



WATER BREAK POLICY

Please have a water bottle ready for your child. We may take multiple water breaks during class depending on the activity.

Water bottles should be cleaned/filled at home and not at the facility.

We discourage kids from getting water whenever they want but rather wait until the water breaks.

Water bottles are to be brought on the playing surface and place on top of the side boards. [coaches will be there to aid], thus making it easier for our Little Buds to have water breaks without leaving the court or parents having to come onto the court.

Our Coaches will assist the children who need assistance to get a drink. Please make sure your child's name is clearly mark on their water bottle.

We ask for Parent's support with our policy as it can be difficult for our coaches to management of sessions if children are coming and going at will.

We here at the Hockey Buds Program recommend a water bottle which features a straw top nozzle which will make it easier for your child to get a drink without removing their face protection on their helmets.

You can purchase them at either of the following locations – SportsCraft | Sportchek | Canadian Tire | Walmart

Hockey Buds staff and coaches strongly recommend water only for breaks during class.

We also forbid food during class. Please snack before if necessary.

If you see signs that your child may have to use the bathroom, please retrieve them or call them to you. Potty issues happen especially at our 3 to 5 yr old age groups.