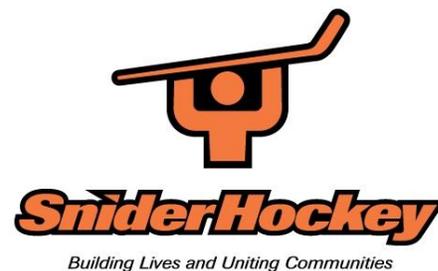


SNIDER HOCKEY



EQUIPMENT GUIDE

THINK SAFETY!

HELMETS

Fitting

Helmets are generally measured in junior or senior sizing and may also be found in group sizes (JR, XS, S, M, L, and XL).

Helmets should fit snugly on the head. Using the adjustment mechanisms (varies from model to model), adjust the helmet to fit so that **when shaking the head from side to side and back and forth, the helmet does not move and does not cause discomfort.**

The front of the helmet should fall just above the eyebrows. The chin strap should be adjusted to fit snug to the chin to provide proper protection. A loose chin strap, one that is hanging down, could cause the helmet to fall off on impact.

The face cage must be compatible with the helmet. Not all masks fit every helmet. **The face cage should fit to allow one finger to be placed snugly between the bottom of the chin and the chin cup.**

Protective Quality

Occasionally, check the inside padding of the helmet by pressing the thumb into the padding. If the padding retains its original shape, the helmet maintains its protective quality. If the padding breaks or cracks, then it is time to replace the helmet.

Ear guards are a standard component on most helmets. The ear guards protect the ears from impact injuries.

Helmets should never be painted or altered in any way as this may weaken the structure and will void HECC certification.

Maintenance

Regularly check the helmet to ensure screws are in place and secure, including tightening the screws that attach the face cage. Rusted screws should be replaced.

Any helmet with a break or crack in the outer shell must be replaced.



THINK SAFETY!

SHOULDER PADS

Fitting

Shoulder pads should completely cover the shoulders (with the protective caps positioned on top of the shoulder), upper back, chest and upper arms to just above the elbow area. The upper arm pads should fit securely around the bicep and tricep muscle areas.



A player should have good range of motion while wearing shoulder pads. **To test range of motion, have the player lift arms slightly above shoulder height. In this position, ensure that the pads do not dig into the neck area.**

Bag Size	Pad Size	Approximate Age	Player Height	Player Weight (lbs)
XS	Yth Large	6-9	3'9" – 4'7"	50-70
S	Jr Small	8-11	4'3" – 4'8"	60-90
M	Jr Medium	9-12	4'7" – 5'	70-100
M	Jr Large	11-14	4'11" – 5'4"	80-110
L	Sr Small	14+	5'5" – 5'9"	120-160
L or XL	Sr Medium	14+	5'7" – 5'11"	140-180
XL	Sr Large	15+	5'9" – 6'1"	160-200

Protective Quality

The plastic cups are designed to protect the shoulder and disperse any force over a large area through the full range of motion.

Maintenance

Check all straps and Velcro fasteners around the arms and the mid-body to ensure they are intact and do not cause discomfort.

Ensure there are no cracks or tears in any parts of the pads. Repair or replace as necessary.

THINK SAFETY!

ELBOW PADS

Fitting

Most introductory and intermediate quality elbow pads can be used on either elbow. However, some are made specifically for left and right arms. **Ensure pads are on the appropriate arms.**

Place the donut or pocket inside the elbow pad on the point of the elbow. **The slash guard should be on the outside of the elbow pad.** Snugly fasten the straps so the elbow pad does not slide when the arm is fully extended.



The elbow pad should not restrict movement of the elbow. With the elbow pads on, **test the range of motion by bending the arm at the elbow, watching for any constriction or restriction of movement.**

Bag Size	Pad Size	Approximate Age	Player Height	Player Weight (lbs)
XS	Yth Large	6-9	3'9" – 4'7"	50-70
S	Jr Small	8-11	4'3" – 4'10"	60-90
M	Jr Large	11-14	4'7" – 5'4"	80-110
L	Sr Small	14+	5'5" – 5'9"	120-160
L or XL	Sr Medium	14+	5'7" – 5'11"	140-180
XL	Sr Large	15+	5'9" – 6'1"	160-200

Protective Quality

Ensure that the elbow pad contains a donut or pocket where the point of the elbow rests.

Frequently test the donut pad by pressing down with your fingers. If any cracks appear, or if the padding is hard or brittle, the pad must be replaced to avoid potential injury.

Maintenance

Regularly check the straps to ensure that they provide comfortable attachment to the arms.

Straps should not be substituted with tape as this can cause loss of circulation, discomfort and decreased protection.

THINK SAFETY!

GLOVES

Fitting

Gloves should fit like loose winter gloves over the fingers. The top of the glove should extend up the forearm to the bottom of the elbow pad to ensure full protection of the forearm area.

Whenever testing a pair of gloves, use a hockey stick to stick handle on the spot for a few minutes. The gloves should offer freedom of movement in a variety of positions without chafing or restricting movement.



Protective Quality

Ideal gloves are lightweight, flexible and offer maximum movement.

Ensure that the padding on the back of the glove and the hard shell components are of sufficient quality to protect the hand and wrist area, which can be tested by pressing the back of the glove with the fingers. The compression should not be felt inside the glove.

Maintenance

Gloves should never be dried over an open heat source.

Gloves which have lost finger pads or roll pads should be repaired or discarded.

Ensure the palms of the gloves are soft and in good shape. Do not put water on the palms. Watering palms can cause them to become brittle and break down.

THINK SAFETY!

PANTS

Fitting

Hockey pants are generally sized according to waist size or in group sizing (S, M, L, etc).

Pants should be fitted with shin pads in place to ensure the length of the pant leg reaches the top of the knee cap and covers approximately 2" of the shin pad's top flair padding.

The correct positioning of the rib, hip, thigh and kidney padding is important to ensure protection of these areas. The padding around the waist should cover half-way between the hips and underarm and the padding on the rear of the pants should extend far enough to completely cover the tail bone.

Players should have good range of motion while wearing pants. Have the player fully squat with pants (and shin pads) on. **If the player can comfortably squat and the padding remains in position, the pants fit properly.**



Bag Size	Pant Size	Approximate Age	Player Height	Player Weight (lbs)
XS	Yth Large (100)	6-9	3'9" – 4'7"	50-70
S	Jr Small (120)	8-10	4'3" – 4'7"	60-80
M	Jr Medium (140)	9-11	4'6" – 4'10"	70-90
M	Jr Large (160)	10-12	4'9" – 5'1"	85-100
M	Jr XL (180)	12-15	5' – 5'4"	90-120
L	Sr Small (48)	14+	5'5" – 5'9"	120-160
L or XL	Sr Medium	14+	5'7" – 5'11"	140-180
XL	Sr Large	15+	5'9" – 6'1"	160-200

Protective Quality

If the pants have a belt, the belt should be positioned just above the hip bone with the pants on and allow for a snug adjustment without falling off the player's hips.

Maintenance

If any pads crack, they should be replaced immediately as they are no longer effective.

Tearing that occurs in the outer shell of the pants should be repaired immediately as this can affect protective quality. The inside of the pants should also be inspected for tearing.

THINK SAFETY!

SHIN PADS

Fitting

Shin pads are measured in junior (8" to 13") or senior sizing (14" to 17").

Ensure that the cap of the shin pad is centered on the kneecap. The calf padding should wrap around the lower leg to offer maximum protection. The protective padding above the plastic kneecap should overlap approximately 2" with the bottom of the hockey pants.



It is recommended that the skate tongue be positioned behind the shin pad for added protection. However, if the shin pad is positioned with the skate tongue open, ensure the shin pad rests 1" above the foot when the foot is fully flexed up and does not inhibit movement.

Bag Size	Pad Size	Approximate Age	Player Height	Player Weight (lbs)
XS	8"	5-8	3'7" – 4'4"	45-65
XS	9"	6-9	3'9" – 4'7"	50-70
S	10"	8-11	4'3" – 4'8"	60-90
S	11"	9-12	4'7" – 5'	70-100
M	12"	11-14	4'11" – 5'4"	80-110
L	13"	14+	5'5" – 5'9"	120-160
L or XL	14"	14+	5'7" – 5'11"	140-180
XL	15"	15+	5'9" – 6'1"	160-200

Protective Quality

A shin pad that is too short can leave exposed areas between the top of the skate and the bottom of the shin pad. A shin pad that is too long may cause discomfort and restrict movement in the ankle and knee areas.

The flexible portion of the shin pad (the padded portion between the plastic knee and plastic shin guard) should allow maximum movement. Since this is the least protected area on the shin pad, ensure that the shin pad properly covers the knee and shin.

Maintenance

Cracked shin pads must be replaced immediately.

THINK SAFETY!

SKATES

Fitting

Skates usually fit a ½ size to a full size smaller than street shoes.

Loosen the laces so that the foot can easily slip into the boot and then slide the foot forward to press the ends of the toes against the front of the skate. In this position, you should be able to place one finger between the boot and the heel of your foot.



Prior to lacing up the skates, kick the heel into the boot's heel. **Lace the boot with the first 3 eyelets snug, the next 3-4 eyelets loose (to prevent constriction of this area), and the last 2-4 eyelets very snug to maximize energy transfer to the boot.** Once laced up, there should be approximately 1 ½" to 2" between the eyelets.

Walking in the skates for 10 to 15 minutes can help ensure a comfortable fit.

Protective Quality

Skate tongues should be worn behind the shin pads to fully protect the lower shin.

Never wrap laces or tape around the ankles as this can inhibit circulation and irritate the Achilles tendon.

Do not permit players to wear skates that are too big as this can seriously inhibit proper skating development.

Maintenance

Regularly check skate blades for: sharpness, bending of the blade, loose rivets, cracked blade holders or blades, loose blades. Repair or replace as needed.

If the hard shell in the toes becomes cracked, the skates should not be worn as this could result in serious injury. Skates should be replaced or repaired if this occurs.

Skates should be sharpened if there is noticeable reduction in the player's ability to stop or turn.

Skate blades should be wiped dry after each use. Skate guards should be placed on the skate blades to avoid damage during transport.

THINK SAFETY!

JERSEYS

A hockey jersey should be large enough to fit over the upper body equipment and provide the player with a good range of motion. The length of the jersey should be sufficient to allow it to go over the pants and not ride up when the player is skating. The arms of the jersey should extend to the wrists. Ensure the neckline of the jersey does not compress the back of the neck as this may result in chafing and/or injury.



SOCKS

Socks hold the shin pads in position. They should extend from the top of the foot to the top of the leg. Socks generally are tucked inside the back of the skates and inside the hockey pants. Socks are held up with either a hockey garter belt or Velcro fasteners attached to a jock/jill strap. **Socks should not be held up with tape or straps above the knee area as this can cause loss of circulation and discomfort.**

UNDERGARMENTS

What players wear under their equipment is a personal choice. Choose an undergarment arrangement that will be cool and comfortable under your equipment. This will avoid irritation of the skin (from the equipment). Certain fabrics help absorb moisture from the skin. 50/50 cotton/polyester blends tend to provide the maximum ventilation and comfort.

Helpful Hints

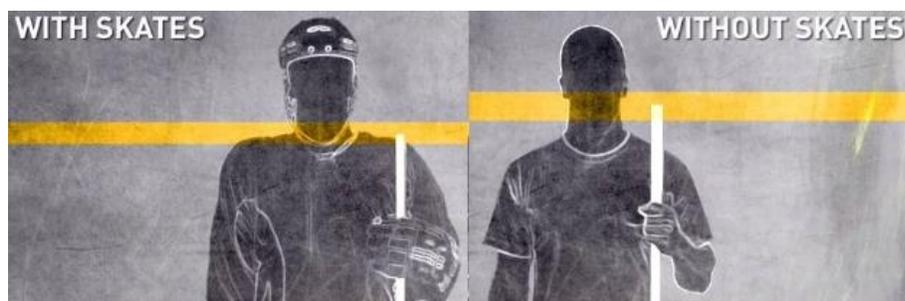
Jerseys, socks and undergarments should be washed after each ice session in cool water, to avoid shrinking, and air dried. Always ensure jerseys, socks and undergarments are dry and clean before each use to avoid chafing from your equipment and to maintain hygiene.

THINK SAFETY!

STICKS

Fitting

A properly chosen stick is essential to developing effective puck control and shooting skills.



When selecting a stick, keep the following points in mind:

- **Junior vs. Senior Sizing:** Junior sticks are made with narrower shafts and smaller blades for better control. It is recommended that all new players and younger players use a straight blade stick. Senior sized sticks are for intermediate old older players who have the ability to comfortably control a larger stick.
- **Length:** As a general rule, in street shoes, the stick should reach between the chin and the mouth of the player with the toe of the stick on the ground. While wearing skates, the butt end of the stick should reach just below the chin.
- **Flex:** Sticks come in varying degrees of flexibility. Younger players should use sticks with greater flexibility than senior players (flex number should be lower).

Stick Size	Stick Length	Approximate Age	Player Height	Player Weight (lbs)
Youth	46" – 48"	>7	Up to 4'	Up to 60lbs
Junior	50" – 54"	6-12	3'9" – 4'9"	50-120
Intermediate	56" – 57"	11-16	4'6" – 5'3"	120-160
Senior	58" – 63"	14+	5'6" +	120+

Protective Quality

The butt end of all sticks must be covered with tape to prevent injuries.

The tape on the blade is meant to act as a surface which provides an increased degree of friction to aid in puckhandling.

Maintenance

Do not store sticks near any direct heat source because they will dry out much quicker.

Regularly inspect sticks for cracks or chips as well as worn tape. Replace as needed.

THINK SAFETY!

GOALTENDERS

Leg Pads

Always fit goal pads while wearing skates. Kneel down into each pad making sure the kneecap is in the middle of the knee roll.

The large vertical roll should be on the outside of each leg. **After fastening all the straps, the pad should extend from the toe of the skate to about 3" above the bottom of the pants.** It is recommended that leg coverings such as hockey socks be worn under the goalie pads.

Straps should be checked regularly and replaced if needed.

Catcher & Blocker

With the catcher and blocker on the hands, lower the hands to the side. **The gloves should not fall off.** The blocker should be of the proper size to ensure comfort, easy gripping and control of the stick.

Routinely test the padding on the catcher glove by pressing the fingers into the padding. If the padding is lumpy or spongy, then it has broken down and requires replacement. The bottom of the back-pad on the blocker should never be warped, as this exposes the ends of the fingers to possible injury.

Upper Body Protection

The upper body protection is designed to protect the collar bone, entire chest and abdominal areas and down the arms to the wrists.

Ensure that all straps are utilized and fastened properly. Elbow padding must be properly positioned over the elbow. **Arm padding should extend down to the wrist and slightly overlap with the gloves while allowing movement of the wrists and hands. The body pad should tuck into the pants.**

Pants and Athletic Supporters

Goaltenders must wear an athletic supporter/cup. It is recommended to wear a goaltender specific cup which has extra padding and protection.

The same principles for fitting and caring for player pants applies to goaltender pants.

