



Equipment Tip Sheet

Skates

Skates should be fitted properly. Don't be tempted to buy a large size to make them last longer since poorly fitted skates causes discomfort, discouragement and poor results. Moulded plastic boots should be avoided as they tend to be cold on the feet, inflexible and make it difficult to bend and push off.

When sharpening skates, make sure that the bottom pick is left on.

Recommended Sports Stores: United Cycle - 103 St 78 Ave. **or** Pro skate 91 St. and 51 Ave.

Helmets

Helmets are mandatory for beginning skaters of all ages. The fit should be snug and both straps and helmet should be adjustable. Look for helmets made with hard plastic and a thick sponge layer, and a CSA approval label. Hockey helmets are preferable to bicycle helmets.

Clothing

Clothing should provide warmth and allow for movement and protection from falls. Ski suits are warm but can restrict movement. Try layering sweat suits, jackets and long underwear or leotards to stay warm. Warm mittens and gloves are essential. Scarves of any type are not permitted.

Skate Guards

It is strongly recommended that every skater have a pair of skate guards. Skate guards protect skate blades from damage when walking and also protect floor surfaces. Never leave skate guards on your skates when storing after use as this will cause them to rust.

EQUIPMENT CHECKLIST

- Properly fitting skate
- Sharpened blade
- CSA Approved helmet
- Skate guards
- Mittens
- Bag for storing skates
- Towel to dry blades
- Layered clothing for warmth

