



Helmet Check Guidelines • 2006/2007

BLOMHA continues to recognize the importance of helmet safety in the prevention of avoidable head injuries in hockey. All teams from Pre-Novice to Midget are required to submit a checklist on equipment including the helmet. To date no checklist has been submitted for this team.

The helmet check is designed to help parents and coaches recognize good fit of both cages and helmets at all divisions. Trainers who assess the helmets will record their findings on the helmet checklist. This will be copied to the team officials or trainer. A copy will stay with BLOMHA. It is important to note the following:

- CSA stickers on cages and helmets are mandatory.
- Jewellery (i.e., earrings, facial or body piercing) is not permissible. Players must remove all jewellery and watches prior to play. Taping the ear or brow is not permissible or acceptable in BLOMHA.
- Fit is only preferred and recommended.

For further information on equipment and helmets visit the BLOMHA website www.blomha.on.ca

1. Skating Helmet – Joffa and Itech manufacture helmets that are for skating rather than a true hockey helmet. They lack J-clips and a hard plastic shell. Given their Styrofoam composition they cannot be fitted with J-clips, nor will they provide the same level of protection as a regular hockey helmet. They are permissible at the 4/5 age group only. The manufacturer recommends the helmet for 2-5 year olds.
2. Cage Small – a) The player's chin has grown into the chin cup and frequently the cage no longer engages the J-clips. If the player takes a blow to the cage, this force will be absorbed by the face and head. Potential jaw, dental or head injuries will result. b) The chin cup is in front of chin and there is no protection afforded the player's jaw from below. If the player strikes the ice or a stick, etc., an injury to the face or head may occur. Note that an adult should be able to place one finger between the chin of the player and the chin cup of the cage (in front of and below the chin)
3. Cage Big – The player's helmet has been fitted with a cage that does not fit the helmet and frequently won't engage the J-clips. The chin cup is resting well below the jaw and in some cases rests against the throat or breastbone. Any impact to the cage will be absorbed by the throat or chest area.
4. Extra or Missing Stickers – Only CSA stickers are permitted on the helmet and cage. All other stickers including name tags should be removed from the helmet.
5. Cracked Helmets – Cracks develop around screws that have been over-tightened. Any crack in a helmet reduces its protective capabilities.
6. Helmet Fit – Many children have difficulty getting a good helmet fit. Some have tiny faces but their head widens at the back significantly (especially around the ears). Parents should take time to try on a variety of helmets to ensure that the helmet is not too tight or too loose. If a player shakes his head and the helmet moves freely on the head, this may pose safety problems.
7. **J-clips** – a) They do not engage the cage and therefore will not absorb a blow to the front of the helmet. Again, this can result in dental, jaw, facial or head injuries. b) They are missing. J-clips are a mandatory piece of any minor hockey helmet just like ear guards.
8. Knob on stick/cage openings – junior hockey sticks have small shafts that will easily pass through openings in many cages. It is advisable that parents be aware of this when taping the end of a stick as well as when placing the cage of an older sibling on the younger child's helmet.

Mouthguards are always preferred but not mandatory in the Alliance; which is the Hockey Association that BLOMHA belongs to. As dental injuries generate 80% of all insurance claims to Hockey Canada, we strongly recommend that mouthguards be introduced to all players. Mouthguards can be of any colour, but must be attached to the cage of the helmet. They must also remain in the mouth of the player while they are on the ice (i.e., they cannot dangle from the front of the cage).