



HELMET POLICY

A CSA approved hockey helmet must be worn for all Canskaters in the Canskate program. Skaters who have successfully passed the entire Level 4 of the Canskate program may request an exemption. All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure all CanSkate and Adult CanSkate participants up to and including Stage 5 must wear a CSA approved hockey helmet while on the ice.

Skaters in beginning in the Junior Academy program are also required to wear helmets until they have proficiency in forwards and backwards skating as well as turns. Skaters should consider purchasing a headband with hard backing as a transition from a helmet.