

EQUIPMENT & SAFETY

When buying skates for the first time you want to make you check for:

- proper fit
- firm ankle support
- good quality leather
- correct blade placement

TIPS:

- avoid buying a larger size for a skater to “grow into”
- moulded plastic skates are not recommended
- look for blades that are screwed on rather than riveted, so that the blades can be moved if necessary
- a leather boot is preferable to vinyl
- make sure the boot does not have any wrinkles



SHARPENING YOUR SKATES

- sharpen skates as soon as they are purchased
- use a good skate-sharpening company
- re-sharpen skates after approximately 30 hours of skating
- the bottom pick should not be removed – the pick is part of the design of figure skates and is essential to proper balance

HOW SKATES FIT

- partially lace boots through instep
- slide boot forward so toes can touch the front but are not cramped
- stand with weight equally distributed over both feet
- bend knees
- the space at the back of the heel should be no more than a pencil width

TIPS:

- wear only one pair of tight fitting socks or tights
- tie laces loosely over the toe and front of the boot and snugly over the ankle and instep
- there should be no looseness or creases in the boot
- the tongue should be well padded and well enough to cover the front of the ankle and stay in place
- walk around in the skates off the ice; they should feel comfortable

CARE OF SKATES

- always wear protective guards when not on the ice
- dry blades and sole plate completely with a cloth after use
- always remove guards before storing skates
- unlace skate sufficiently before removing them so that the back of the boot will not break down or rip
- air out boots after use

HELMET

- helmets are recommended for beginner skaters of any age
- fit should be snug
- both the strap and the helmet should be adjustable
- look for helmets made of hard plastic with a thick layer of sponge
- look for helmets approved by the Canadian Standards Association (CSA)

CLOTHING

- clothing should provide warmth, allow for movement and provide some protection from falls
- layering of sweatsuits, sweaters, ski jackets and long underwear or leotards is recommended
- warm mittens or gloves are a must
- long scarves are not advised

SAFETY POINTERS FOR SKATERS

- get up quickly after falling down
- look in the direction of travel when skating backwards
- no pushing, playing tag or bumping into others or the boards
- no gum or candy on the ice
- please advise the coaches and/or club administrators of any skaters with a special medical condition