

CanSkate Helpful Hints

Skates

Most department and sports stores sell skating equipment in a variety of prices and qualities. When buying, always check for proper fit. Skates should have good quality leather and firm ankle support. When walking in skates off the ice, they should feel comfortable.



Sharpen skates as soon as purchased.

Remove from skate bag and dry blades after each use.



Helmets

Helmets must be CSA approved (hockey type). They must be worn when on the ice. Helmets should have a snug fit.

Clothing

Please wear warm clothing that allows movement. Warm mittens or gloves are a must. Please do not wear long scarves or loose clothing.

