

# Stick & Puck Guidelines

**Your guide to having the best experience while you work on passing, puck control and skating skills.**

## Pay & Play

Proof of admission is required. Players must wear a LRC wristband at all times so staff and other players know you're legit.

## Sign-In to Play

Stick and Puck patrons can sign in at East Guest Services up to 1 hour prior to the scheduled timeslot.

## Max Players

To maximize your practice time, stick and puck has been limited to 30 patrons per drop-in session.

## Stick and Puck Variations

We offer three variations of stick and puck to accommodate our patrons' unique needs. These opportunities are intended for individual practice. Proof of age may be requested:

- All Ages Stick and Puck is open to all ages. Active Participation is in place with children ages 7 and under to be accompanied on the ice by a supervisor 14 years of age or older.
- Child Stick and Puck is for children ages 6 - 11. Active Supervision is in place with children ages 7 and under to be accompanied by a supervisor 14 years of age or older on the player's bench. No adults are permitted on the ice.
- Youth Stick and Puck are for youth ages 12 - 17 years old. No supervision required. No adults are permitted on the ice.
- Adult Stick and Puck\*\* is open to adults 18 years of age and older. (Equipment requirements for adults: full hockey equipment).

*\*Equipment Requirements for children and youth (17 and under): CSA certified hockey helmet with full face mask, skates, neck guard, hockey pants, support cup, hockey gloves, shin/ elbow/ shoulder pads, regulation hockey stick.*

## Safety First!

- To minimize your risk of injuries all patrons under the age of 18 are required to wear FULL hockey equipment\* and adults are required to wear a CSA certified helmet, gloves, and skate.
- Bodychecking, rough play, slap shots, pickup games, scrimmages, and formal coaching are a no go!
- Set the hockey nets in place with their pins, close all gates that are not in use.
- Stop practice immediately if requested by LRC staff.
- Pick up any debris (broken sticks or blades) from the ice.
- Pack chips/holes in the ice immediately or contact a staff member if chips/holes appear in the ice.

## Keep it Clean

Help keep our facility clean by respecting arena equipment and furnishings. Food including sunflower seeds, alcoholic beverages, glass bottles, and tobacco/cannabis are not permitted in the changerooms, benches, or on the ice.

## Kindness is Cool

We love the positive energy you bring to play at the LRC. Keep that energy flowing by treating LRC staff, and your fellow patrons the way you would like them to treat you.

## General Reminders

Stick and Puck etiquette is to enhance your experience during your practice time. It does not replace the City of Leduc, LRC Facility Use Guidelines and Expectations, which are in effect for all public patrons, and staff.

*\*\*Equipment Requirements for Adults: CSA certified helmet, skates, and gloves.*