

HEALTHY LIFESTYLES

Proper equipment fit key to preventing injury

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Nothing represents Canada more than the

people lacing up their skates and heading out onto the frozen lakes, ponds and rinks across the nation.

To play the game well and to cause the least amount of injury, you need to have equipment that fits properly.

✓ The jill/jock strap should fit like a pair of briefs - not too loose so that the protective cup moves around and not too tight to restrict movement or cause chafing.

The boxer short style must fit snugly, but not restrictive, to ensure the cup does not move out of place.

✓ Players should have a good range of motion while wearing pants.

A good measure is to have the player fully squat with pants (and shin pads) on. If the player can comfortably squat and the padding remains in position, then the pants fit properly.

✓ Skates usually fit a halfsize smaller than street shoes.

Never buy skates too big as this can seriously inhibit proper skating development.

If you are on the ice more than three times a week, skates should be sharpened weekly.

✓ A player should have a good

range of motion while wearing shoulder pads.

To test range of motion, have the player lift arms slightly above shoulder height. This position ensures that the pads do not dig into the neck area.

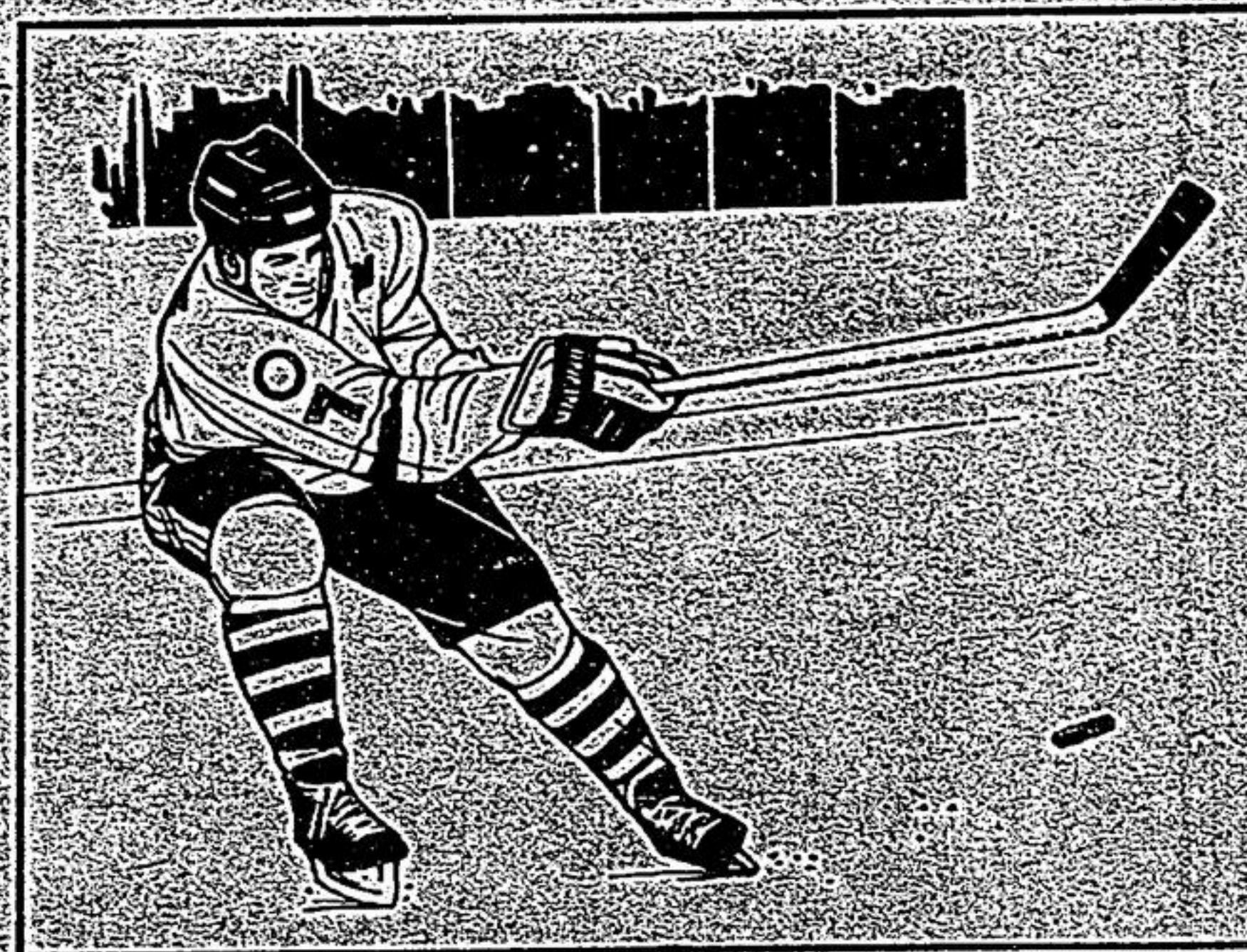
✓ Whenever testing a pair of gloves, use a hockey stick to stick handle on the spot for a few minutes.

The gloves should offer freedom of movement in a variety of positions without chafing or restricting movement.

✓ Choose a helmet size that fits snugly on the head, yet allows room for adjustments for final fitting.

The front of the helmet should fall just above the eyebrows and should be properly adjusted so it doesn't move when shaking the head from side to side.

✓ A hockey jersey should be large enough to fit over the body equipment and provide the player



A good range of motion is important for hockey players.

with a good range of motion.

It should go over the pants and not ride up when the player is skating.

Make sure the neckline does not compress at the back of the neck. This may result in chafing

and/or injury. Properly fitting equipment is key when playing hockey.

As with any activity, there exists an element of risk.

However, with appropriately fitting equipment, these risks can be minimized.

Dr. Michael Pollak DDS
GENERAL & COSMETIC DENTISTRY

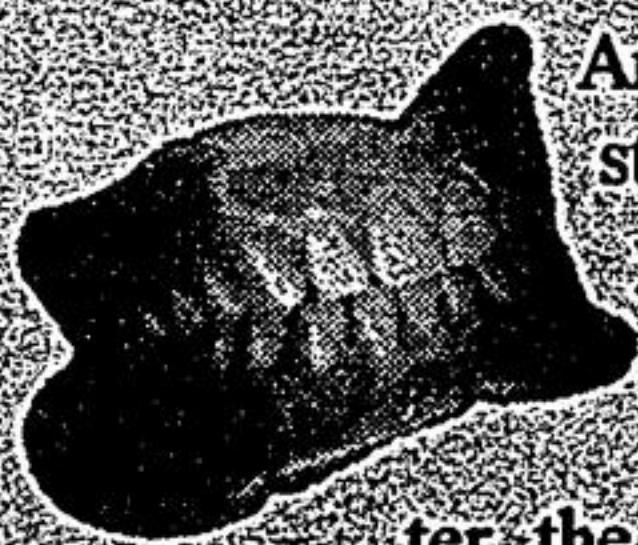
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Don't go in after a person who falls through the ice

There are few winter scenes more inviting than a river topped with layers of bumpy, marbled ice - and few more dangerous to unsuspecting children.

One out of every 12 Canadians

who drown each year plunges to death through unsafe ice. In almost half of these cases, individuals drown while simply walking, playing or fishing.

The crust that forms on top of a

river is unstable thanks to water swirling beneath it.

Lake ice is most fragile in frozen areas around an open patch and along the shore. Avoid rivers and lake shorelines, where even ice that looks solid is weak.

If children decide to go on the ice, it should be with a buddy and under adult supervision. As parents, if you are not within arms' reach you've gone too far.

If a child slips through thin ice, do not approach the hole or the same may happen to you. First call for help, then use a long assist device to pull him out.

If there is a lifejacket or buoyant object around, the rescuer should put it on to protect themselves in the event that they fall in.

When the victim grabs the assist device, pull gently to ease the person out of the water.

The person should crawl along the ice with the feet spread. Help the person to safety as soon as you can approach and remove the wet clothing as soon as dry garments are available.

Remember reach or throw, but don't go in.

What to do if you fall through the ice

If you fall through the ice, call for help. Try to kick, claw or crawl your way to solid support. Move your legs into a swimming position and try to push yourself forward on your stomach. Don't stand up until you've rolled onto solid ice. Seek medical attention if required.

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