# Ice Hockey Equipment and Safety

This playbook provides a detailed list of equipment required for ice hockey players along with recommended safety practices to follow on the ice to minimize the risk of injury.

### Step 1: Skates

Choose well-fitted ice hockey skates that offer solid ankle support. Ensure they are sharpened and in good condition before hitting the ice.

### Step 2: Helmet

Select a certified hockey helmet that fits snugly. Make sure it comes with a face cage or shield for facial protection.

### Step 3: Protective Gear

Wear all necessary protective gear which includes shoulder pads, elbow pads, hockey gloves, hockey pants, shin guards, and a cup for groin protection.

### Step 4: Stick Selection

Choose a hockey stick that suits your position and height. It should reach up to your nose when standing on your skates.

### Step 5: Jersey and Socks

Wear a hockey jersey and socks that cover and secure your protective gear in place. They should allow for mobility and comfort.

### Step 6: Mouthguard

Use a proper mouthguard to safeguard against dental injury. Make sure it is well-fitted for effective protection.

### Step 7: Practice Safety

Engage in regular drills that include safe playing techniques to avoid unnecessary roughness or dangerous play. Learn the rules of the game to promote a safe environment for all players.

### Step 8: Check Equipment

Regularly inspect your equipment for damage or wear. Replace items that can no longer provide adequate protection.

### Step 9: Hydrate and Rest

Stay hydrated and take appropriate rest breaks during games and practice to prevent overexertion and heat-related illnesses.

## General Notes

### Size Fitting

It's crucial for safety that all equipment fits correctly. Ill-fitting gear can lead to discomfort and increased risk of injury.

### Certifications

Equipment should meet the league's safety certifications and standards. Always check for approval stamps or labels before purchasing.

### Skill Level

Players should select equipment appropriate for their skill level and frequency of play. Beginners may not require professional-grade gear.