

# Ringette Ontario

## Ringette Bag Essentials

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### 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