



## **Skate Canada's Helmet Policy**

### **1.0 General**

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure all CanSkate and Adult CanSkate participants up to and including Stage 5 MUST wear a CSA approved hockey helmet while on the ice.

This policy also applies to all other Skate Canada programs, therefore anyone who lacks good control/balance when skating forward, backward and has difficulty stopping, as well as maneuvering around obstacles on the ice must wear a CSA approved hockey helmet.

Clubs and skating schools must ensure this policy is enforced during all skating activities including competitions, carnival days or any other special on ice activities throughout the season for this level of skater.

This policy is a minimum standard. Sections, at their discretion, may impose a higher standard which all clubs and skating schools within the sections' boundaries must adopt and implement.

### **2.0 Helmet Use During a Competition or Test Day**

A skater beyond a CanSkate Stage 5 level that chooses to wear a CSA approved hockey helmet during a competition or test day will not be subjected to any deductions in relation to the use of a CSA approved hockey helmet. Therefore, absolutely NO skater will be permitted on the ice without an approved helmet. Bicycle helmets are not permitted.

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 makes 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.

- All CSA certified helmets have a sticker indicating their certification.

The CSA certified logo can be found on the back of the hockey helmet affixed to the outer shell of the helmet indicating year of production. The expiry date is 5 years after the production date on the CSA label (see below, left image) OR indicated on another seal (see below, right image).

