




2.1 Equipment & Gear Basics


Helmet Fitting: Ensure a snug fit with no movement. Chin straps should be tight but comfortable. Helmets should meet CSA certification standards and not be altered.

Skate Fitting: Avoid oversized skates. Ensure heel lock and toes lightly feather the front of the skate.

 **Pro Tip:** Try on skates wearing the **same hockey socks** your player will wear during games for the most accurate fit.

Stick Sizing: The stick should reach your child's nose in bare feet and just under the chin with skates on. Flex should be half the player's body weight.

Base Layers & Under Armour: Choose moisture-wicking tops and bottoms. Avoid cotton as it traps sweat.

 **Pro Tip:** **Integrated jock/jill shorts or pants** with built-in protective cup and Velcro tabs for socks.

Other Required Gear Checklist:

- Shoulder Pads
- Elbow Pads
- Hockey Gloves
- Hockey Pants
- Shin Guards
- Neck Guard (BNQ certified)
- Mouth Guard (if required)
- Jersey & Socks (provided)
- Hockey Bag
- Water Bottle

Frequently Asked Questions

Q: Can I buy used gear for my child?

Yes! Used gear is a great way to save money. Just ensure the equipment is in **good condition** and fits **properly** – especially helmets and skates.

Q: What brands should I look for?

Common and trusted brands include **CCM, Bauer, & Warrior**. Fit and comfort are more important than brand name.

Q: How often do I need to replace equipment?

It depends on growth and wear. Helmets every **5-6 years**, skates when toes are cramped or heel lift appears, and other gear as needed.

Q: Where can I buy or get fitted locally?

In Lethbridge, you can visit:

- **Players Bench Sports**
- **Sport Chek**
- **Canadian Tire** (for starter kits)
- **Facebook Buy & Sell groups** for used gear

For more information, email lmhareg@telus.net