



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:

- CanSkate up to and including Stage 5 (including Pre-CanSkate, Adult and Teen CanSkate)
- Community Learn-to-Skate
- Parent and Tot (parent and skater)
- Enrichment
- Group STAR
- All Twin City Hockey programs including Pre-Power



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. 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. No refund or credit will be issued for this lost ice time.

Specific Requirements for Helmets:

1. The 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. Skaters (or their parents in the case of a minor skater) are responsible for ensuring the helmet is currently valid (i.e., not expired).
2. Face 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.

This policy also applies to all other Skate Canada programs, therefore anyone who lacks good control/balance when skating forward, backward and has difficulty stopping, as well as maneuvering around obstacles on the ice must wear a CSA approved hockey helmet.