

- **ALL PLAYERS are required to have ALL standard protective equipment.**
  - **From head to toe ... all items must be worn at all times on the ice!**
- For players new to hockey, we recommend that a few trial runs on the ice are done prior to first practice to ensure that the player is familiar with all the gear and is able to get themselves back up on their feet when they fall.
  - **HELMET**
    - cage or clear shield
    - working chin strap
  - **NECK GUARD**
  - **BASE LAYER** - most players wear a thin base layer under their equipment so it's not in direct contact with their skin. Some find it more comfortable without.
  - **CHEST PROTECTOR** - includes shoulder pads
  - **ELBOW PADS**
  - **HOCKEY GLOVES**
  - **SHIN PADS** (knee / shin protection)
  - **'JOCK' or 'JILL'** - protective undergarment for boys/girls
    - We recommend one that is shorts-style with velcro tabs to attach hockey socks to.
  - **HOCKEY PANTS** - These are actually "shorts" - they provide padding all around the shorts area as well as lower back protection.
  - **HOCKEY SOCKS** - These go over the shin pads and are usually attached to the shorts of the JOCK / JILL.
    - Game socks will be provided by LCDMHA but it's a good idea to have a set for practices, if possible.
  - **PRACTICE JERSEY**
    - Game jerseys will be provided by LCDMHA, but are to be worn ONLY for games.
  - **SKATES**
    - AND SKATE BLADE GUARDS!
    - Must be sharpened if purchased brand new!
  - **STICK** - you'll need to know if your player prefers 'righty' or 'lefty'
    - Height should reach approximately the bridge of the player's nose when NOT wearing skates. Chin-height with skates on.
  - **HOCKEY TAPE**
    - CLEAR for top of socks around the thigh
    - White or black or whatever you choose for on the stick handle and blade
  - **HOCKEY BAG to pack it all around in - nothing fancy required.**
    - **There's a variety of options - shoulder carry or wheeled ... you may want to check online classifieds.**
    - **Facebook:**
      - [Lake Cowichan Hockey Swap](#)
      - [Cowichan Valley Hockey swap n shop](#)

**U7 - U9 - U11\* Divisions:** parents are permitted in the dressing rooms to help kids get ready.

- 'RULE of TWO' applies - NEVER only one adult in a dressing room where players are or may be present - always TWO.
- Start early - teach your kiddo how to get themselves ready for practices and games.
- \* U11 - While parents are permitted in the dressing room (RULE of TWO), this is a good age to encourage players to look after all their own equipment and if help is needed, players go out of the dressing room to find their parent.

**U13 and up - PARENTS ARE NOT PERMITTED** in the dressing rooms, unless asked to be a second adult by a Team Staff member.

(Rostered TEAM STAFF volunteers are permitted - RULE of TWO.)

## **HOW TO DRESS A KID FOR HOCKEY?! [Here's a helpful video.](#)**

*"Skate liner socks" described in the video are not required, regular socks will do if they are comfortable for your player - be mindful of exposed skin becoming irritated.*

Photo below does not show the recommended base layer.



[Canadian Tire website](#) shows a few KITS of protective gear - but they do not include all required gear - refer to the list on page 1.

[Sport Chek](#) in Duncan has knowledgeable staff who can help you get what you need (take the checklist).

[Kirby's Source for Sports](#) in Nanaimo or Victoria are also a great option.