



## RISK MANAGEMENT: SKATER'S EQUIPMENT CHECKLIST

EQUIPMENT	NOT	OK	INSPECT	BASIC THINGS TO LOOK FOR
FACEMASK	<input type="checkbox"/>	<input type="checkbox"/>	Size	NEVER force it to fit helmet. NEVER cut or modify either plastic or wire masks.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Tight screws & if replacements, NOT too long. Straps snug with stretch in elastic.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	NO cracks in plastic. Watch for rust at wire seams.
GLOVES	<input type="checkbox"/>	<input type="checkbox"/>	Size	High enough so NO unprotected forearms between gloves & elbow pads. If not, use slash guards.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Firm fingers, thumb & back padding. NO compression felt if back pushed down.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Palms soft & pliable. NO holes near fingers or in palm. NO loose threads.
SKATES	<input type="checkbox"/>	<input type="checkbox"/>	Size	Inside boot wear indicates loose fit. Tightened eyelets 1 1/2" to 2" apart.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Tongue long enough to go behind shin pads to protect lower shin.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	NO missing / loose rivets, loose/bent blades, torn eyelets &/or soft toe caps.
NECKGUARD	<input type="checkbox"/>	<input type="checkbox"/>	Size	Completely covers neck and preferably upper chest.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Fits snug enough to avoid exposing parts of neck and upper chest.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	MUST have BNC certification; be free of fabric cuts and Velcro strap NOT worn. Must not be altered in any way.
MOUTHGUARD (if applicable)	<input type="checkbox"/>	<input type="checkbox"/>	Size	Fits snugly over teeth and NOT so loose as to fall out of position. Should be dentist fitted.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Watch for cracks & if been bitten through. Replace before becoming brittle.
STICK	<input type="checkbox"/>	<input type="checkbox"/>	Size	Properly sized sticks should barely reach a player's chin when in street clothes.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	NO cracks/splinters on shaft/blade. If fiberglass overwrap, to be laped. Butt end taped to prevent penetration of face mask.
SOCKS	<input type="checkbox"/>	<input type="checkbox"/>	Size	Long enough to cover shin pads & fits snugly.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Rips or tears should be sewn.
JERSEY			Size	Must be worn entirely over the uniform

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Player's Name:			#:	Team:
Completed by:			Date:	
	Condition:			
EQUIPMENT	NOT	OK	INSPECT	BASIC THINGS TO LOOK FOR
JOCK OR JILL	<input type="checkbox"/>	<input type="checkbox"/>	Size	Fits snugly, but not so tight as to be uncomfortable.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Wears specially designed support & cup with extra padding.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Firmly secured with no loose threads on support & cracks on cup/rubber. Elastic straps in good condition.
PANTS	<input type="checkbox"/>	<input type="checkbox"/>	Size	If too small, leave thigh exposed &/or lower back unprotected.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Adequate padding in front, side of thigh, tailbone, hip & kidney.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	NO tears, loose threads &/or dangling belts/straps. Inside leg zippers done up.
SHIN PADS	<input type="checkbox"/>	<input type="checkbox"/>	Size	It too small, leaves lower shin &/or knee cap (front/sides) exposed.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Should have firm donut hole under plastic and over the knee cap.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Look for cracks, loose stitching &/or deteriorating padding underneath plastic.
SHOULDER PADS	<input type="checkbox"/>	<input type="checkbox"/>	Size	NOT too small leaving areas exposed or too large to hinder movement.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Plastic (not just foam) protecting chest, shoulder, back & upper arms.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Look for cracks, loose stitching &/or deteriorating padding and Velcro straps.
ELBOW PADS	<input type="checkbox"/>	<input type="checkbox"/>	Size	Protect entire elbow joint & upper forearm, preferably down to top of gloves.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Must have soft protective outer covering of sponge, rubber, or a similar material of at least 1/2 inch thick. Donut-shaped pad protecting point of elbow.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Watch for worn elastic & worn donut protecting elbow.
HELMET	<input type="checkbox"/>	<input type="checkbox"/>	Size	Fits snug (NOT loose) & fully covers forehead, temples, ear area & base of skull.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Must have visible CSA label, snug chin strap, ear guards, be decal/tape free & not painted.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	No cracks in shell or padding. Replace helmet with padding separating from plastic shell: do NOT re-glue.