

# PROPER EQUIPMENT

## *CHOOSING THE RIGHT SKATES*

Hockey skates, ensure a proper fit have the skater push their toes all the way to the front of the boot. Be sure there is no more than one finger width of space behind the heel Must have proper ankle support Be sure the fit around the ankle is snug, and the top is a bit looser to allow the ankle to bend Tie laces comfortably and double knot Any extra lace should be tied or tucked in Dry blades after skating and use soft skate guards

## *CHOOSING THE RIGHT HELMET*

A CSA approved hockey helmet with a full-face mask is mandatory. A proper fitting helmet sits no more than 1 inch above the brow line and has no more than 1 finger space under the chin Be sure that skaters can see – all excess hair should be pulled back out of the way.

## *EQUIPMENT*

Please make sure to try on all equipment prior to the first day of class, make sure you have a proper hockey or ringette stick, no plastic sticks. Choose a stick for your sport that fits correctly in length and feels comfortable, and consider the materials (wood or composite)

## *WHERE CAN I PURCHASE EQUIPMENT?*

You can purchase hockey equipment from any Source for Sports, Pro Hockey life, Sport Check, Canadian Tire or Play It Again Sports locations. It is particularly important to take your child with you when you go to purchase equipment / skates as they are a different sizing structure than their regular shoes. Skates need to fit properly for safety purposes.

## *SKATE SHARPENING*

We recommend getting your skates sharpened when you first purchase them and then after every 10-15 hours of ice time. Always get skates sharpened by a qualified Hockey retailer, depending on the type of skates you have.

## *HOCKEY RETAILERS*

- Pro Hockey Life Oakville 270 North Service Rd West. Oakville, [www.prohockeylife.com](http://www.prohockeylife.com)
- Al's Source for Sports 3485 Fairview Street, Burlington, [www.sourceforsports.ca](http://www.sourceforsports.ca)
- Coach's Corner 5B-4391 Harvester Road Burlington, [www.coachscorner.ca](http://www.coachscorner.ca)