

*As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you. The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.*

## Ringette and/or Floor Hockey Toolbox



### Equipment – Safety Check (continued)

Optional Equipment	Things to check to ensure it is safe
Shin pads	<ul style="list-style-type: none"><li>• Highly recommended – combined with knee pads as one piece of equipment</li><li>• Hard shell covering – straps secured tightly to prevent sliding up and down</li></ul>
Shoulder pads	<ul style="list-style-type: none"><li>• Center of shoulder lines up directly with center of the shoulder caps</li></ul>
Mouthpiece	<ul style="list-style-type: none"><li>• Can be purchased and fitted by self or by a dentist</li></ul>
Blocker (goalkeepers only)	<ul style="list-style-type: none"><li>• Palm intact, no rips or tears</li><li>• Tips of fingers should not go completely to the end of the glove</li></ul>
Trapper (goalkeepers only)	<ul style="list-style-type: none"><li>• Straps are secured tightly</li></ul>

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## Ringette and/or Floor Hockey Toolbox



### Equipment – Safety Check

Mandatory Equipment	Things to check to ensure it is safe
CSA-approved helmet	<ul style="list-style-type: none"> <li>• Helmet should not slip when moving head side to side or up and down</li> <li>• All screws and hardware in place</li> <li>• All straps secure</li> <li>• No stickers or tape other than those that are mandatory</li> </ul>
CSA-approved face protector	<ul style="list-style-type: none"> <li>• CSA-approved compatible face protector for helmet</li> <li>• No cracks or scratches</li> </ul>
BNQ-approved neck protector	<ul style="list-style-type: none"> <li>• Snug fit, covers neck</li> <li>• No rips or tears</li> </ul>
Protective gloves	<ul style="list-style-type: none"> <li>• Minimum of 2 layers on dorsal side of gloves</li> <li>• Palms intact – no tears or holes</li> <li>• Tips of fingers should not go completely to the ends of the gloves</li> <li>• Small and light enough to have control and mobility</li> <li>• Big enough to cover forearms</li> </ul>
Elbow Pads	<ul style="list-style-type: none"> <li>• Elbow should fit comfortably into the center of the elbow pad cup</li> <li>• Straps secured tightly to prevent sliding up and down</li> </ul>
Hip, tailbone, and genital protection	<ul style="list-style-type: none"> <li>• Protection is snug fitting and does not slide around</li> <li>• All pads must be present</li> </ul>
Knee pads	<ul style="list-style-type: none"> <li>• Plastic shell over knee cap</li> <li>• Straps secured tightly to prevent sliding up and down</li> </ul>
Skates (Ringette only)	<ul style="list-style-type: none"> <li>• Ensure skates fit properly – one finger should slip down behind heel of foot and skate</li> <li>• Firm ankle support, yet flexible enough for mobility</li> <li>• Laces should not be tied around ankles – prevents mobility, proper skating technique and breaks skates down</li> <li>• Blades sharpened as necessary</li> </ul>
Running Shoes (Floor Hockey only)	<ul style="list-style-type: none"> <li>• Ensure that the tread is in good condition</li> <li>• Ensure that the laces are tied properly</li> </ul>
Ringette stick	<ul style="list-style-type: none"> <li>• Maximum height is underneath armpit when standing on skates (many players prefer shorter sticks for increased maneuverability and control)</li> <li>• Squared bottom, not splintered, chipped or cracked</li> </ul>
Goalkeeper pads (goalkeepers only)	<ul style="list-style-type: none"> <li>• Knee cap in the middle of the top 1/3 of the pad</li> <li>• Toe straps secured tightly to skates</li> <li>• All straps secured</li> </ul>
Goalkeeper stick (goalkeepers only)	<ul style="list-style-type: none"> <li>• In the basic stance position, with the hand at the bottom of the shaft and arm slightly bent, the blade and heel of the stick should be flat on the ice</li> <li>• Not splintered, chipped or cracked</li> </ul>
Chest protector (goalkeepers only)	<ul style="list-style-type: none"> <li>• Snug fit, covers area between neck and hips</li> <li>• Strap secured</li> </ul>