



## HOCKEY EQUIPMENT CHECKLIST

**HELMET:** must be CSA approved and include a full cage or face shield. The cage/shield must be properly attached to the helmet with both screws and straps. Cages and shields must be properly sized to fit the helmet and child's head. J-clips must be in place to prevent any upward movement of the cage or shield. A chinstrap is also required and there must not be more than a 2 finger width space between the strap and underside of the chin when fastened. Loose/missing screws, cracks, decals and stickers (including name stickers) will void the CSA certification.

**MOUTH GUARD:** The wearing of a mouth guard is not mandatory, but is recommended to protect against concussion and tooth injury. The mouth guard must be properly fitted so as not to restrict airflow.

**THROAT PROTECTOR:** There are three styles of throat protectors - hard bib, soft bib and neck band. It must be "BNQ" certified. The neck protector must be the correct size so as to stay in position, but not restrict movement or airflow.

**SHOULDER PADS:** Must be properly sized to fit the child. Proper shoulder caps that cover the outside/top of the shoulders must be in place. When properly fitted, the shoulder pad, elbow pad and glove form a continuous line of protective equipment down the arm. Some shoulder pads have more padding in the abdomen area and spine; these are recommended for greater protection.

**ELBOW PADS:** Must have "doughnut" to fit elbow into. When in place, should create a continuous line of protection with the shoulder pads to protect the upper arm area.

**GLOVES:** Should be properly sized to fit the size of the player's hand. When in place, should create a continuous line of protection with the elbow pad to protect the lower arm area. There may be no holes or torn stitching in the palms of the gloves.

**PANTS:** Should be long enough to come down to the middle of the knee and high enough to cover the kidneys. Kidney pads, thigh pads, and tailbone pad must be in place. Either a belt or suspenders can be worn to hold up the pants.

**ATHLETIC SUPPORT/CUP:** must be properly sized and fitted for comfort and protection.

**SHIN PADS:** With the knee placed in the centre of the kneepad cup, the shin pad should extend from the bottom of the pants down to ankle height. The shin pad and skate boot create a continuous line of protection for the lower leg area. The tongue of the skate can be placed either in front of or behind the shin pad. Some styles come with attached straps or else straps can be purchased to keep the shin pads in place. There should be no loose or missing stitching.

**SKATES:** As proper fit of the skates is very important, it is best to have the skates professionally fitted. Do not buy skates to "grow into". With the toes touching the front of the boot, there should be a one-finger clearance between the boot and the heel. Loosen the laces, put the foot into the boot, then tap the back of the blade on the floor a couple of times to seat the heel into the back of

the boot. Lace the skate using all the eyelets and **do not wrap any excess lace around the ankle.** Blades should be wiped dry after each use and kept free of nicks and sharpened.

**STICK:** the stick should be cut to a length so that it comes between the chin and the nose when the child is wearing their skates. Both the blade of the stick and the butt end must be wrapped in hockey tape. The butt end of the stick must be taped with enough of a knob at the end so as not to fit through the cage. The stick must not be splintered or cracked.

**SOCKS:** worn to cover the shin pads and should extend from the top of the foot to the top of the leg. Socks are held in place by either a garter belt or Velcro pads. Most players also secure the socks with hockey tape.

**JERSEY:** should be purchased large enough to comfortably fit over the shoulder/elbow pads. The jersey must be worn over the pants and not tucked in.