

## GUIDELINES & EQUIPMENT • (frequently asked questions?)

### What skater should wear? Or how to dress for skating?

Layering of clothing is recommended as skaters get warm after a while.

skaters below CanSkate Stage 5 must wear CSA approved hockey helmets

**Bike, ski, or other sports helmets are not accepted**

Club or fitted jackets is a great way to go.

### Can skater wear a helmet after completing Stage 5 CanSkate?

For skaters above Stage 5 Canskate that may be nervous about skating without a helmet, you are welcome to leave your helmet on as long as you like. Your is what important the most.

**What can skaters bring with them on the ice?** Skaters can have water bottles, tissues and practice notes on the ice with them. No gum, food, etc. on the ice. All phones need to stay in the dressing room

### What time should skater arrive at the arena?

Consider time to get dressed and put skates on.

It is recommended to have 10/15 minutes of “office” warm up for all Star Skate level skaters.