

# Chebucto Minor Hockey

## Hockey Gear Check List:

Pre-season is the time to check all equipment to make sure it fits properly and is in safe working order. While all gear is important, make sure to pay special attention to your skates and helmet. The helmet **must be CSA approved**, with a full-face shield or wire cage. For younger players, the cage is less maintenance than a shield and does not fog up. The cage should be one that is made to properly fit the helmet. Wire cages come in different sizes, and not all cages are designed fit all helmets. Helmets can come in different sizes (Junior S, M, L) and Senior (S, M, & L) and are adjustable. Make sure your helmet is properly fitted. Make sure skate blades are free from rust or debris such as pieces of tape, which can make it dangerous when the player steps onto the ice.

**NEW Equipment** - If you are not sure about equipment sizes and fit, ask a salesperson at a local sporting goods store. They can assist you on proper selection. Coaches are also good sources of advice. Sales on hockey equipment often begin in late August and run into September. By checking the sales flyers through out the season, you can save 35% to 50% off listed prices.

**USED equipment** is also great, especially for skates, if you're on a tight budget. Very good used hockey skates can be purchase from some of the sporting good stores for about \$50. Also check local websites like [halifax.kijiji.ca](http://halifax.kijiji.ca).

**Required Hockey Gear List** - (it is suggested that you label all gear with a name and/or phone number)

- Skates – make sure they fit properly, and have the protection and ankle support for your player's level of play.
- Hockey Helmet – must be CSA approved. Ensure the helmet fits properly and has a properly sized full-face shield, or wired cage for facial protection. The helmet must have a chinstrap and a chin guard, and fastens properly.
- Mouth guard - ensure correct size (not necessary but recommended for all competitive players, to help prevent concussion and teeth/tongue damage if in a collision, with another player, or the boards, or a fall). Remember that ice is hard! The dentist formed ones fit the best and are smaller than most store ones, although they usually cost considerably more.
- Neck guard – must have BNQ logo. There are several styles, the most popular being the 'bib' style.
- Athletic Hockey Protective Cup/Jill - consider integrated boxer shorts with cup/jill holder & sock "velcro" to replace the need for a separate garter belt to hold socks in place.
- Hockey socks – ensure correct length to help keep shin pads in place.

- Shoulder pads – make sure they are the correct size and padding for your player’s level of play. Some pads for older players have extensions pads to cover lower abdomen for higher shots.
- Elbow pads - make sure they are on the correct arm as most are labeled left/right.
- Shin pads – make sure they are the correct length. Shin pads are often labeled left/right.
- Hockey gloves - fingers should be able to reach the end of the fingers of the glove and glove cuff long enough to protect the wrists to the elbow pad. Goalie gloves should be correctly sized. Senior gloves are too big for an atom or peewee goalie.
- Hockey pants - pants should be long enough to hang over the tops of the shin pads. Suspenders are an option to the belts that hockey pants come with to hold the pants up.
- Hockey bag – needed to hold everything. Bags with wheels are often helpful for smaller players.
- Hockey Stick - There’s nothing wrong with a wooden hockey stick! Ensure correct length and thickness for level of play. Junior sticks are available for younger players - see your coach for more info. Goalie sticks should have the correct paddle length for the size of the goalie.
- Water Bottle - for hygienic reasons, Hockey Canada requires players to have their own water bottle container with a name clearly marked on it.

***Routine Maintenance:***

Skates : Check that there is no rust on the skates, and get the skates sharpened as needed. Brand new skates need sharpening before use. After use, wipe off skate blades, to prevent rust.

Helmet : Check all the screws on the helmet. Make sure the chinstrap, and facial mask straps will fasten properly and the chin pad on the wire cage is almost touching (1 finger space), the chin. Adjust the mounting of the cage to have it fit properly. Tighten any loose screws and replace any missing hardware with the same kind. Helmets must have CSA sticker with year date on them. Cracked helmets or visors must be replaced. The wired cage or visor also may have a CSA sticker and be approved for use on that helmet. Goaltender’s helmet/masks may have different colored CSA stickers. Goalies require even more special protection, especially around the head and throat areas. Goaltenders cannot use ‘pro style’ cats eye cages.

All hockey equipment : Air dry after every use; otherwise the sweat and dampness will cause bacteria, mold and/or fungi growth. Socks, jerseys, and under garments can be washed. Many other items can be hand washed and dried. Check the garment labels for more info.

For more equipment fitting tips see:

[http://www.hockeycanada.ca/index.cfm/ci\\_id/25656/la\\_id/1/document/1/re\\_id/0/file/equipment.pdf](http://www.hockeycanada.ca/index.cfm/ci_id/25656/la_id/1/document/1/re_id/0/file/equipment.pdf)