

New Skater Advisory

What you should know if you've never speedskated before.

Welcome to speedskating!

Appropriate dress is required. The following are mandatory:

- helmet (bicycle, ski, and hockey helmets are all fine)
- long sleeves
- long pants/leggings/tights
- full-fingered gloves

This First Timer Special includes no-charge speedskate rental. Give us a heads-up at info@cogold.org to let us know what size(s) you'll need. When you arrive, someone will help you find the right skates, but that someone probably also wants to skate, so please arrive 15 minutes early. If we don't have any skates that fit you, we will check with the rink for some hockey or figure skates. We want to see you on the ice, whatever it takes.

Stay safe. As you enter the ice, check to your left. Skaters come from that direction. IMMEDIATELY PROCEED TO CENTER ICE. That's the safest place to be. We'll first take a moment to meet and greet and go over the rules of the ice. You can skate the track once the coach/session leader gives you the OK.