



MANDATORY EQUIPMENT POLICY

Purpose: The purpose of this policy is to inform the player, parents and coaches of what equipment is required by each player, over and above the defined CDLA requirements, in order to prevent/minimize the potential for serious injuries while playing the sport of Lacrosse.

Knee Protection

All participants registered with the Hornets Lacrosse Club are required to wear knee protection during both games and practices. The only exception to this is in the Bantam and Midget levels, where, if the player chooses not to wear the knee protection, the parents and/or guardian along with the player must sign a knee protection waiver. The completed waiver must be presented to the team coach or manager prior to not wearing the knee protection. The coach will retain a copy of the waiver and send the original on to the coaching coordinator.

Mouth-guards

All participants registered with the Hornets Lacrosse Club are required to wear a mouth guard during both practices and games. All mouth-guards must adhere to the specifications as defined in the ALA/CDLA Rules & Regulations.

Helmets

All participants registered with the Hornets Lacrosse Club are required to wear a helmet any time that the player is on the floor; including pre-game or pre-practice times. All participants registered with the Hornets Lacrosse Club that are not playing during a game and are on the bench shall have a helmet on at all times.

All helmets must adhere to the specifications as defined in the ALA/CDLA Rules & Regulations.

Goalie Sticks

Bantam and Midget permanent goalies are required to supply their own personal goalie stick.

All sticks must adhere to the specifications as defined in the ALA/CDLA Rules & Regulations.

