



Helmet Policy

All skaters up to and including CanSkate stage 6 **MUST** wear a CSA* (Canadian Standards Association) approved (hockey-style) ice helmet while participating in our CanSkate programs.

Skaters in Pre-CanSkate and CanSkate stages 1-3 **SHOULD** also wear a facemask with their helmet, in order to prevent facial injuries in the event of a forward fall. This is especially important for new or young skaters until they gain their balance and/or automatically put their hands out in front of themselves during a fall.

There are NO exemptions from this policy, as helmets are required for insurance purposes.

****CSA-approved ice helmets are those of a hockey style and do NOT include bicycle helmets.***