



Player Equipment Checklist

Helmet

Must be CSA certified with CSA certified face guard/mask correctly installed. The inside padding must not be brittle or loose from the shell. Should fit snug- not too loose or too tight. Helmets with loose and missing screws, cracks, decals, and stickers not affixed by the manufacturer may void the CSA certification and are therefore prohibited/will not pass BMHA equipment inspection. DO NOT REMOVE ANY MANUFACTURERS STICKERS. The chin strap is to be fitted SNUGLY under the chin.

Throat Protector

Must be BNQ certified (have a BNQ stamp)

Skates

Blades sharp, don't wrap laces around the ankles.

Shin Pads

Must be long enough to cover from top of skate to bottom of pants. The skate tongue should be tucked UNDER the shin pad.

Socks

Socks should extend from top of skate to top of leg, no major rips/tears.

Pants

Long enough to meet the top of the shin pad and high enough to protect kidneys. All padding must be in place.

Athletic Supporter

Jock strap for boys, Jill strap for girls. Must be worn at all times on the ice.

Chest Protector

The chest protector should cover the heart area/sternum and be made of rigid or semi-rigid material.



Elbow Pads

Elbow pads should fit tightly enough that they resist sliding out of position when pulled or pushed along the length of the arm- should meet the bottom of the shoulder pad and wrist area of glove.

Gloves

Many gloves do not sufficiently protect the upper wrist area which is highly susceptible to injury.

Jersey

Large enough to extend over the top of pants and elbow pad, not tucked in.

Stick

Typically should come up to the player's chin, while wearing skates. Tape should be wrapped around the blade and the butt end of the stick (sufficient to prevent the butt end of the stick from fitting through a face mask).

Mouthguard

Recommended but not mandatory.

Hockey gear should always be hung up to air dry and washed regularly. This prolongs the life of the gear and reduces the risk of contracting a bacterial infection.