

SLED HOCKEY SPECIFIC PROGRAM INFORMATION

1. Have you ever played sled hockey before?

2. If so, what position?

3. If so, do you have your own equipment?

For equipment fitting, please answer the following questions?

- Can you right yourself independently after a fall?

 - Can you shake someone's hand with significant strength?

 - Can you support your body weight with your arms?

 - How is your balance? (circle one) poor fair good great
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4. Please remember to bring the following to your lesson:

- Waterproof jacket, pants and gloves
- Non-cotton socks
- Water bottle
- (Hockey equipment – if you have it)

PARTICIPANT'S NAME:

DATE: