

## ***Essential Safety Equipment***

Below is a list of required safety equipment that must be worn in training and games, without this equipment players are not permitted to play or train.



1. **Gloves**- They protect the hands, fingers and wrists. Gloves should fit snugly and not be too loose.



2. **Chest or Shoulder Pads** - the chest pads are worn to protect a player's upper torso, shoulders and upper arms. It is important that chest pads fit properly.



3. **Shin Guards**- With built in kneepads, these protect the player's shins and knees. They also protect from hard shots and from sticks.



4.

**Helmet**- The helmet provides protection for the head region. While there are options for face protection, the full face-cage or Perspex offers the best protection because it covers the full face. The full face protection is mandatory for all female players and players aged 18 and under.



5. **Neck Guard**-The guard is to prevent injury to the neck by pucks, hockey sticks and skate blades. This piece of equipment is mandatory for all players aged 18 years and under. It is recommended that all players wear neck guards.



6. **Elbow Guards**- The elbow guards or pads offer protection to the regions above and below the elbow joint. They should fit snugly and cover the sides and the back part of the elbow.



7. **Mouth Guard**- very small but very important! It is recommended that all players wear a custom-made mouth guard. These can be organized through a good dentist and will not only protect your teeth but play an important role in reducing the severity of concussions sustained in contact sports such as ice hockey



8. **Protective Pants**- These specially designed pants have interior padding to protect the thighs, hips, pelvic region and kidneys and tailbone.



9. **Protective Cup**- Some consider this the most important piece of protective equipment of all! It protects the pelvic region. This equipment is available for both men and women in all sizes.

