockey rules and sometimes incorporates a special lighting system. Instruction is based on the individual players ability to improve their skills in an environment that is receptive to their needs. The ability to communicate with coaches and other players through the use of sign language, lip reading and interpreters is a huge focus. There is a support

system to help players obtain hearing aids and speech, auditory and language therapy.

## DEAF/HARD OF HEARING

Deaf/Hard of Hearing Hockey provides opportunity for individuals throughout the country in many local areas for recreation/competition as well as the opportunity to play for US Deaflympic Hockey Team. Many times players are integrated in typical "able-bodied hockey teams."

## SPECIAL HOCKEY

Special Hockey programs have been established in over 20 cities in the United States. The goal of special hockey is to give people with physical and developmental disabilities the chance to play the sport of ice hockey in an environment which is adapted to their level of ability. The athletes play upright and in most cases, offsides, icing, penalties etc. are not part of game play. Special Hockey emphasizes players to have fun through teamwork, social interaction, and improving

the quality of life through on and off ice activities. Special hockey serves a wide range of disabilities so there is an opportunity for everyone to enjoy the sport. Many teams also provide a mentor program in which coaches and volunteers assist the players with important skills for everyday life. There is competition available when interested as well as various camps throughout the year.

