

PreCanSkate & CanSkate Equipment

GOOD EQUIPMENT = IMPROVED SKILLS 😊

What do I need?

- **Lace up skates** – Plastic molded skates are **NOT recommended as they have extremely bad flex and very rounded blades that skaters have difficulty balancing in.** Proper skates will give your child the best chance at advancing in their skating lessons.
- **A CSA approved hockey helmet** (a mask/cage is not required, but is recommended in PreCanSkate). Bike and snowboard helmets are not permitted.
- **Layered clothing.** Please have your child wearing pants that allow movement. Sweatpants with splash pants are optimal as they are warm and do not inhibit movement.
- **Gloves / Mittens.** These are mandatory as they not only keep your skater's hands warm, they protect them from other skaters blades when they fall.

What to look for

- Are the skates lace up? Lace up skates allow for proper tension along the entire foot.
- Do the skates stand up on their own around the ankles? If they don't, they will not support the skater's ankles.
- Can your skater keep his/her ankles straight when standing in the skates off the ice?

How do I know what size skate to get?

When purchasing skates, trying them on is a must. You may know your child's shoe size but skates can be very different. As with shoes and clothes, you tend to buy one or two sizes too big because kids are always growing but when purchasing skates, this is not recommended. There are lots of good used skates out there, you do not need to buy new. Skate should fit snug with just enough room to wiggle the toes. Any bigger and it could impact your child's ability to skate. It is inconvenient to have to buy new skates every year or maybe even twice a year, but it may be necessary. When fitting skates, ensure that your child's heel is all the way back in the boot by hitting the heel of the blade on the ground. Have your child wear the socks or tights that he/she will be wearing on the ice. You don't want to try skates on in thin socks then find out the thick warm socks won't fit. After tying the skates, have your child stand up and make sure that they are balanced right over top of the blade and that their ankles are not caving in. If they are, you may need to tie the laces tighter or select a boot with support that extends farther up the ankle.

Tying your skates

- Ensure socks are worn all the way up the skaters ankle, and fit higher than the top of the skate.
- Tie the skate's snugly, particularly around the ankles.
- The laces should be tucked in so there are no hanging laces (which leads to tripping or slipping).
- Please do not wrap extra long laces around the ankles – tuck them in or purchase shorter laces.

Tips on sharpening skates

If your skater does not wear guards, you should sharpen his/her skates every 10hrs of ice time. If you have taken your child to an outdoor rink, their skates will need a sharpening right away. If your skater walks in the hallways at the rink, their skates should be sharpened more frequently. This is due to the stones and/or dirt/sand taking off the edge of the skate's blade. Please check your child's skates blades often!

If you have any questions please contact your coach.

Thank you for helping your skater have a successful season!!!