



DYHA Equipment Information Fact Sheet

Helmet with face mask

Helmets approved by CSA and HECC are required at all times a player is on the ice.



Shoulder pads

Required during all on-ice workouts.



Elbow pads

Bring them and wear them always.



Hockey pants

including belt or suspenders



Gloves

Make sure they're comfortable and still fit properly.



Athletic cup

and supporter
Don't leave home or step onto the ice without it.

Shin guards

Need to have them.



Garter belt and hockey socks

Either the old style belt and fasteners, or the newer velcro tabs attached to a snug fitting short with a built-in cup.



Skates

Very important.
Make sure they fit correctly.
Get them sharpened and throw in an extra pair of laces just in case you break one when you tighten them up.
Bring a towel to dry off your blades after you get off the ice.



Hockey Sticks

Bring at least two sticks with you and write your name somewhere on the shaft. Cut the shaft of your stick so that it is "up to your mouth when standing on your tip toes" (as though you were on skates).



*Hockey skates should be sharpened every 2-4 weeks, depending on how frequently your skater is on the ice. Never let the skate blades touch metal or cement as this can ruin the blade.

*When tying your skater's skates, make sure you pull the laces tight. Loose skates, especially around the ankles, make it difficult to skate properly.

*A stick is sized for each individual skater. Tape and wax are used on the blade of the stick to provide better control of the puck.

*Teach your skater early how to put his/her equipment on, and allow him or her to be independent as much as possible.

RESOURCES

www.usahockey.com/playersandparents

<https://www.hockeymonkey.com/article-suiting-up-for-the-first-time.html>

<https://www.youtube.com/watch?v=N7R5leN6n2Y>

(USA Hockey – How to Get Dressed for Hockey)