



FLAMBORO SKATING CLUB

A Pair of Skates is All it Takes!



## Equipment Tips and Guidelines

### SKATES:

- Skates should be fitted with only one pair of tight fitting socks or tights (the same pair that will be worn when skating).
- Skates will generally be approximately one size smaller than your street shoes.
- Skates need to fit properly, provide firm ankle support and consist of good quality leather.
- Molded plastic skates should be avoided as they are inflexible in the cold and allow the skater less control.
- CHECKING THE FIT:
  - Pull the laces of the boots very loose through the instep
  - Slide the foot forward to the front of the boots so that the toes touch the end but are not cramped (they should not curl under)
  - Have skater stand with weight evenly distributed over both feet (“like a soldier”)
  - Bend knees but do not lift heels
  - The space at the back of the heel should be no more than a pencil width
  - Tie laces loosely over the toe and the front of the foot and snugly over the ankle and instep.
  - Have the skater walk around in the skates off of the ice; they should feel comfortable.
  - Have skates sharpened before you leave the store.
- SHARPENING:
  - Skates will need to be sharpened when purchased and re-sharpen skates after approximately 30 hours of skating or if skater accidentally walks on concrete.
  - On figure skates, the bottom toe pick must NOT be removed. This is part of the design of figure skates; it is used for performance of some skills and is essential to proper balance.
- Wear protective guards when walking to and from the ice surface.
- Immediately following use, dry blades and sole plate with a cloth (ie. towel).
- Always air out boots and remove guards for storage between sessions (to prevent rusting).

### HELMETS:

Skate Canada Regulations – “All CanSkate and Adult CanSkate participants up to and including Stage 5 must wear a CSA approved hockey helmet while on the ice.”.

- CSA approved HOCKEY HELMETS ARE MANDATORY for skaters participating in CanSkate 1-5
- Skaters at these levels will NOT be permitted on the ice without an appropriate CSA approved hockey helmet. Bicycle helmets may NOT be used as a substitute.

## **CLOTHING:**

- Clothing should provide warmth, allow for movement and provide some protection against falls.
- Ski suits are generally warm and dry but may restrict movement.
- Layering of sweat suits, sweaters, ski jackets and long underwear or leotards is recommended. Properly fitted snow pants or slush pants will keep younger children dry.
- Warm mittens or gloves are a must.
- Long scarves must not be worn as they can be a danger.

# Frequently Asked Questions

## 1. What is the Fundraising Booklet?

The Fundraising Booklet contains 20 \$2 tickets for the Ontario Skaters' Promotional contest. Each family purchases one booklet of tickets, which they have the option to keep or sell. The annual draw takes place in March, and previous prizes include Ford Mustangs, Plasma TVs, Travel Certificates, Computers and Apple iPads. For every booklet sold, the FSC receives \$22, and this revenue allows our Club to offer a wide variety of programs for our community. The remaining \$18 is used by the Skate Ontario to create bursaries that are distributed across the province. Please submit ticket stubs before February 18.

## 2. Why do we have to pay a Skate Canada Membership fee?

Membership fee is paid once a year (September – August). Your fee includes a mandatory insurance premium, which is submitted on your behalf to an Insurance Plan, as outlined by Skate Canada. All skaters must pay the required national SC fee. The national membership offers you many benefits, and guarantees you ongoing quality assurance and adherence to high standards in Skate Canada Programs offered at this member club.

- An accident insurance benefit at a substantially lower cost to the members than that available in other sports
- Access to high quality programs that are recognized and often sought after internationally and by other national sport organizations.
- Access to qualified, NCCP certified Skate Canada professional coaches who have been trained through high quality training programs developed by Skate Canada.
- National registry of figure skating qualifications (tests) and results (for qualifying events) held in a central computerized system for easy access.
- Test certificates and Award of Merits for tests passed.

### **3.Can I register after the sessions have started?**

Yes, you can register after the sessions have started if the session you would like is not full. We will prorate from the first day you begin your lessons. You can register online at [www.flamboroskatingclub.com](http://www.flamboroskatingclub.com).

### **4.How do I register my child for private lessons?**

Skaters must have passed level 4 in CanSkate or equivalent skating skills. (CanSkaters wishing to progress faster are recommended to take more CanSkate classes per week.) You can either speak to a coach after your session or send your request directly to the coach of your choice (see the Coaches section of our website [www.flamboroskatingclub.com](http://www.flamboroskatingclub.com) for contact information).

### **5.My child does not want to skate anymore. What is your refund policy?**

PreCanSkate, CanSkate, CanPower refunds will only be give with written request. No refunds will be issued after the 4<sup>th</sup> week of the session has started. Please submit refund requests to [mail@flamboroskatingclub.com](mailto:mail@flamboroskatingclub.com). All refunds will be pro-rated for the remaining sessions. Please allow 4 weeks to review and process your request. Administration, Skate Canada and Fundraising fees will not be returned.