



Compuware Youth Hockey Parents-

Your child's safety on and off the ice is a priority with CYH. Before your hockey player hits the rink, please be sure they have the proper equipment in good working order. Below is a list of necessary equipment that will ensure their success and safety during all practices and games.

If you have any questions about the purpose or use, please contact your CYH coach or local hockey store for additional direction.

EQUIPMENT CHECKLIST

ON-ICE

- Sticks (2)
- Skates
- Shin guards
- Garter belt and hockey socks
- Athletic cup and supporter
- Hockey Pants
- Elbow pads
- Shoulder pads
- Gloves
- Helmet with face mask
- Jersey (provided for hockey schools)
- Mouth guard
- Throat protector
- Underwear
- Tape (2 rolls)
- Water bottle

Mouth Guard

Protect against dental damage and concussions



Neck Guard

Protects against skate blades



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.



Gloves

Make sure they're comfortable and still fit properly.



Hockey pants

including belt or suspenders



Shin guards

Need to have them.



Athletic cup and supporter

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



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.



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.



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).

