

## Anticipating Adversity - Equipment

\*carry extra of all equipment listed

*Equipment Problem	Action Required
Under Garments	<ul style="list-style-type: none"> <li>• <b>Have towels ready</b> for heavy sweaters</li> <li>• Encourage heavy sweaters to have extras</li> <li>• Be sure to wash garments/equip. regularly</li> </ul>
Helmet/Cage	<ul style="list-style-type: none"> <li>• Have extra nuts/bolts/straps ready (<b>tool kit</b>)</li> <li>• Have <b>first aid kit</b> ready for facial lacerations</li> <li>• Check to make sure all helmets are legal</li> </ul>
Stick - Head	<ul style="list-style-type: none"> <li>• Broken sidewall = <b>electrical/hockey tape</b></li> <li>• Broken mesh = weave 1/4 inch hockey tape</li> <li>• Broken sidewall string = use <b>zipties</b></li> </ul>
Stick - Shaft	<ul style="list-style-type: none"> <li>• Bent shaft = use door jam to bend it back</li> <li>• Slippery shaft = hockey tape + <b>baby powder</b></li> <li>• Remember to <b>bring back-ups to the bench</b></li> </ul>
Gloves	<ul style="list-style-type: none"> <li>• Use tape to cover holes on fingers/thumb</li> <li>• Encourage heavy sweaters to have extras</li> <li>• Have <b>scissors</b> available for cutting</li> </ul>
Elbow Pads	<ul style="list-style-type: none"> <li>• Should be replaced every year</li> <li>• <b>Wrist guards</b> may also be required</li> <li>• Use <b>foam sheets</b> to mend a damaged pad</li> </ul>
Biceps Pads	<ul style="list-style-type: none"> <li>• Slipping = use electrical tape, spray <b>Tuf-Skin</b> (sticky spray) on arm or wear under garments</li> <li>• Biceps pads with straps are the best</li> </ul>
Wrist Guards	<ul style="list-style-type: none"> <li>• Hockey wrist guards (for offensive players)</li> <li>• Youth Soccer Shin Guards or Foam Cut-Outs</li> <li>• <b>Wilson Evoshield</b> (mouldable plastic)</li> </ul>
Kidney & Shoulder Pads	<ul style="list-style-type: none"> <li>• Slipping Kidney Pads = tape shoulder straps together across the players' chest</li> <li>• Bulky Shoulder Pads = Cut off excess pads</li> </ul>
Jock	<ul style="list-style-type: none"> <li>• Encourage all players to wear a jock/jill</li> <li>• Jock with built in hip pads = best practice</li> <li>• Use socks or wrist guards as an alternative</li> </ul>
Shoes	<ul style="list-style-type: none"> <li>• Keep the bench dry - watch for water spills</li> <li>• Slippery = Spray Tuf-Skin/<b>hair spray</b> on soles</li> <li>• Slippery = Wipe soles with hand every shift</li> </ul>
Goalie Equipment	<ul style="list-style-type: none"> <li>• Leg Pads Shifting = tape footing to shoes</li> <li>• Bruised Thumb = tape on biceps pad</li> <li>• Bruised knees = suggest goalie knee guards</li> </ul>
Net/Goal	<ul style="list-style-type: none"> <li>• Have extra string on hand to fix any holes</li> <li>• Have zipties ready - long enough to wrap around the posts (also mini ones for sticks)</li> </ul>