



Valencia SNAP Flyers Ice Hockey Gear Care Guide



Taking Care of Your Hockey Equipment

As a member of the Valencia SNAP Flyers Hockey Club, you have been given a set of protective hockey gear. **EACH PLAYER is responsible for his/her own gear and its care.** You will need to learn how you will take care of this priceless protection. Where will you air out your pads and skates? How will you remember to pack everything back into your bag? Here are a few hints to keep your equipment in good shape:

1. **LUGGAGE TAG on your gear bag.** Have your parent or caretaker put a luggage tag on your bag including their cell phone number if possible. That way if you ever forget your bag or take someone else's by mistake, the finder of your bag will have a convenient way to reach you.....maybe even before you get back home!
2. **Get to know your equipment and the correct way to put it on.** Make sure the padding is facing the right way to protect the correct part of your body. New equipment may need a break-in period of time to feel really comfortable. Decide what kind of underclothing you will wear with your equipment. Treat this as you do your equipment. **Label** it and be sure to keep it clean. Put it back into the bag so you're ready to go for the next ice time.
3. **We require that each player purchase** his/her own performance undergarment/long underwear and skate socks. **Longs pants and long-sleeved shirt, please.** These are a personal item that needs to be washed after each use. Each player will be provided with a jock/jill short for pelvic protection.
4. **We also recommend** that each player purchase/use a **mouthguard.**

WHAT ORDER DOES MY GEAR GO ON?

1. Thin skate socks (for feet)
2. Performance undergarments/long underwear
3. Jock/Jill Shorts
4. Shin pads
5. Hockey socks (covers shinguard, not foot)
6. Attach socks to jock/jill shorts with Velcro tabs
7. Pants
8. Skates
9. Secure shin pads with cloth tape (if necessary)
10. Shoulder pads
12. Elbow pads
13. Jersey
14. Helmet, mouthguard, gloves, stick
15. Huge sigh of relief



WHAT ELSE WILL I NEED IN MY GEAR BAG?

1. Mouthguard
2. Towel (to wipe off skate blades)
3. Soakers (terry cloth skate covers)
4. Hockey tape for shin guards & sticks



WHAT DO I DO WITH MY GEAR AFTER PRACTICE?

If you take good care of your equipment off the ice, it will take good care of you on the ice! **Dry is the key.** It's definitely the best way to ensure your gear's durability and longevity. **ALL** of your gear will benefit from air drying after each use. In addition to preserving its integrity, drying out your gear will drastically reduce its risk of stink! Wet gear breeds bacteria. That bacteria is unhealthy and smelly, smelly, **SMELLY!**

So do yourself and everyone around you a favor and dry your gear. Everybody wins!

When you get home you will need to...

- 1. Hang or prop*** up your pads so air flows completely around them.
- 2. Wash your socks, jersey & undergarments,*** ask your parents or caretaker for some help.

and Finally:

- 1. Repack your bag when the equipment is dry.*** Do it as soon as you can, not when it's time to leave for the game! If you are still new to the sport, you may want to make a list of your equipment on paper and tape it up to look at, or at least count the items as you pack your bag. Take your time doing this. Hurrying this step could result in a missing piece of gear and perhaps missing your ice time.

HOW DO I CARE FOR MY SKATES?

- 1. Loosen the laces all the way to remove the skate.** Don't pull the skate off without loosening the laces — you will damage the tendon guard and weaken the part of the boot that is providing stability and protecting the Achilles tendon.
- Remember that a **drying towel** for your skate blades is a **very important piece** of equipment that should go into your hockey bag.
- Attach skate guards** to the blades after you wipe them dry.
- Take good care** of your skates. **Place them** into your bag, **don't throw or drop them** back into the bag.
- Pull the skate tongue back** to expose as much of the inside of your skate as possible. This helps the air to reach down inside your skate.
- Avoid** putting your skates directly over an air vent.
- Take care of the blades** – so you don't have to sharpen as often. Rule of thumb is roughly after 3-8 hours of ice time or after 4-5 games or sessions. But definitely sharpen skates when the edges stop gripping the ice. (No one can skate on a butter knife!) Also, if the edges are damaged – bring them in for repair. Be careful off the ice. Never walk on concrete, hard, or dirty surfaces. Stay on the rubber. Be careful around the bench too – pipes and grates will harm edges.
- Discourage** rust on the blades
- Dry blades thoroughly** when he takes them off and then to put soakers (terry cloth covers) on the blades for storage.

REMEMBER YOUR GEAR IS YOUR FRIEND, TREAT IT WELL AND IT WILL TREAT YOU WELL IN RETURN

