Dear parents/guardians,

Skate Thompson has received a new Helmet Use Policy from Skate Canada. The new rule was implemented as a proactive safety measure to help protect the kids learning how to skate. All kids in Pre CanSkate and CanSkate must wear a CSA approved hockey helmet to be allowed on to the ice. This means no bike helmets or ski helmets. Your child will not be allowed on the ice if they are wearing an improper helmet.

Why only hockey helmets?

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. It is important to ensure that when a skater is on the ice, they are protected with equipment designed for their sport or activity.

How should the hockey helmet fit?

A hockey helmet should fit snug as to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened.

For an adjustable helmet, open it to the largest setting and gradually begin to downsize the helmet until a comfortably snug fit is achieved. The helmet should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head.

Although most helmets are lined with protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.

All CSA certified helmets will have a sticker indicating their certification.