



Applies to: All authorized skating participants for any CFSC skating program

Implementation Date: 2011-12 season

Revision Date: November 2025

Policy Statement

On July 1, 2011 Skate Canada implemented a Helmet Use policy. This policy was implemented as a proactive safety measure to help protect members in the early stages of the CanSkate program that are learning how to skate. Stage 5 was selected as the minimum benchmark for helmet use.

- Individual clubs can choose to implement stricter rules, such as requiring helmets for all programs.
- Clubs must enforce this policy, and skaters will be refused entry to the ice if they are not wearing the correct helmet.
- Coaches, clubs or skating schools cannot dictate that a skater should not wear a helmet, nor can they consent to any circumstance that would be an exception to this policy.
 - *Exceptions can ONLY be granted by Skate Canada and must be requested in writing by contacting info@skatecanada.ca*

Scope

During CFSC skating sessions, CSA approved helmets must be worn by ALL skaters who have not yet completed the CanSkate program. The CanSkate program is completed once a skater has achieved all three Stage 6 ribbons (balance, agility, control) and the Stage 6 badge. This policy applies to all youth skaters as well as to Adult skaters in the Learn to Skate program.

Other skaters who lack adequate control/balance as described in the section below may also be required to wear a helmet for their safety and must comply as directed.

Skate Canada endorses CSA approved hockey helmets as well as the newly approved Weuvo helmet; *the Bold helmet is in the application process but has not yet been CSA approved.*

General

> Skaters who lack good control/balance when skating forward, backward and have difficulty stopping, as well as maneuvering around obstacles on the ice are at a higher risk of being unable to control a fall, regardless of their age. The CanSkate program has been developed to introduce basic skating skills to beginners in a safe and sequential manner. The learning progressions leading to, and included in, Stage 5 allow skaters to gain the necessary skills (balance, agility, and control) required to safely participate on the ice.

> While it may be likely that many Stage 5 & 6 skaters can skate reasonably well, ice surfaces can be very unpredictable and there is always a risk of falling, no matter what stage a skater is at. CanSkaters participate in a group environment with other skaters on the ice of different levels who may fall and cause other skaters to fall.

> Face masks (cages or visors) are not mandatory; however young skaters (especially those in the PreCan session) may benefit from the added protection.



- Coaches are in charge of ensuring that what a skater wears on the ice is safe. This applies to clothing, hair, helmets, skates etc.

How should the hockey helmet fit?

- A hockey helmet should fit snug to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted 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 making contact with the top of your head.
- Although most helmets are lined with protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.
- All CSA certified helmets have a sticker indicating their certification.

Why only hockey helmets?

- Hockey helmets are designed to help protect against head injuries occurring on ice, whether from a fall or collision. A bicycle helmet, for example, is designed to protect against head injuries should a fall occur while riding a bicycle. It is important to ensure that when a skater is on the ice, they are protected with equipment designed for their sport or activity.
 - *As of February 2025, Skate Canada has also endorsed use of the CSA approved Wuevo helmet.*

What other tips help to prevent falls and avoid head injury?

- Use quality equipment - skates with good support, proper fit, laced correctly and sharpened regularly help the skater maintain control on the ice - therefore less chance of falling
- Dress appropriately - no scarves, overly bulky snowsuits, or hair in the face as this may restrict movement, vision
- Follow all on-ice safety rules:
 - get up quickly after falling down
 - look in the direction of travel when skating backwards
 - no pushing, playing tag or other horse play
 - no gum, candy on the ice
 - keep rink doors closed during sessions
 - stops should be done a safe distance from the boards