

How to Fit your Helmet

When it comes to purchasing a new helmet, fit and protection are crucial.

While some helmets offer varying degrees of protection, it's important to find the one helmet that not only meets all current safety standards, but also fits you best. Once you have found the right helmet for you, you can play with more confidence.

TIPS FOR FIT:

- The best way to help prevent head injuries is to ensure your helmet is properly fitted to the contours of your head, enabling the technology to do its job.
- A proper fitting helmet should fit snugly on the head and not move or rotate laterally or vertically.
- Chin straps should be securely fastened so the helmet does not move forward or backward, preventing the helmet from doing its job properly should you take a spill and hit your head.
- If your chosen helmet has a V-shaped strap under each ear, make sure they are adjusted to sit snugly just under your earlobe.

How to Fit your Skates

Hockey is about skating. A proper fit is paramount to achieve maximum comfort and maximum performance on the ice.

AVOID buying with the notion of getting skates to grow into. The end result is a poor fit, discomfort & higher likelihood of injury.

TIPS FOR FITTING YOUR SKATES:

- Start by ensuring your heel is locked in place and not slipping inside.
- Your toes should just be feathering the end of the skate
- Make sure the skate is a snug fit around the foot so that the foot does not move inside the boot.

Paying attention to these key areas will help to reduce or eliminate foot cramping, cold toes, abrasions, blisters and possible ankle injury. With the right fit and protection, whether your playing elite, minor league or just skating for pleasure, your skates will give you the performance edge you need.