

Ringette Ontario

Ringette Bag Essentials



COVID-19 Additions:

- Personal Protective Mask
 - Latex (or equivalent) disposable gloves
 - Hand Sanitizer
 - Personal Water bottle labelled with players first and last name
 - Plastic Skate guards
 - Separate cloth bag to put helmet and gloves in after practice
 - Practice jersey (recommended)
 - Practice pants (recommended)
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Required Equipment:

- Helmet with ringette facemask
- Ringette stick (recommended to have a backup stick with you)
- Ringette ring
- Skates – goalies may choose to use goalie skates
- Shin pads, worn under the pants (or goalie pads)
- Protective girdle with a 'cup' or a 'jill'
- Ringette pants
- Gloves
- Elbow pads
- Jersey
- Neck guard