

# Equipment

HELMET

FACEGUARD

MOUTHGUARD

CHIN STRAP

THROAT PROTECTOR

SHOULDER PADS

ELBOW PADS

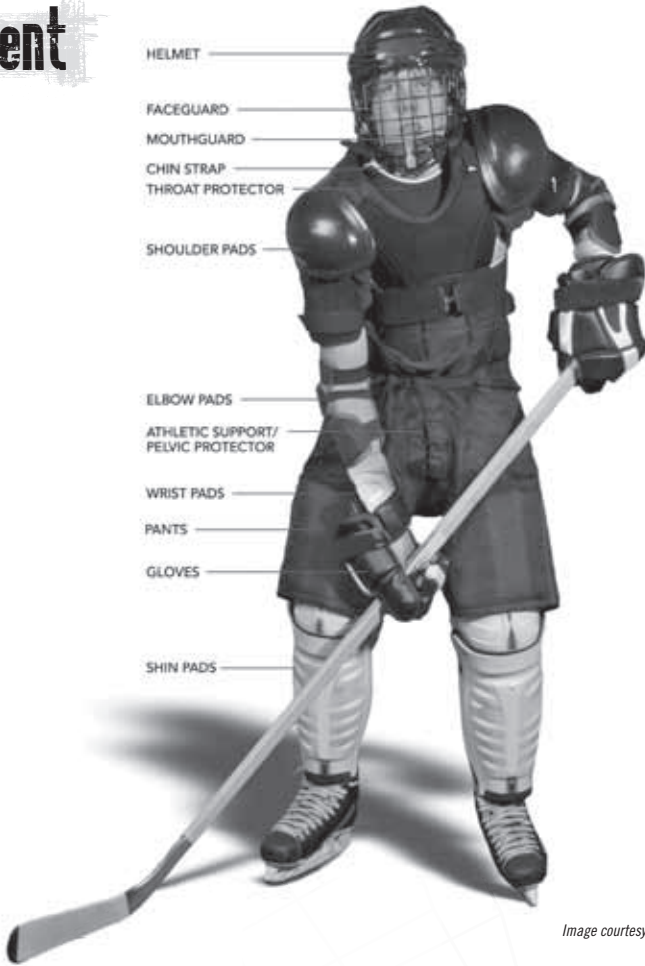
ATHLETIC SUPPORT/  
PELVIC PROTECTOR

WRIST PADS

PANTS

GLOVES

SHIN PADS



*Image courtesy of Hockey Canada*

## Importance of Fitting Properly

Properly fitting equipment is essential to the safety of all players, as well as maximizing mobility and player performance.

### Hockey Helmets

Your body can not function without your brain. Your hockey helmet is one of your most important pieces of equipment. To make sure that your hockey helmet is properly fit make sure the helmet is snug and comfortable.

Adjust the chinstrap so that it gently makes contact under your chin when fastened. Obtain the correct head size, measure around your head with a flexible tape measure directly where a sweat band would rest.

### Hockey Cages and Face Shields

The traditional cage face mask is strong and durable. It provides excellent ventilation and breathing with adequate vision. The face shield protects the face and provides excellent vision both straight ahead and peripherally. Hockey Canada requires all helmets and face shields to be CSA certified.

## Mouth Guards

Mouth guards not only significantly reduce the incidence and severity of injuries to the teeth and mouth, but they may act as a shock absorber against more serious injuries like jaw fractures and concussions.

## Shoulder Pads

Your shoulder pads are your first line of defense in the event of an impact. Properly fitted pads will provide protection for the collar bone, chest, ribs, back and upper arms. It is important that the shoulder pads achieve this protection while still allowing a full range of motion. For example, lifting the arms above the head should not push the shoulder pads uncomfortably high around the player's neck.

## Neck Guards

The neck guard is mandatory in all minor and female hockey, not necessarily in Junior. It must be BNQ certified. Its intent is to protect against skate blades not impact from sticks or pucks. It should cover the entire throat area and fit snugly and comfortably.

## Elbow Pads

Elbows are an extremely vulnerable part of your body that is why it is necessary to protect them. Like the shoulder pads your elbows should fit comfortably into the center of the elbow pad cup. A good elbow pad will provide forearm protection by extending down to the cuff of your hockey glove.

## Shin Pads

Not only do shin pads protect shins but they also help prevent knee injuries. The lower leg is an extremely high contact area which must be shielded against injuries caused by collisions with sticks, pucks and skates.

## Hockey Gloves

Gloves are another essential piece of equipment. They provide protection and help with stick control. One of the primary concerns with the fit of the hockey glove is to ensure that the gap between the glove and the elbow pad is minimal. The tightness of the glove is a personal preference and the tips of your fingers should not go completely to the ends of the glove. The glove should also feature a lock thumb system which will protect the thumb from being bent backwards.

## Hockey Pants

Hockey pants protect your lower back and your upper legs from hits, sticks and pucks. Pants should be loose and comfortable but have the ability to be secured firmly by the belt around the waist. Approximately 90% of all players will be able to use their waist size as their guide for choosing the correct size pants. The bottom of the pants should overlap the top of the shin pad kneecaps by 1- 2 inches. This will ensure proper protection even when in a kneeling position.

## Hockey Skates

A pair of hockey skates is also one of your most important pieces of equipment. Skates generally fit (1- 1½) sizes smaller than your shoe size. A good clean way to break in your new skates is to lace them up at home. You could also use a hair dryer to warm them, but be careful not to overheat any one area. You can wear your skates while you're doing your homework, reading or watching television. Just remember to have skate guards on.

## Hockey Sticks

Skates might be one of your most important pieces of equipment but your stick is your most important tool. The best way to measure your stick is to stand in your stocking feet, without your skates on a flat surface. Place the bottom of your stick on the ground between your feet. Lean the stick straight up-and-down so that the handle of the stick touches the tip of your nose. The general rule is to mark the stick at this point and cut the handle on your mark. A defenseman may want to use a longer stick to give them a longer reach for poking the puck away and a forward may want to use a shorter stick to help them stickhandle better.

### Wood Sticks

Generally manufactured with a standard square shape these are generally the heaviest sticks. They have good value but have poor shaft consistency and may break easier.

### Composite Sticks

Can be found in different shapes, weights and flexes. A composite stick should be purchased for improved shaft consistency, shot speed, shot accuracy and its lighter weight.

