

FITTING A HELMET FOR ICE SPORTS



Do you like skating at your community 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 the head and face, and broken teeth can be caused by:

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

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

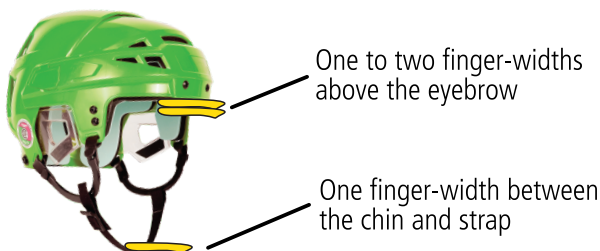
BUYING A HELMET

1. Look for the CSA mark.*
2. Follow manufacturers' sizing charts and fitting instructions.
3. Purchase your helmet from a sports 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 but 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 the strap and the chin.
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?

TAKE THIS TEST TO FIND OUT:

- | | Y | N |
|--|--------------------------|--------------------------|
| 1. The helmet has been thrown on the floor or ice. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. While wearing the helmet, you received an injury to your head or face. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. The shell has cracks, dents or damage. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. The helmet has stickers or paint that can hide damage. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. There are missing or broken screws or clips that can not be replaced. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Helmet lining has been cut or shaved, or it is worn down, broken or cracked | <input type="checkbox"/> | <input type="checkbox"/> |

(TIP: Dry helmets only at room temperature. Heat can degrade the lining.)

If you answered 'YES' to any of the questions, it's time for a new helmet.

Helmets made for other sports like biking and 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 fit and inhibit protection. Follow manufacturers' recommendation.

Helmets can not prevent ALL head injuries!

For more information, go to:

Hockey Canada Safety Program: 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 **811**