



Skating season is almost here!

Your skater has likely grown and the time has come to purchase new equipment. Because we want our members to be as safe and comfortable as possible, here are some tips for getting the best fit for your child.

### Skate Canada Helmet Policy

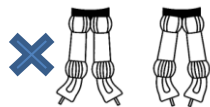
All Skate Canada participants are required to wear a CSA approved hockey helmet (with or without cage) until they pass CanSkate Stage 5. This includes PreSTARSkate, Adult Skate, Power Skating, and Bring-A-Friend/Family Fun Skates.

**Helmets for bicycle, skate board, skidoo etc will not be allowed on the ice. NO EXCEPTIONS!**

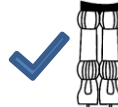
### PreCanSkate, CanSkate, Recreational Power Skating, Recreational Adult Skate

- Hockey or figure skates are acceptable.
- Quality new or used leather skates with laces are preferred over moulded or plastic skates.
- DO NOT purchase skates with straps across the instep (skaters can't stand properly in these skates).
- Sharpen skates before the season starts or if purchased new (new blades are usually not sharp).
- DO NOT remove the bottom pick of figure skates, regardless of child's age or ability.
- Laces should be firm but not too tight. Keep bow loops short. Tuck extra lace into socks or under other laces. **NEVER wrap extra lace around the ankle;** this can cause damage to the skater's Achilles tendon.
- Hard skate guards must be worn on any surface except the ice or rubber matting.
- Blades should be dried thoroughly with a clean, soft cloth and stored without hard guards.
- Long-sleeved sweater or jacket and water proof pants /snow pants (not longer than ankle) are recommended while on the ice.
- Ensure skater has waterproof mittens or gloves. Skaters without mitts may not be allowed on the ice.
- Long clothing should be tucked in or secured to avoid tripping hazards; long earrings and jewelry should be removed
- Dress in dark colours. Coaches use coloured markers on the ice that may stain clothing.

#### POORLY FITTED SKATES



#### PROPERLY FITTED SKATES



### PreSTARSkate, STARSkate

- Quality figure skates are strongly recommended
- CSA approved hockey helmet is mandatory until all of CanSkate Stage 5 skills are achieved
- ON-ICE TRAINING ATTIRE: Skating dresses/skirts, leggings, fitted sweaters, dress pants, fitted pants (no baggy or loose clothing).
- OFF-ICE TRAINING ATTIRE: athletic wear, good indoor training shoes, skipping rope, yoga mat

**For questions or to learn more:**

**info@athabascaskating.club or canskate@athabascaskating.club**