



EQUIPMENT AND SAFETY GUIDELINES

Congratulations on enrolling your child in an MSC skating program! Having the right equipment will ensure that their experience on the ice is fun, successful and safe.

Most department, sports and figure skating stores sell skating equipment in a variety of price and quality ranges. The choice is yours, however, we suggest our members visit Canadian Tire for **lace up skates** for optimal fit! If you have any questions or concerns regarding equipment for your skater, please speak with a Coach at the rink.

CLOTHING

- Clothing should provide warmth, allow movement and provide some protection from falls
- Avoid clothing that is too bulky, restrictive or not waterproof
- Turtle necks or a sweater with a jacket on top should be sufficient
- Snowpants or wind breaker pants over long comfortable pants will keep your skater warm and dry (make sure snowpants allow skaters to easily stand up if they fall down)
- Warm mittens or gloves are a must! Have a back up pair in case they get wet (not ski/snowboard gloves as they are too hot)
- No long scarves

HELMETS

- Hockey helmets with a CSA approval sticker are mandatory for skaters of any age up to and including CanSkate Stage 5
- Helmets should be adjustable and fit snugly, sit straight on the head, no more than two finger widths above the eyes (minimal forehead exposure)
- The strap should have no more than one finger space under the chin
- Face cages are recommended for PreCanSkate for additional protection for beginners but are not mandatory
- Hair should be tied back and out of the eyes
- **NO** hats, headbands or hoods should be worn under the helmet
- **NO** bicycle helmets, snowboard helmets, goalie helmets, etc. are permitted



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TIPS FOR PURCHASING SKATES

- Wear only one pair of tight-fitting socks or tights (similar pair so what will be worn when skating)
- Skates should be fitted to the current foot size (not to “grow into”) to provide proper support
- A leather boot is preferable to vinyl
- Make sure to get them sharpened once purchased – factory sharpening is not sharp enough
- **NO buckles, molded plastic, adjustable size or dial skates – not recommended**
- Jackson Cameo figure skates and Bauer or CCM hockey skates are the recommended brands (sold at Canadian Tire)
- To be properly fitted for figure skates – we recommend going to Esta Oakville

HOW TO CHECK SKATE FIT

- Skates should be comfortable, fit well and provide firm ankle support
- Partially lace boots through the instep
- Slide foot forward so toes can touch the front but are not cramped
- Stand with weight equally distributed over both feet and bend knees. The space at the back of the heel should be no more than pencil width
- Laces should be tied tightly enough that you can’t get your fingers under the laces
- Tie laces snugly over the ankle. Heel should not lift in the skate
- Skate should fit the width of the foot, snug but comfortable and allow toes to wiggle
- There should be no creases in the boot (appearance of creases indicates the skate lacks ankle support)
- The tongue should be well padded and wide enough to cover the front of the ankle and stay in place
- Walk around in the skates. Feet should be straight up and down and not wobbling or rolling in/out

HOW TO TIE SKATES

- Be sure the tongue is centered and pulled all the way up
- Start at the toe of the skate and tighten laces comfortably over the toe and front of the boot
- Before tightening the hooks, make sure you wiggle your toes and feel comfortable



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- Tie laces snugly at the ankle and tie a tight bow or double knot
- Make sure extra laces are tucked away – do not wrap laces around the ankle

CARE OF SKATES

- Unlace skates sufficiently before removing them so that the back of the boot will not break down or rip
- Always wear protective guards when walking off ice to protect the sharpened blade
- **NEVER** walk on concrete surfaces without skate guards
- Dry blades and sole plates completely with a cloth after skating to prevent rust
- Protect blades with soft guards while in skating bag
- Remove skates from bag and guards from blades after each use. Allow boots and blades to air dry completely
- Never store skates with hard guards on to prevent rust

SHARPENING YOUR SKATES

- Sharpen skates as soon as they are purchased (even if the box says pre-sharpened)
- Use a good skate sharpening company (some hockey sharpening facilities may not sharpen figure skates properly)
- Resharpen skates after approximately 30 hours of skating depending on usage and care
- More frequent sharpening may be required if the skater walks on concrete, rubber or carpeted surfaces without guards, if the blades are not wiped dry, if skating on outdoor public skating rinks or if there are severe nicks or rough surfaces on the edges of the blade. The start of each session (Fall, Winter, Spring)
- **DO NOT REMOVE ANY TOE PICKS ON FIGURE SKATES** – they are essential for proper balance

SAFETY POINTERS FOR SKATERS

- Get up quickly after falling down
- Look in the direction of travel when skating backwards (look over your shoulder)
- No pushing, playing tag or bumping into others or the boards
- No food, gum or candy on the ice
- CanSkate Director and/or coaches should be advised if the skater has special medical needs/conditions that we need to be aware of