

# Equipment

## Clothing

Skaters should wear warm, comfortable clothing. However, do not overdress skaters- once they are moving around, they become quite warm. Remember, the more clothing, the less mobility a skater has. Also, bulky clothing makes it very difficult for coaches to assess body movement. Do have your skater wear gloves though. As a skater progresses, he or she might want to wear a skating outfit- skating dresses or skirts or skating pants in a stretch material.

Helmets approved by the CSA are mandatory for Pre-CanSkate and CanSkate skaters.

YES	NO
Layers of light, stretchy clothing	Hats or Headbands & Earmuffs
Knit gloves	Scarves
CSA Approved helmet for Pre-CanSkate and CanSkate skaters	Ski Jackets, Overcoats
Glasses if necessary	Baggy Pants
Undershirts	Tear Away pants
Turtlenecks	Pants longer than the ankle
Skating Dress	Long and/or bulky sweaters
Beige Tights	Baggy mitts
Spandex tights	Elbow, wrist, knee or face guards are only needed to protect an injury
Short, fitted sweater	
Hair neatly tied back	
Slim-fitting pants (stretchy if possible)	

## Skates

Proper equipment in good condition is essential. Skaters who use ill-fitting, poor quality or inappropriate equipment cannot expect to progress quickly or develop good technique. Skates should fit, provide appropriate support, be laced properly, have a good quality blade, be protected with guards when being worn off the ice and be professionally sharpened periodically.

Skates should fit like shoes, allowing no more than about half a size for foot growth. It is difficult for a child to tell whether a pair of skates fit well, so it is best to rely on an experienced and knowledgeable salesperson.

When a skate fits well, the skater's heel should be firmly placed at the back of the boot with his toes gently touching the toecap. When the heel of the boot is held firmly down with one's hand, the skater should not be able to lift his heel away from the bottom of the boot to any great degree. When the skates are laced, the laces should be pulled snugly over the ankle, but loosely over the toe and the front of the foot. The tongue should be wide enough to stay in place and the front opening of the boot should be wide enough to pull the laces tight. Tie the laces securely but be able to put one finger down the back of the boot.

Make sure the laces are long enough to be tied in a double bow and tucked in. When the skater's knees are bent, there should not be too much buckling of the leather around the ankles. The leather in poor fitting skates can break down prematurely in areas that wrinkle, regardless of the quality of the material of which they are made. A proper fitting pair of leather skates should stretch and mold around the feet. A good boot may take several sessions of 'breaking in' before it molds to the foot. This may cause some discomfort at first.

**DO NOT HAVE THE BOTTOM TOE PICK REMOVED!**

## Tips For Buying Used Skates

- Make sure leather skates give adequate ankle support. If the leather in the ankle area is badly worn, wrinkled or weak, the necessary support will not be given.
- Check all stitched areas of the leather to make sure that the skate is not coming apart.
- Wiggle the blades to make sure they are securely attached. It is normal for the screws to work loose with wear but if they won't tighten it could be a sign that the soles have begun to rot.
- If the skates have a liner, remove it to check whether the boot has begun to rot inside. Excessive moisture and improper drying of skates can cause rot around the screws and can result in loose blades.
- Skaters should always consult their private coach before purchasing new or used skates.

## Care Of Skates

- Make sure the blades are professionally sharpened at the beginning of the season and periodically check them for dullness or nicks.
- Skate guards should be worn any time the skater is not on the ice.
- Do not store the skates with the guards left on- the blades will rust. After skating, blades and skates should be dried thoroughly with a soft cloth. Between skating sessions, the skates should be taken out of the skate bag and allowed to air and dry completely- inside and out!
- Skates should be kept clean and the laces tucked in when they are worn.