

1.11 SAFETY AND EQUIPMENT

A. EQUIPMENT:

All players must wear the mandatory equipment as per “Official Rules” of Ringette Canada.

i. Helmets:

All on-ice participants at practices and events must wear a CSA approved helmet. Failure to comply with this policy will result in automatic loss of Ringette BC sanctioning for the activity or event. Exemption to this policy may be requested on the basis that the wearing of a helmet would interfere with the observance of a religious custom. The process for applying for an exemption is as follows:

- a. Application for such exemption must be made in writing to Ringette BC’s Executive Director.
- b. Granting of such exemption will require the applicant to provide a signed Ringette BC Helmet Policy Waiver form to the Executive Director prior to participation in any sanctioned event.

ii. Facemasks:

All players must wear approved facemasks in accordance with Ringette BC Guidelines.

iii. Shoulder Pads:

Shoulder pads are mandatory for all Ringette BC registered players in the U19 division and under.

General shoulder pad information:

- Size – Not too small leaving exposed areas or too large to hinder movement.
- Protection – Plastic (not just foam) protecting chest, shoulder, back and upper arms.
- Condition – Look for cracks, loose stitching and/or deteriorating padding and Velcro strips.

iv. All participants, from U9 to 18+, are strongly recommended to wear a protective mouth guard.

B. SAFETY (RETURN TO PLAY AFTER INJURY):

Prior to any player returning from any degree of neck or head injury, they must have a letter of clearance from a practicing medical physician and provide a Return to Play plan to their coach.

C. ALCOHOL AND DRUG CONSUMPTION:

The use of illegal drugs is strictly prohibited. Alcohol consumption and marijuana usage by minors is strictly prohibited. Alcohol consumption by those of legal age must be handled with discretion and in a manner not demeaning to Ringette BC following all laws according to the Liquor License Act of BC.