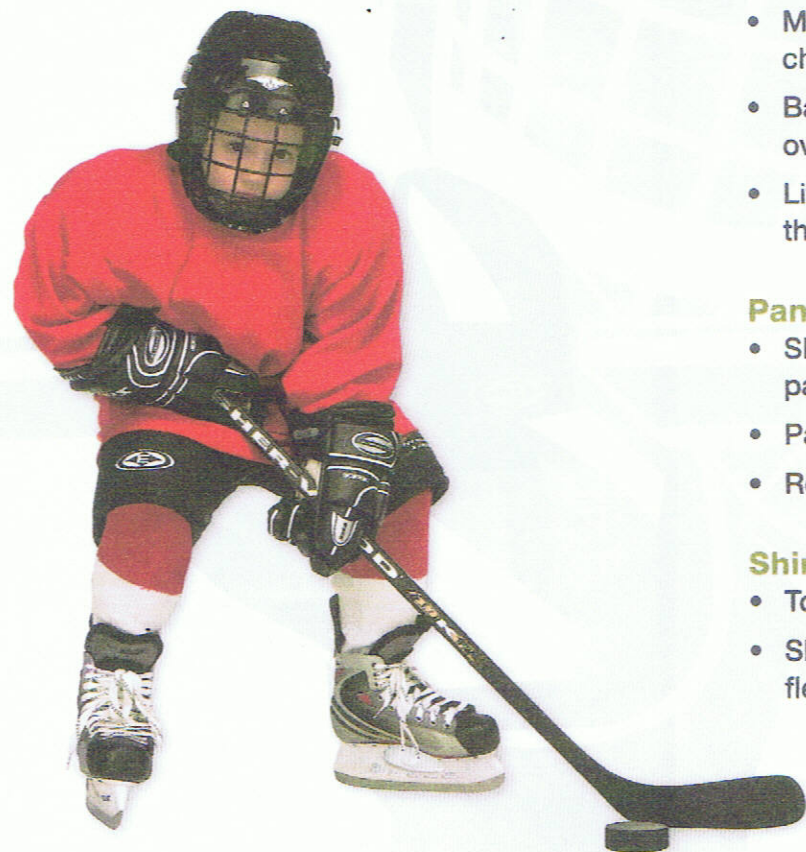


Proper fit ensures proper protection

Skates

- To find the right fit, try on one size smaller than street shoes
- Player should be able to place one finger between heel and back of skate when laces are loosened and toes are pushed forward to touch front of skate
- When skates are laced up, ensure there is 1½ to 2" between eyelets
- Walk around in skates to check comfort
- Check feet for red areas or pressure points – indicators of improperly fitted skates

Note: All skates require time to be broken in



Helmet

- Must be CSA approved and CSA sticker must remain visible during play
- Use adjusting mechanism to ensure snug fit and eliminate discomfort
- Front of helmet should fall just above eyebrows
- Ensure chin strap is fastened snug and does not hang down

Elbow pads

- Should protect beyond the elbow so that no part of the arm is exposed above the glove or below the shoulder pad

Shoulder pads

- Must completely cover shoulders, upper back, chest and upper arms down to the elbow pads
- Back section of shoulder pads should slightly overlap pants
- Lift arms slightly above shoulder level and check that pads do not dig into neck

Pants

- Should overlap top flair padding of shin pads by 2"
- Padding around waist must cover kidney area
- Rear padding must cover tail bone

Shin pads

- Top flair padding should underlap pants by 2"
- Should rest 1" above foot when foot is flexed upward



Equipment sizing guide



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