



Skaters in the following GSC programs are required to wear CSA approved hockey helmets at all times while on the ice, unless they have successfully completed Skate Canada Stage 5:

- PreCanSkate
- CanSkate
- PrePOWER
- CanPOWER
- Jr. Dev. Academy
- PreSTAR
- Adult

Any skater found not to be wearing a suitable helmet during on-ice activities during a program listed above and has not completed Stage 5 yet will be required to immediately leave the ice. There will be no refund given for missed sessions due to inadequate safety helmet.

Coaches must check for the seal of CSA Approval on all helmets and reinforce the helmet policy at all times. Coaches have the authority to ask anyone not abiding by the above policy to leave the ice immediately.

Skaters in non-recreational programs, such as STARSSkate and Competitive, are free to choose at any time to wear a helmet or other protective head equipment.

A skater beyond a CanSkate Stage 5 level who chooses to wear a CSA approved helmet during a competition or test day will not be subjected to any deductions in relation to the use of protective head gear.