



Kitchener-Waterloo Skating Club

HELMET POLICY

Skaters in the following KWSC programs are required to wear a CSA-approved hockey helmet¹ at all times while on the ice:

- Pre-CanSkate
- CanSkate (including Adult and Teen CanSkate)
- Community Learn-to-Skate
- Parent and Tot (parent² and skater)
- Enrichment
- Group STAR²
- All Twin City Hockey programs including Pre-Power³



Any skater found not to be wearing a CSA-approved helmet during on-ice activities in a program listed above will be required to immediately leave the ice. Skaters (or their parent in the case of a minor skater) are responsible for ensuring the helmet is currently valid (i.e., not expired).

OTHER PROGRAMS: At any time skaters who skate in non-recreational programs including STARSkate and Competitive programs, are free to choose to wear protective head equipment at any time during KWSC programming.

HELMET USE DURING A COMPETITION OR TEST DAY: Any skater that chooses to wear a CSA-approved hockey helmet during a competition or test day will not be subjected to any deductions in relation to the use of a helmet.

ENFORCEMENT: KWSC and Twin City Hockey Skating School Coaches are obligated to enforce this policy during all skating activities including lessons, competitions, carnival days or any other special on ice activities.

The cities of Kitchener and Waterloo have many sporting equipment stores that are able to sell and properly fit the appropriate helmet for your skater.

¹The CSA sticker must be affixed to the helmet. Bicycle helmets, skateboard helmets, and ski helmets (even those that are CSA-approved for use in other sports) are not permitted.

²At the discretion of the coach, the helmet requirement may be waived for qualifying individuals in this program.

³Face protection is mandatory for Pre-Power and all Twin City Hockey Skating School programs. Although not mandatory, KWSC recommends face protection for skaters in all recreational programs.