

Para Ice Hockey (Sledge Hockey) Is an adapted version of stand up ice hockey. Instead of skates, players sit in specially designed sleds (sledges). Players use two sticks, which have a spike-end for pushing and a blade-end for shooting. Push bars, anti tippers, chest straps, and higher backs on the sledges are available for those who may need the extra support.

PARA ICE HOCKEY



WHO CAN PLAY?

Local and regional Para Ice hockey programs are open to people of all ability levels. This includes people with a wide range of physical disabilities, people with intellectual disabilities, and people without disabilities; allowing for an inclusive sporting environment. Para Ice hockey is a co-ed sport. Upper body strength, core stability, and finger dexterity are necessary for full, independent participation in the sport.

OPPORTUNITIES IN BC

SportAbility works with community partners to offer programming across the Province. We are always open to expanding programs into new communities. If there is not currently a program operating in your community, please reach out!

Visit: sportabilitybc.ca/para-ice-hockey for more details on programs and clubs.

PERFORMANCE PATHWAYS

LOCAL PROGRAM

BC DEVELOPMENT TEAM

BC PROVINCIAL TEAM

CANADIAN NATIONAL TEAM

GET IN TOUCH:

INFO@SPORTABILITYBC.CA



[@SPORTABILITYBC](https://www.instagram.com/sportabilitybc)



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