

Equipment Considerations in Hockey

STAY INFORMED

Hockey is a fast-paced and physically demanding sport that requires the right equipment to ensure player safety on the ice while maximizing performance. Investing in the appropriate hockey gear is essential for a safe and enjoyable season. This handout provides you the latest research about selected hockey equipment.



Mouth Guards

- Mouth guards are associated with a 28% reduced concussion rate in ice hockey across all age groups, indicating that mouth guards should be mandated in child and adolescent ice hockey and supported at all levels of play.



Guardian Cap

- Helmet shell add-ons have been shown to decrease linear and rotational acceleration, thereby helping to reduce risk.
- The effectiveness of these add-ons can vary significantly depending on the helmet model. The helmet model itself is crucial as it sets the baseline level of protection.
- It must be stressed that regardless of the helmet or add-on used, any player can still sustain a concussion.
- No research has been done on youth athletes and there is limited testing that has been done for hockey helmets.



Q-Collar

- Intended to be worn around the neck of athletes aged 13 years and older during sports activities to aid in the protection of the brain from the effects associated with repetitive sub-concussive head impacts.
- The Q-Collar provides compressive force to the internal jugular veins of the neck.
- Wearers of the device should not depend on the device to protect them from all harmful effects of head impacts.
- Data do not demonstrate that the device can prevent concussion or serious head injury.
- The device can be worn for up to four hours at a time.

Hockey Helmets

Looking for a new helmet? Check out the Virginia Tech Hockey Helmet Ratings Page- Their impact tests evaluate a helmet's ability to reduce linear and rotational acceleration of the head resulting from a range of head impacts a hockey player might see on the ice. Helmets with more stars provide a reduction in concussion risk for these impacts compared to helmets with less stars.

<https://www.helmet.beam.vt.edu/hockey-helmet-ratings.html>

