

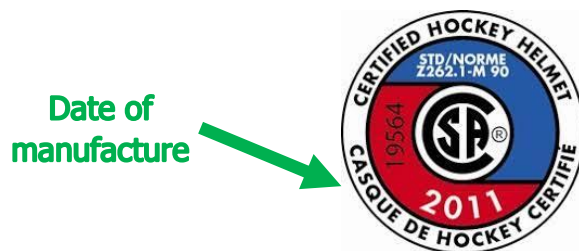
Helmets Safety 101



What kind of helmet do we need to skate?

All participants must wear a CSA-certified hockey helmet on the ice until they have completed CanSkate Stage 5, regardless of age.

All CSA certified helmets have a sticker indicating their certification as shown below. CSA takes the position that the life span of a helmet is not easy to determine and so CSA does not give expiry dates for hockey helmets. Hockey helmets must have labelling with the date of manufacture and have a chin strap.



Are face masks required as well?

Face masks are not mandatory; however young skaters may benefit from the added protection.

Are used hockey helmets acceptable?

Hockey helmets and face protectors sold in Canada must meet safety standards set by the Canadian Standards Association (CSA). If the CSA sticker is not present, throw the product away.

CSA advocates that "consumers should exercise good judgement as to the suitability of a hockey helmet for play. Helmets that are cracked, have loose fitting or missing liner pieces, or that have been subjected to a severe blow should be replaced. For a hockey helmet to function effectively, it must be in very good working order and worn properly in accordance with the manufacturer's instructions."

How should the hockey helmet fit?

A hockey helmet should fit snug to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened.

For an adjustable helmet, open it to the largest setting and gradually begin to downsize the helmet until a comfortably snug fit is achieved. The helmet should rest on the head

so that the rim is one finger width above the eyebrow and making contact with the top of your head.

Although most helmets are lined with protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.

Why only hockey helmets?

Hockey helmets are designed to help protect against head injuries occurring on ice, whether from a fall or collision. A bicycle helmet, for example, is designed to protect against head injuries should a fall occur while riding a bicycle. It is important to ensure that when a skater is on the ice, they are protected with equipment designed for their sport or activity.