



## HOCKEY CALGARY

### Hockey Calgary- Outfitting Hockey Players

#### Underwear

- Wear light fitting, cool, comfortable undergarments during all games and practices.
- When fitting all other equipment, the same undergarments should be worn in order to get the proper sizing.
- Wash after every use.

#### Jock (Jill) Strap

- This piece of equipment should be fitted according to waist size and should feel comfortable for the player.
- Tears, especially where the two leg straps attach to the protective cup, should be properly repaired or replaced immediately.
- Protective cups come in sizes to suit all players.

#### Shin Pads

- When sizing, wear loosely fitting skates in order to get the proper length of the shin pad.
- The cap of the shin pad should be centred on the kneecap.
- The bottom of the pad should fit where the foot and the leg meet at a 90-degree angle.
- If the pad is too short, an unprotected area above the skate will be exposed.
- If the pad is too long, it will restrict movement and create discomfort for the player.
- Shin pads are sized in inches and come in both junior and senior sizes.
- Cracked pads should be replaced.

#### Pants

- Fitting should be done with shin pads properly in place.
- Pant should slightly overlap the top of the shin pad.
- Pants are fitted according to waist size.
- Pants must completely protect the front and side of the thigh, tailbone, hip and kidney areas throughout the entire range of motion.
- When fitting pants for females, fit hips first, then check the length of the pant.
- Regularly check for tears and irregularities in the pants.

#### Skates

- Before sizing skates, check the persons feet for any irregularities which would affect the size of skate.
- Player should wear the same foot hosiery that they would in a game or practice (i.e. socks, barefoot, etc.).
- With the foot in an untied skate, have the player push foot forward so that the toes touch the front of the skate.
- There should be one finger width space between the players heel and the back of the boot.
- Before lacing up the skate, have the player kick the heel back in order to ensure a snug fit.
- When completely laced, eyelets should be 1.5 . 2 inches apart.
- Never buy skates to grow into as this puts the player at risk of injury and will inhibit their skating ability.
- Laces should never be wrapped around the ankle as this inhibits blood flow.
- Blades should be completely dried after every use.
- Skate guards should be used during transport or when walking on non-ice surfaces.

- Never dry skates over direct heat, as this may crack and damage the composition of the skate.
- Always remove the souls as they may get wet causing the rivets to rust.
- Always wipe the blades after every use ensuring they are dry.

## Shoulder Pads

- Should protect the entire shoulder joint throughout a full range of motion.
- Arm pads should extend to just above the elbow to ensure full protection.
- Back pad should meet the top of the pants.
- For female players, a combination of shoulder and chest protector gives added protection to the chest area.
- When lifting arms, pads should not dig into the neck of the player as this may cause injury and discomfort.
- Check pads and straps regularly for damage.

## Sports Bra

- Every female player should wear a properly fitted sports bra to ensure appropriate support.

## Elbow Pads

- When fitting, place the point of the elbow in the circular area on the inside of the elbow pad and fasten all straps properly.
- The top of the elbow pad should meet the bottom of the shoulder pad.
- The bottom of the pad should extend down the forearm and fit inside the cuff of the glove.
- Check straps regularly and have any defective pad or strap properly repaired or replaced immediately.

## Gloves

- Should fit the player's hands snugly, but not too tight.
- Glove should overlap the elbow pad through the entire range of motion.
- Padding on the back of the glove should absorb all shock.
- Check this by pressing on the back of the glove. The player should not feel any pressure on the backside of the hand.
- Be sure that the palms of the gloves are always soft and without holes or tears.
- Always leave laces (if present) in the cuff.
- Check gloves for damage frequently and repair or replace immediately.

## Throat Protector

- All players must wear a throat protector.
- Should fit snugly and should completely cover throat area.
- Hang to dry after every use.

## Helmet

- Should be snug and remain in place when chin strap is properly fastened.
- The front of the helmet should fit just above the eyebrows.
- Helmet MUST be CSA\* approved.
- Never paint or add stickers as this weakens the structure and removes CSA certification.
- Replace loose or missing screws immediately.
- Check inside and outside of helmet for cracks or deterioration and replace if necessary.

## Facemask

- When fitting, a proper measurement should be taken from the front of the helmet to the bottom of the players chin.
- Chin should fit comfortably into cup of facemask.
- Facemasks come in both cage and polycarbonate visor styles and also in different types.
- Type I . for players 10 years or older (excluding goaltenders), denoted by a white CSA sticker.
- Type II . for players 10 years and under (excluding goaltenders), denoted by an orange CSA sticker.
- Type III . for goaltenders of any age, denoted by a blue CSA sticker.
- Type IV . for players at the Major Junior level and up, denoted by a yellow CSA sticker.
- An internal mouthguard may be attached to the facemask to protect the players teeth and to help reduce the risk of concussion. It is recommended that the mouthguard be fitted by a dental practitioner.
- All breaks or cracks should be replaced.
- Check that mask is compatible with helmet.
- Be sure to clean visor after every use.
- Never cut or alter facemask.

## Stick

- In street shoes, the stick should reach between the chin and the mouth of the player and just below the chin when on skates.
- Junior sticks should be used for younger players, as these sticks have features which are more suitable for this age group.
- When purchasing a goalie stick, the blade of the stick should be flat on the ice when the goalie is in a crouch position.
- Be aware of players personal preference when purchasing a hockey stick.

## Goaltender Equipment

- Goal pads should always be fitted with goaltender skates on.
- Kneecap should be in the middle of the knee roll.
- When completely fastened, the pads should extend from the toe of the skate to four inches above the knee.
- Extra knee pads may be worn under the goal pads for added protection.
- Always dry and store pads in an upright position.
- Check straps regularly.
- Pants should fit the same as regular pants, but should be loose enough to fit belly pad inside.
- Pants are expected to be heavier than usual because of their extra padding.
- Belly pad should tuck in about two inches below the belly button.
- Upper body protection should cover collar bone, chest, abdomen, and should extend down arms to the wrist.
- Goaltenders should wear special athletic support.
- Blocker and trapper should fit to the hand size of the player and should overlap arm pads.
- Never warp the blocker as this reduces its structural integrity.

\*Canadian Standards Association

