

HELMET

FACEGUARD

MOUTHGUARD

CHIN STRAP

THROAT PROTECTOR

SHOULDER PADS

ELBOW PADS

ATHLETIC SUPPORT/  
PELVIC PROTECTOR

WRIST PADS

PANTS

GLOVES

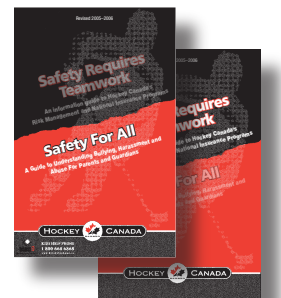
SHIN PADS

Proper sizing, placement and maintenance of equipment goes a long way in ensuring player safety. As players, coaches, officials and parents, we owe it to ourselves to read booklets like Hockey Canada's, *Safety for All/ Safety Requires Teamwork* among many others available. Let's turn our attention to prevention!



**Open, read and learn.**

Hockey Canada's *Safety for All* and *Safety Requires Teamwork* are two of many publications available from your local hockey association and the NOHA or online at [www.noha.on.ca](http://www.noha.on.ca).



# Ouch Resistant

Be informed about the proper wearing of all hockey equipment.