

# FITTING @ HELMET for ICE SPORTS

Do you like skating at your neighbourhood rink? Do you play ringette or hockey? If you answered **YES**, then you need to wear a hockey helmet.



## RISKS

Brain injury, skull fracture, cuts and bruises to head and face and broken teeth can be caused by:

1. Falling on ice, into boards or another skater.
2. Being hit by pucks, sticks, ringette rings, or balls.

*Wearing a properly fitted, Canadian Standards Association (CSA) approved hockey helmet and face mask can help prevent ice sports injuries.*

## BUYING A HELMET

1. Look for the CSA mark.\*
2. Follow manufacturers' sizing charts and fitting instructions.
3. Go to a retail store that will help you fit a new helmet properly.
4. Make sure the facemask or visor fits the helmet model.
5. Buying a used helmet is NOT recommended.



## FITTING A HELMET

1. Before putting on an adjustable helmet, loosen the screws or clips and extend the helmet all the way.
2. Put the helmet on and slide the helmet together until it is snug and comfortable.
3. Tighten screws or secure clips.
4. Make sure the helmet sits one or two finger-widths above the eyebrow.
5. Shake your head up and down then side to side. Make sure the helmet does not move.
6. Secure the chin strap. One finger should fit between chin and strap.
7. Lock the cage into the J clips. The chin cup should fit snugly to the chin while allowing you to talk.



## DO YOU NEED A NEW HELMET?

### DO THIS TEST TO FIND OUT:

1. The helmet has been thrown on the floor or ice.
2. While wearing the helmet, you received an injury to your head or face.
3. The shell has cracks, dents or damage.
4. The helmet has stickers or paint that can hide helmet damage.
5. There are missing or broken screws or clips that cannot be replaced.
6. The helmet lining has been cut or shaved or it is worn down, broken or cracked. *(HINT: Only dry helmets at room temperature. Extra heat breaks down the lining.)*

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Did you check 'YES' to one or more items? If so, buy a new hockey helmet.

Helmets made for other sports like biking or skiing are not designed to give protection from ice sport injuries. Do not wear bulky hats or toques under the helmet as they can change the helmet fit and take away protection. Follow manufacturers' recommendations.

Helmets cannot prevent ALL head injuries.

*\*The HECC expiration date does not tell you the condition of the helmet. It only pertains to U.S. hockey competition.*

For more information, go to:

**Hockey Canada Safety Program:** [www.hockeycanada.ca/safety](http://www.hockeycanada.ca/safety). View the **Protect and Prevent video** or read about helmets in the **Safety Requires Teamwork booklet**.

For health advice and information 24 hours a day, call **Health Link Alberta** toll free at **1-866-408-LINK (5465)**, or **403-943-LINK (Calgary)**, or **780-408-LINK (Edmonton)**.

**Alberta Centre for Injury Control & Research:** [www.acicr.ualberta.ca](http://www.acicr.ualberta.ca)