



Waxers Rookie Camp

EQUIPMENT MAINTENANCE

Immediately after every game and practice, equipment should be hung up to dry. Moisture allows bacteria to grow so air drying after every use is essential. This will assist in preventing athlete infections and in prolonging the life of the equipment.

Never place leather equipment over any source of direct heat, as cracking will occur.

All equipment including the hockey bag should be washed/cleaned on a regular basis and periodic spraying with an alcohol-based equipment disinfecting spray is also recommended. The Centers for Disease Control (CDC) issue warnings to athletes and sports teams to routinely clean all sports equipment due to a dramatic increase in serious infections. Cleaning can be done at home or through professional cleaning services. The CDC recommends professional cleaning at least once a year.

Skate Maintenance

Always dry skates by opening boots wide and pulling out removable liners after every session.

Regularly check skate blades for:

- sharpness
- bending of the blade, which can be corrected
- loose rivets
- cracked blade holders or blades
- loose blades

If you are on the ice more than three (3) times a week, skates should be sharpened weekly. Skates should also be sharpened if there is a noticeable reduction in the player's ability to stop or turn. If the blades squeak when stopping, check for bending. Also, regularly check the skate boots, laces and eyelets. Repair or replace as needed.

Skate blades should be wiped dry after each use. Skate guards should be placed on the skate blades to avoid damage during transport or when walking on non-ice surfaces.

Helmet Maintenance

Regularly check the helmet to ensure screws are in place and secure.

Only use manufacturers approved replacement parts on helmets.

Helmets should never be painted or have stickers affixed to them as this may weaken the structure and voids the CSA certification.

Any alterations such as: drilling extra holes, removing side straps, clamps or chin cup, will void the CSA certification.

Always air dry the helmet after all on-ice sessions.

HELMETS have an expiry date.