

EQUIPMENT SAFETY MANUAL



Your Guide To Safe Play

The Insurance Brokers Association of British Columbia, Alberta, Saskatchewan and Manitoba, in partnership with the Western Hockey League, not only want to make hockey fun but have created a resource for parents and youth hockey players alike on how to properly fit equipment. Whether you are new to hockey or just need a refresher, this comprehensive manual breaks down the categories of Hockey Equipment touching on key safety features, fitting procedures and cleaning techniques. Be sure to click on the equipment image in each segment for a video to follow one of our Western Hockey League trainers demonstrating how to properly fit your child or player, with a little help from some Western Hockey League players!

The sponsor of this manual and video, Insurance Brokers Association of British Columbia, Alberta, Saskatchewan and Manitoba and the Western Hockey League, expressly disclaims any responsibility for the completeness, accuracy, reliability, suitability or currency of the information or material presented in this manual and video. Any reliance placed upon such information or material is strictly at the user's own risk.



TABLE OF

TABLE OF CONTENTS

Undergarments4

Athletic Support5

Helmet6

 – Facial Protectors8

 – Mouthguard.9

Throat Protector / Neck Guard 10

Shoulder Pads. 11

Elbow Pads 12

Gloves 13

Shin Pads 14

Pants 15

Skates 16

Jersey & Socks 18

Stick. 19

Goaltender 20

 – Helmet. 20

 – Stick 21

 – Leg Pads. 22

 – Catcher & Blocker 23

 – Upper Body 24

 – Pants. 25

 – Athletic Support 26



UNDERGAR

UNDERGARMENTS

Choose an undergarment arrangement that will be cool and comfortable under your equipment to absorb moisture and avoid irritation of the skin.

Always ensure underwear and socks are dry and clean to avoid chafing from your equipment and to maintain hygiene.

When you play more than once in a day, it's important to have a dry set of undergarments with you. A number of material combinations exist for underwear from 100% cotton to cotton polyester blends.



WATCH OUR SAFETY VIDEO AT: WHL.CA



Over the underwear, males normally wear a boxer jock strap and females wear a jill strap. Boxer jock straps also come with a garter belt or Velcro adhesive to help to keep the socks secure. Each type incorporates a protective cup.

For effective shock absorption, it's important the individual is fitted correctly according to the player's normal waist size.

Any tears should be repaired to ensure the protective cup stays in the correct position. If the cup cracks, it should be replaced immediately.

The strap and protective cup should be hung to dry and the strap should be machine washed regularly.

ATHLETIC SUPPORT

HELMET

HELMET

Helmets must be Canadian Standards Association (CSA) certified, with a sticker indicating the approval.

Helmets are generally measured in junior or senior sizing and may be found in head sizes from 6 and 1/8th to 8 and 1/8th or in group sizing from XS to XL. Choose a size that fits snugly on the head, yet allows room for adjustments for final fitting.

Using the adjusting mechanisms, (which differ from model to model), adjust the helmets to fit so that when shaking the head from side to side and back and forth, the helmet does not move and does not cause discomfort. The front of the helmet should fall just above the eyebrows. Adjust the chin strap so that it is snug to the chin in order to provide proper protection.

Ear guards are a standard component of most helmets and must stay on in order to maintain CSA certification. A helmet with a break or crack in the outer shell must be replaced immediately.

Do regular maintenance on the exterior and interior of your helmet by checking that screws are secure and in place. Helmets should never be painted, have additional holes drilled into them or side straps removed, as this may weaken the structure and voids the CSA certification. To check the inside padding, press your fingers into the padding. If the padding retains its original shape the helmet is maintaining its protective quality; however if the padding breaks or cracks, then it is time to replace the helmet.



WATCH OUR SAFETY VIDEO AT: WHL.CA



EQUIPMENT SAFETY MANUAL



HELMET⁷

HELMET

HELMET - FACIAL PROTECTORS

All minor and female players are required to wear a CSA certified full face protector, properly attached to a CSA certified helmet. Eye protectors (visors) can be worn once you get to the major junior age category and older, with the exception of goaltenders.

Full face protectors come in three styles: wire cage, high impact polycarbonate shield and a combination of the two. The facial protector should fit to allow one finger to be placed snugly between the bottom of the chin and the chin strap. Periodically tighten the screws on the helmets attaching the facial shield.

Facial protectors with a break or crack should be replaced immediately. Never cut or alter wire masks as it weakens the structure and voids the CSA certification.

Removal of the chin cup or strap also voids the CSA certification and can cause undue risk of injury. Although a facemask does prevent dental injuries, it is still recommended that all players wear an internal mouthguard.



WATCH OUR SAFETY VIDEO AT: WHL.CA



To ensure your mouthguard fits properly, it should be durable and have at least a 3 mm thickness to keep the jaw separated. The mouthguard should be comfortable while maintaining a snug fit and the wearer should be able to talk and breathe easily with it in.

Mouthguards should be changed every year, depending on the frequency of use to avoid build-up of bacteria. Replace if torn, thin or worn out. It is recommended that a custom mouthguard should be made for avid hockey players if possible.

**HELMET
- MOUTHGUARD**





THROAT PR NECK GUAR

THROAT PROTECTOR / NECK GUARD

Protectors should completely cover the throat with a snug fit without feeling uncomfortable or tight. There are two styles of protectors, t-shirt style or collar style. The t-shirt style should cover the throat and upper chest while the collar style protects the throat area from lacerations and cuts. All protectors, regardless of style, should bear the BNQ logo to ensure protector is properly certified.

The throat protector should be washed regularly in cool water and hung to air dry.



WATCH OUR SAFETY VIDEO AT: WHL.CA



Protective caps of the shoulder pads should fit securely over the top of the shoulders and extend to meet the elbow pads. The shoulder area, including the upper back, chest and upper arms should be completely covered by the shoulder pads. It is recommended that the back of the shoulder pads should overlap slightly with the pants. The upper arm pads should fit securely around the biceps and triceps area. The plastic cups are designed to protect the shoulder and disperse any force around the area.

Players should be able to reach arms above shoulder height without the pads digging into the neck area.

Ensure there are no cracks in the padding and all rivets and straps are intact.

SHOULDER PADS



ELBOW PADS

ELBOW PADS

The elbow pads should have a plastic cup which protects the elbow point. The straps should be tight enough so that it does not slide when the players arm is fully extended. The padding should wrap around the entire forearm and the elbow pads should be long enough to meet the cuff of the gloves to ensure proper protection. The plastic cup that protects the elbow should offer full range of motion when bending the arm. With the elbow pads on, test the range of motion by flexing and extending the arm. Watch for any constriction or restriction of movement. Make sure you check which pad is for the right or left, although most introductory and intermediate elbow pads can be used on either elbow.

If the plastic cup is cracked or becomes brittle, the pad should be replaced.

Hang dry the equipment after each session. To clean, mix a little laundry soap with water and use a soft brush on the padding.



WATCH OUR SAFETY VIDEO AT: WHL.CA



Gloves should fit like loose winter gloves over the fingers but offer maximum movement and protection and cover the bottom of the elbow pads. The palms of the gloves should be soft and flexible, while the back of the glove should have a hard protective shell to absorb impact. When wearing the glove, you should be able to press the back of the glove and not feel the compression from the inside. Any tearing, lost padding, or worn out material in the palms should be replaced.

Ensure proper air drying after ice session. Remember, never dry gloves over an open heat source.

GLOVES

SHIN PADS

SHIN PADS

The cap of the shin pad should be centered directly on the kneecap and should wrap around the lower leg. Padding on the shin pads should overlap with the bottom of the hockey pants by approximately 2". Padding should also wrap around the calves for maximum protection.

Shin pads should not restrict movement of the foot in any way. There should be no exposed areas between the top of the skate and the bottom of the shin pad, otherwise the pad is too short. Likewise if a shin pad is too long it may cause discomfort and restrict movement. Shin pads are generally measured in junior/ youth from 7"-12" or senior from 13"-18".

Cracked shin pads must be replaced immediately.

Hang dry the equipment after each session. To clean, mix a little laundry soap with water and use a soft brush on the padding.



WATCH OUR SAFETY VIDEO AT: WHL.CA



The length of the pants should overlap with the shin pads' top padding, covering approximately 2" and should be fitted according to waist size or in group size from S-XXL. For female players, fit the hips first then check the position of the leg and kidney pads to ensure they cover these areas adequately.

Padding around the ribs, hips, thighs and kidneys is important to ensure proper protection. Padding around the waist of the pants should cover the kidney area and be snug the entire way around. The padding on the rear should extend far enough to completely cover the tail bone. Thigh padding and hip padding must fit over the appropriate areas to offer maximum protection and still provide full mobility.

Any belts, laces or straps on the pants should be placed just above the hip bone and fit snug, but still allow movement without falling off. If any of the padding cracks, it should be replaced immediately.

All removable padding should be washed with a mild detergent and air dried while the pants should be hung and air dried as well.

PANTS

SKATES

SKATES

Skates usually fit 1 - 1.5 sizes smaller than street shoes. When fitting skates, wear the same socks to be worn when skating. Loosen the laces so that the foot can easily slip into the boot and then slide the foot forward to press the ends of the toes against the front of the skate. With the foot in this position, you should be able to place one finger between the boot and the heel of the foot.

Prior to lacing up the skates, kick the heel into the boot's heel by banging the skate against the floor. Lace the boot with the first 3 eyelets snug, the next 3-4 eyelets loose, to prevent constriction of this area, and the last 2-4 eyelets very snug to maximize energy transfer to the boot.

Once the skates are laced up, there should be approximately 1 and 1/2" to 2" between the eyelets. If they are farther apart than that, a narrower boot is necessary. If the eyelets are closer, then a wider boot is required. Different skate brands are designed for either narrow or wide feet.

Next, walk in the skates to ensure a comfortable fit.

Remove the skates and check the feet for red areas or pressure points, which are signs of an improper fit. All skates will require a break-in period.

Skate tongues should be worn behind the shin pads to fully protect the lower shin.

If the hard shell in the toes becomes cracked, the skates should not be worn as this could result in serious injury.

Always dry skates by opening boots wide and pulling out removable liners after every session. Regularly check skate blades for:

- Sharpness
- Bending of the blade
- Loose rivets
- Cracked blade holders or blade
- Loose blades



WATCH OUR SAFETY VIDEO AT: WHL.CA

If you are on the ice more than three times a week, skates should be sharpened weekly or if there is a noticeable difference in the players ability to stop or turn.

Skate blades should be wiped dry after each use. Skate guards should be placed on the skate blades to avoid damage during transport or when walking on a non-ice surface.

Never buy skates that are too large with the intention of growing into them.



JERSEY & S

JERSEY & SOCKS

A jersey should be large enough to fit over all upper body equipment and allow for a full range of motion. The length should not extend over the pants, but should be long enough so that it does not ride up or get caught on anything while skating. You do not want the jersey to be too baggy as it could get caught on the bench door or other objects. The arm sleeves should reach to the wrists and the neckline should not press on the back of the neck.

Socks should extend from the top of the foot to the top of the leg to hold the shin pads in position. Socks can be tucked inside the skates or left on the outside, depending on personal preference. Secure the socks with a garter belt system or Velcro straps rather than tape above the knee area, to avoid loss of circulation.

To ensure longevity of the fibres and fabric, wash after each use in cool water and air dry, avoiding any direct heat sources.



WATCH OUR SAFETY VIDEO AT: WHL.CA



Junior sticks have a narrow flexible shaft and a smaller, straight blade for better control when handling the puck. Intermediate or senior sized sticks (87, 95, or 100 flex) are for players who have the ability to control a larger stick with less flexibility. The length of the stick should reach close to the nose of the player while wearing regular street shoes. In skates, the stick should reach just below the chin.

The angle of the blade should be flat on the ice and there should be no gaps between the ice and the bottom edge of the blade. If there is a gap, try a stick with a different blade angle. Sticks should be taped along the blade and at the butt end to prevent injuries. Different colours and materials of tape are available to experiment with to determine what the player likes best!

STICK



GOALTENDER

GOALTENDER - HELMET

Similar to a player helmet, goalie helmets must also be certified by the Canadian Standards Association (CSA), with the same sticker indicating the approval.

The same principles apply for fitting and maintenance with goaltender helmets as for regular player helmet's, with the exception:

Goalie helmets are designed to be lightweight but still highly protective.

They have shock-absorbent foam on the inside to cushion the goalies head and provide maximum protection.



GO



WATCH OUR SAFETY VIDEO AT: WHL.CA



Goaltenders should select a stick which allows them to comfortably assume the crouch, ready position. Be aware of the different lies, which is the angle at which the shaft rises from the ice, as well as the length of the paddle. At practice, use other players' sticks to experiment with different lengths.

GOALTENDER - STICK

EQUIPMENT SAFETY MANUAL



21



GOALTENDER

– LEG PADS

GOALTENDER – LEG PADS

Always fit goal pads while wearing skates. Kneel down into each pad, making sure the kneecap is in the middle of the knee roll.

The large vertical roll should be on the outside of each leg. After securing all the straps, the pad should extend from the toe of the skate to 4" above the knee. The pads should also have additional padding at the back of the leg which fits under the straps. The top of the pads should extend approximately 3" above the bottom of the pants.

It is recommended that leg coverings such as hockey socks be worn under goalie pads.

Pads should air dry to prevent mildew. Straps should be checked regularly and be replaced as needed.

A leather conditioner can be rubbed on the pads to prevent premature breakdown.



WATCH OUR SAFETY VIDEO AT: WHL.CA



With the catcher and blocker on, when arms and hands are lowered to the side, the gloves should not fall off. The blocker should allow for easy, comfortable gripping, with control of the stick. The bottom of the pack-pad of the blocker should never be warped, as this exposes the ends of the fingers to possible injury.

The catcher must have a heavily padded cuff, which overlaps the arm pad to offer maximum protection. If the padding becomes lumpy or spongy when pressing into the glove, it's time to replace it.

GOALTENDER - CATCHER & BLOCKER

EQUIPMENT SAFETY MANUAL



23



GOALTENDER

GOALTENDER - UPPER BODY

The upper body protection padding for a goaltender is designed to protect the collarbone, entire chest and abdominal areas, as well as down the arms to the wrist.

The arm pads should overlap slightly with the gloves while allowing movement of the wrists and hands. Elbow padding must be properly positioned over the elbow. Arm padding should extend down the wrist. The body pad should tuck into the pants about 2" below the navel. Straps are utilized to fasten properly.

Air dry after every session.



WATCH OUR SAFETY VIDEO AT: WHL.CA



As with regular pants, goaltenders pants are designed to absorb and disperse impact. Padding is positioned to protect hips, waist, lower back, tailbone, thighs and the groin area.

The same principles apply for fitting, protective quality and maintenance with goaltender pants as for regular players' pants, with the exception:

Goalie pants need to be loose enough around the waist to allow the belly pad to tuck into the pants

Goalie pants have additional protective pieces and, as such, padding is heavier and may require suspenders to help keep pants from falling.

GOALTENDER - PANTS





GOALTENDER

GOALTENDER - ATHLETIC SUPPORT

Goaltenders wear a specially designed athletic support and cup, which has extra padding and protection. The same fitting for regular playing equipment applies; however there are specially designed pieces for goaltenders.



WATCH OUR SAFETY VIDEO AT: WHL.CA

**HAVE FUN,
STAY ACTIVE,
BUT REMEMBER,
*SAFETY
FIRST!***

Special thanks to Steve Hildebrand, Mya Hildebrand,
Max Hildebrand, Nelson Nogier and Nik Amundrud.

Video produced by Robbie Snooks and Alyson Chambers.



WHL.ca

2014-15 Western Hockey League. All Rights Reserved.
Reproduction without express written consent is forbidden.