

## ASC Helmet Policy

### **Pre/CANSkate, AdvancedCANSkate, POWERSkate A&B, Parent&Tots, Pre-Teen and Teen/Adult Programs**

NOTE: A copy of this Policy is also available through the Resources page on the Club website.

- 1) **By accepting this policy at the time of registration, you are agreeing to follow all conditions listed below.**
- 2) We are mandated through our insurance coverage to follow all Skate Canada helmet requirements.
- 3) **Helmets** that are CSA approved for ice sports (eg., hockey helmet) are **mandatory** for skaters in:
  - Pre-CanSkate
  - CanSkate Stages 1-5
  - Advanced CanSkate Stages 1-5
  - PowerSkate A and B
  - Pre-Teens in Stages 1-5
  - Teen/Adult skaters in Stages 1-5
  - **BOTH** parents AND tots participating in Parent and Tot programs
  - Teens or adults volunteering as Program Assistants

Skaters who have passed CanSkate Stage 5 or higher may be exempted from wearing a CSA approved helmet (verification must be provided to ASC), except in PowerSkate A&B (a hockey helmet is mandatory for these programs, regardless of level).

- 4) Full face protection (cage) is **MANDATORY** for skaters in:
  - PreCanSkate
  - Tots in Parent and Tot programs
  - PowerSkate A and B
- 5) Full face protection (cage) is strongly recommended for skaters in:
  - CanSkate Stages 1-3
- 6) **SKATERS/PARENTS WITH OTHER TYPES OF HELMETS (eg. bike, ski, snowboarding, skateboarding, etc.) WILL NOT BE PERMITTED ON THE ICE. Only helmets that are CSA approved for ice sports (eg. hockey helmets) are acceptable for skating, as they are designed to help protect against head injuries occurring on the ice, whether from a fall or a collision. Other types of helmets are not designed for this purpose.**
- 7) Helmets and face protectors sold in Canada must meet safety standards set by the CSA (Canadian Standards Association). Helmets must:
  - Have the CSA approved logo (found on the back of the helmet on the outer shell);
  - Be labelled with the date of manufacture; and,
  - Have a chin strap.
- 8) For a helmet to function effectively, it must be in very good working order and be worn properly in accordance with the manufacturer's instructions. Helmets that are cracked,

have loose fitting or missing liner pieces, or that have been subjected to a severe blow need to be replaced.

- 9) A helmet should fit snugly to prevent any shifting and maximize protection. Adjust the chinstrap 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 the helmet makes contact with the top of your head. The chin strap **MUST BE DONE UP** when on the ice.
- 10) Skaters with longer hair should have it tied back at the nape of the neck so that it doesn't interfere with the fit of the helmet, obstruct vision or cause a pressure point for the skater. Hair clips under the helmet should be avoided. Hats should not be worn under the helmet unless they are specifically designed for the purpose such as a hockey skull cap or hockey helmet beanie.

Approved by the ASC Board of Directors August 19, 2025