

## Document History

Date	Notes
2025-09-25	Olivia Created
2025-09-27	Rowan Updated

## Youth Equipment Requirements

All Youth players require the following:

- Soft knee pads otherwise, socks to cover hard-shelled knee pads
- Shin pads
- Non-marking shoes

Recommended:

- BlueCut Sports goggles – Use code “RCFHA25OFF”  
<https://bluecutglasses.com/discount/RCFHA25OFF>
- Athletic cup

Our normal supplier, Phantom Sports, is currently sold out of small sizes. Here are 2 options for shin and knee pads:

1. You can buy shin pads and knee pads separately from Sport Check or Canadian Tire. These are the basic soft soccer ones and costs about \$30-\$40 for the set.
2. You can buy the combined shin-and-knee pad unit from Pro Hockey Life in Tsawwassen Mills, a brand called Knapper. These are a similar design to our Phantom Sports model and costs around \$80.