

Helmet Policy

CSA approved *hockey helmets* are mandatory for ALL CanSkaters and Junior Skaters.

At Winfield Skating Club, we support and conform with Skate Canada's policies. Click [here](#) to read the official Skate Canada guidelines related to safe sport and helmets.

- The helmet fit should be snug
- Hair should not be in a ponytail under the helmet...this interferes with the proper fit
- Face Masks/Cages are optional but recommended for 1st time skaters. They can be removed as the skater becomes more comfortable on the ice and able to control their fall.
- Both the strap and the helmet should be adjustable
- Stickers should not be put on the helmet

Bike, Ski and other types of helmet are NOT acceptable. Skaters will be prohibited from joining classes until proper protective gear is worn. This symbol is mandatory on the back of the helmets.



Bicycle helmets are important when biking but not made to protect the back of our skater's heads if they slip and fall backwards. CSA Hockey helmets are easy to find and affordable. Just look for the sticker and know that your skater will be as safe as possible while having fun.



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. A ski helmet is designed to protect against head injuries from a fall in snow. It is important to ensure that when a skater is on the ice, they are protected with equipment designed for their sport or activity.