

Equipment (from RAB)

The following is a list of the equipment a ringette player needs to wear while on the ice:

- CSA approved hockey helmet
- Ringette face mask - the kind with the triangular openings - leave all of the stickers on!
- BNQ approved neck protector
- Elbow pads
- Protective (ie hockey) gloves
- Girdle (hip/tailbone/genital protector)
- Jill strap if girdle is not a ringette girdle
- Shin guards
- Hockey/ringette skates (no picks)
- Track pants, ringette pants, or hockey pants with socks
- Ringette stick
- Jersey

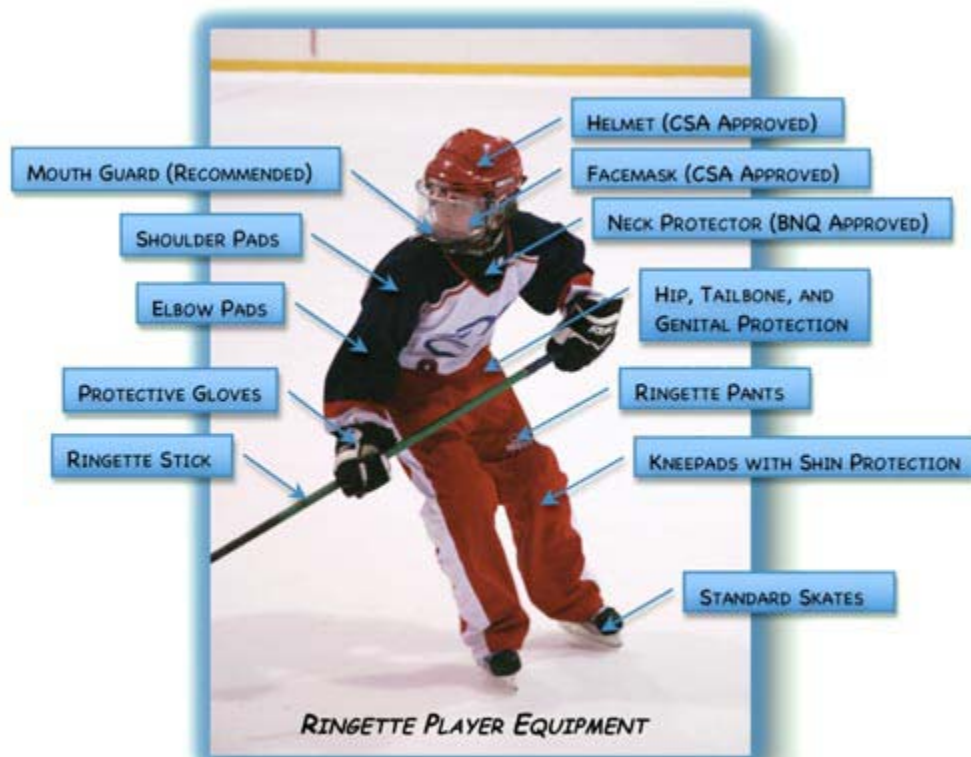


image from BCRA

Ringette equipment can be purchased locally at number of stores:

[Happy's Source for Sports](#) - 256 - 6th Street in Courtenay

[Blue Toque Sports Swap](#) (used sporting equipment) - 120 5th St in Courtenay

Economic hockey starter kits are available at Walmart, Zellers and Canadian Tire for younger children. Be sure to purchase a ringette mask and ringette stick from one of the other vendors listed above or online at ringettestore.com

What Parents Need to Know about Equipment

Sticks

Sticks can NOT be made from broken hockey sticks. Commercial ringette sticks can be bought inexpensively and they have a metal tip to prevent mushrooming. The maximum length is to the height of the underarm with arm extending 90 degrees to the body standing in skates. Individual players may prefer a shorter stick.

Equipment should be dried after each use. A small cloth should be part of each player's bag for wiping skates and sticks should be carried so the playing end does not bang on the ground.

Skates

Skates are the most important as they provide support, mobility and protection. The counter (heel area) and ankle area should be stiff. You can test the heel area by grasping the skate from behind and pinching the two sides together. Twist them – are they soft, limp or pliable? Cheaper skates have cardboard and poor leather in the counter area and when wet or under strain, it will break, crack or soften. The quality of blade determines how often it has to be sharpened, hence, how long it lasts.

When fitting skates, start with one pair of light-weight synthetic socks (cotton socks tend to stick to the skin when wet and cause blisters) and your shoe size. Youth sizes 6 - 13 1/2 , Junior sizes 1 – 6 and Adult sizes 7+. If the skates are too large and you try to take up slack by tightening the laces, the blood circulation will be restricted resulting in cold feet. An ideal fit will place the toe 1/4 inch from the front of the skate. Pretty hard to judge! You can measure this by pushing their foot to the front of the skate. When you can place one finger behind

the heel the skate is the right size. The boot should hold the heel ridged like a medical cast. A narrow foot may require leather inserts to take up space in the heel side area. All children have strong ankles but not strong enough for the transition period from shoe to blade. It comes after varying lengths of time. For several years, all children need unyielding ankle support.

To tie the skate, divide it into thirds. The bottom third should be moderate tension (take up slack). The middle third should be slightly looser. The top third needs to be pulled tightly (taking up all loose leather holding the foot firmly). These are relative terms. Good skates will not require bull strength to tie. Do not wrap laces that are too long around the ankle area as it restricts ankle movement.

Sizes are not standard. Try them on. Spring is a good time for used equipment. Good skates can be purchased for between \$25.00 and \$75.00 depending on new, used and sale price. Remember proper fitting quality skates will improve their skating up to 30%, last for a half dozen children and make skating more fun.

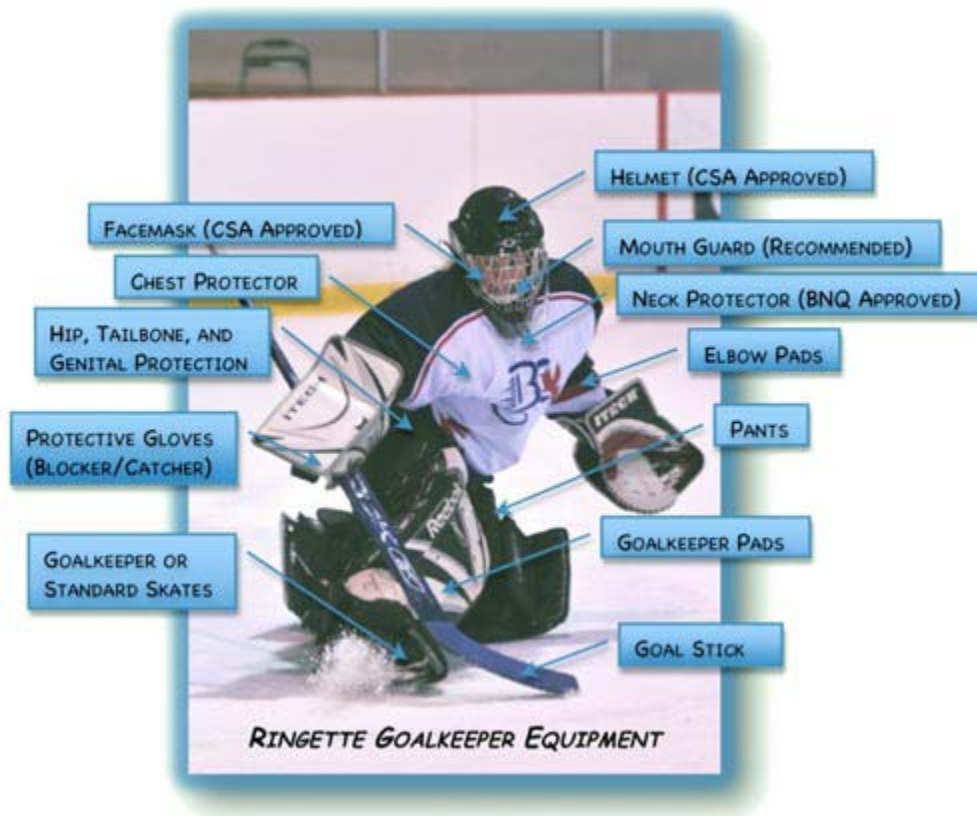


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