

Helmets – Required for all Skaters below Stage 5!!!

1. **CSA approved Hockey Helmets are required** for all CanSkaters until they have completed their Stage 5 BADGE... and are recommended for beginner skaters of any age;
2. The fit of the helmet should be snug;
3. Both the strap and the helmet should be adjustable and fastened at all times while on the ice;
4. Helmets should be new as there is no guarantee on a used helmet;
5. Helmets **must be** approved by the Canadian Standards Association (CSA) as they provide the best quality and safest design

Clothing

1. Clothing should provide warmth, and allow for movement and provide some protection from falls;
2. Ski suits are generally warm and dry but may restrict movement if not form fitting;
3. Layering of sweat suits with splash pants, sweaters, ski jackets and long underwear or leotards is recommended;
4. Warm mittens are a must, gloves are not warm enough – we do not recommend the padded hockey mitts;
5. Scarves are not allowed;
6. Knee guards are not recommended, but if you put them on your child they should be placed underneath the top layer of clothing. If placed on the outside they slide on the ice which makes getting up difficult.