



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.