

## **EQUIPMENT REQUIREMENTS:**

Proper CSA approved equipment is required. During the first few skates and at various times during the year our coaches will check your child's equipment. This is done to protect your child from any unnecessary injuries and to enhance his/her enjoyment of the game.

No player may skate without a full set of properly fitted, well maintained protective gear. There are no exceptions.

### **Equipment Checklist -**

**Skates** - A "bargain" pair of skates invariably turns out to be the worst investment for a young hockey player. And buying skates a few sizes too big (so your youngster) will grow into them is a chronic mistake.

To skate well, a player must have well-constructed skates that fit correctly. The following is a quick guide to buying skates but it is recommended that they be purchased from a store specializing in sports equipment and fitted by someone who knows what they are doing.

- 1) Skates must fit snugly although the toes should not be pinched.
- 2) Wear the same weight sock when fitting skates that you will wear skating. A thin 'athletic sock' is recommended so the skates can mould to the feet.
- 3) When trying on skates unlace them most of the way, place toes all the way to the front of the skate and note how much room is left at the back of the heel. You should have approximately (1) finger widths space. Then tap the heel into place and lace up the skate.
- 4) Lean forward in the laced up skate. If the skate is too long or wide your heel will lift up when you lean forward. If the heel isn't snug, you may get blisters or irritations on your foot.
- 5) Remember that your shoe size is not necessarily your skate size.

**Helmets** - The helmet must fit snugly to properly protect your child from injury. All helmets must have both mask and chin straps, ear protectors and clips to hold facemask's in place. Coaches will frequently check helmets and if your child's is found to be unsafe because of improper fit or damage to the helmet, you will be asked to obtain a new helmet before your child is allowed on the ice again. This is done to protect your child's health and indeed his/her life.

**Facemask** - Must show CSA decal.

**Throat Protector** - All players must have a BNQ approved throat protector. Players not wearing it must leave the ice.

**Shoulder Pads** - Must protect chest/rib area, upper and middle back and overlap elbow pads. Snug enough for protection, loose enough for mobility.

**Elbow Pads** - Proper Size.

**Gloves** - Palms fully covered. Large enough to cover the entire palm and offer full protection for the hand and wrist.

**Athletic support and protective 'Jock' cup / 'Jill' strap for females** - Proper fit.

**Shin Pads** - Must be of sufficient length to fit over skate and up to mid thigh where they will be overlapped by the pants.

**Socks** - Proper fit over shin pads and taped or strapped in place.

**Pants** - Check that all hip, thigh and low back pads are in place. Loosely fitted for mobility and enough to overlap shin pads.

**Jersey** - Proper fit over shoulder pads and loose enough for mobility.

**Sticks** - Find out if your child is more comfortable holding a right or left-handed stick. Some children may be right handed, but feel more comfortable with a left-handed stick and vice versa. Players' sticks will also be checked regularly for safety. Broken or cracked sticks will be removed from the ice surface.

Height of stick:

- The end of the stick should meet between the player's chin and nose when the player is standing in their skates.

Taping of the stick :

The Blade:

- Remove any old tape. Apply a strip of black cloth tape along the bottom edge of the blade, then fold the excess up each side of the blade.
- Wrap around the blade, beginning at the end. After the first wrap, run the tape at a slight angle to create an overlap of about  $\frac{1}{4}$  inch (6 mm).
- Continue wrapping until the blade begins to angle into the handle.

The Handle:

- Wrap around the handle, beginning about 6 inches (15 cm) below the top and continuing up to the top.
- The 'butt' end of the stick should be taped (building a knob about  $\frac{1}{4}$  inch (6mm) thick) so that the end is not able to go through the grates of a facial mask. It also helps prevent the players' hands from sliding off.

**Mouthguards** - How important are they??? As players get older they become a very important piece of equipment. Mouth guards help in the prevention of concussions.

## HERE'S A FEW HELPFUL SIDE NOTES FROM A HOCKEY MOM AND DAD/COACH.

### Skate Sharpening - How Often?

- Carbide Blade: 4 - 6 skates (Adjusted to the players' performance)
- If your child is a well-developed skater ("Hard Skater") and they wear down their blade edges faster.
- 6 - 10 skates - for average wear and tear.
- Steel Blade: 6 - 8 skates for Hard Skaters
- 10 - 14 skates - for average wear and tear.

### Sharpening Stones:

These will help prolong the life of the blade. It takes out any burrs in the blade, which also protects the players and parents fingers.

\*\* Please don't let your child walk on any concrete or steel while wearing their skates. This damages the blades and the floors. Most arenas have protective rubber mat flooring from the locker rooms to the ice surface.

**Towels:** Remember to dry skate blades thoroughly after each ice time.

DO NOT LET THEM RUST OUT. Rubber skate guards are notorious for this. Always check your blades after they have warmed up to room temp. The condensation from the cold blades can be wiped off. Your blades will then stay dry and rust free.

### Water Bottles:

It is very important to keep our young players hydrated. They need to learn at an early age how important it is to drink **water** while playing hockey. Always try to remember to have a water bottle with your child's name on it at the players bench. The coaches will be stopping for water breaks during ice time. \*\* (And if your child is not able to read yet, make sure they can recognize their own bottle from other players.)

## WHAT'S THE MOST IMPORTANT QUESTION TO ASK YOUR YOUNG PLAYER BEFORE YOU DRESS THEM FOR THE ICE?????

**DO YOU HAVE TO GO TO THE BATHROOM??**

Save yourself some time and stress. Teach your young player to always "Hit The Bathroom" before dressing. They will feel much better on the ice and you will feel much more rested in the stands.

