

Equipment Checklist

To ensure the proper protection of all players, the following is a list of equipment that is required to participate in the sport of Ringette at all levels. You may find this guide helpful in preparing your child for their first season.

Helmet and Cage - Chin should sit comfortably in the chin cup and no excess movement of the helmet. A ringette specific mask or cage must be used. Hockey masks are not safe for ringette. **Please ensure your child's name is displayed on the front of the helmet** (written on a strip of masking tape or a label).

Neck Guard – Must be padded and CSA approved.

Elbow Pads – should not impede the motion of the shoulder pad.

Shoulder Pads – Should be comfortable and not impede movement.

Gloves – Fingertips should be within 1/8" from the tip.

Girdle – Should not extend below the knees.

Ringette Pants – Any brand will do – if the ones you have are too big they can be taped at the bottom - ensure they are not hanging over the skate impeding movement.

Shin Pads – Should not interfere with the skate or skate tongue.

Skates - Skates should never hurt; there is no such thing as a "break in period". A good rule of thumb is having toes 1/8" away from the tip when the skates are tied and ensure a proper width. It is not recommended to purchase skates too large for the child as it will impact their skating ability. It may be worthwhile to consult with a skate fit expert to determine proper fit.

Stick – Ringette sticks are tapered with a reinforced tip. Sticks are best cut to fit under the arm pit without skates on. There are many benefits of a shorter stick.

Water Bottle – Labeled water bottle for your child.

Hair Tied Back – Please ensure hair is tied back, it can tend to migrate to the front of the eyes after a bit of time on the ice.

Bag – A bag that's fits all equipment.

