



GEAR UP.

Don't put your body on the line for sport when protective equipment can save you from injury

The Facts

- Protective equipment should be worn during training and games
- The equipment should fit correctly
- The equipment should be well maintained
- Equipment should be used in accordance to manufacturers guidelines and recommendations
- It is important to 'break in' new equipment:
 - To become familiar with the fit and feel of the equipment
 - To soften or mould equipment to the body part
- Remember injuries usually mean time on the sideline,
PREVENTION IS THE KEY

The Equipment

Field Player

Compulsory

- Shoes - artificial turf shoes
- Shin pads - moulded plastic or aluminium
- Mouth guard - fitted by a dentist or generic from a chemist

Optional

- Gloves - specialist hockey gloves or knuckle guard
- Hat / Visor



DISCLAIMER: The information in this brochure is of a general nature. Individual circumstances may require modification of general advice from an appropriate professional eg. Doctor or Coach.

The Equipment (continued)

Goalie Gear

Compulsory

- Helmet- with face guard
- Shoes - artificial turf shoes

Optional (not compulsory but highly recommended)

- Neck guard
- Chest pad
- Arm guard
- Gloves
- Goalie top
- Kickers - for foot protection
- Padded shorts
- Goalie stick- indoor stick
- Pelvic protector - for both men and women
- Mouth guard

Every effort should be made to thoroughly kit out a goalie

Be Sun Smart

- Wear a hat that protects your face, neck and ears
- Apply plenty of SPF 30+ sunscreen (reapply every 2 hours)
- Wear sunglasses
- Stay in the shade where possible
- Cover up with cool lightweight clothing (shirt with a collar and long sleeves if possible)

For further information contact:

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Telephone: (08) 8234 6369

Or visit our Websites:

www.smartplay.net
www.smasa.asn.au

For sport specific information contact:

Hockey SA
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