

SKATING EQUIPMENT & ATTIRE

Skaters will have more fun and advance faster if they are properly equipped. Please direct any questions about equipment to your coach. Your coach can recommend skate shops and the best skates for your child.

Skates- Skates should be fitted with only one pair of socks or tights (same pair that will be worn while skating). Skates need to fit properly, provide firm ankle support and consist of good quality leather. Molded skates should be avoided as they are inflexible in the cold and allow the skater less control. Skates should fit snugly around the ankle and with some room for movement of the toes. There should be no looseness or creases in the boot. The tongue should be well padded and wide enough to cover the front of the ankle and stay in place. Unlace skates sufficiently before removing them so that the back of the boot will not break down or rip. The skates should be aired out after each use.

Blades- Ideally blades will be screwed on. Riveted blades are fairly common. Check to see that the mounting is centered. A blade should feel centered when walking. Have skate blades sharpened when purchased. As blades can be expensive to replace, it is recommended that a reputable sharpener be used. Re-sharpen blades after approximately 10 hours of use (this also depends on level of skater). The bottom toe pick on figure skates should NOT be removed. This is part of the design of figure skates. It is used for performance of some skills and essential to proper balance. Wear protective guards when walking to and from the ice surface to protect the blades. Dry the blades and sole plate using a cloth or towel immediately after the skates are taken off always remove the guards while storing skates between uses. Leaving guards on the blades will promote rust!

Helmets- Effective July 1, 2011 Skate Canada requires all registered CanSkate participants, up to and including Stage 5, to wear a CSA approved hockey helmet while on the ice. Bicycle, multi sport and snowboarding/skiing helmets are NOT acceptable. The use of hockey helmets is a mandatory Skate Canada policy and must be adhered to by all Clubs operating Skate Canada programs.

Clothing- Clothing should provide warmth, allowing for comfortable movement and some protection against falls. Layering of sweats, sweaters, ski jackets, long underwear or tights is recommended. Properly fitted snow pants will help keep younger children dry and warm. Mittens or gloves are mandatory in the CanSkate program, NO hockey gloves are permitted. Long scarves should NOT be worn, as they can be dangerous. Long hair should be tied back in a ponytail. NO JEANS!!!