



Helpful Tips Fact Sheet

In order to make skating enjoyable for your child (and yourself), below are some helpful tips when purchasing new or used skates for your child.

Skates are the most important piece of equipment. Purchasing appropriate skates to suit the level of skater and your budget is of utmost importance. Beginners can start with hockey skates or figure skates—either are appropriate at the CANSkate Levels. Most department, sports stores or Figure Skating Boutiques sell skating equipment in a variety of price and quality ranges. You may also find used skates at your local club, Second Hand Sport Shops and some Figure Skating Boutiques also sell used skates.

Skates

- Avoid buying larger size for skater to “grow into”
- Moulded plastic skates are not recommended
- Look for blades that are screwed on rather than riveted so that the blade can be moved if necessary. If the blade is riveted make sure it is straight and centered. The foot should not fall to one side.
- A leather boot is preferable to vinyl
- Make sure the boot does not have any wrinkles.

Used skates may be a good alternative. Check inside the boot, if there are a lot of creases, it can mean that the skate is broken down and therefore will not support the foot.

Moulded Skates should be avoided because plastic ends up controlling the foot. These skates are so inflexible that skates will have problems bending their knees and changing the flexion of the ankle. In addition the plastic gets very cold and stiff on the ice, making the skaters' feet cold as well.

How Skates Fit

- Wear only one pair of tight fitting socks or tights (the same pair that will be worn when skating)
- Partially lace boots through instep
- Slide foot forward so toes can touch the front but are not cramped
- Stand with weight equally distributed over both feet
- Bend knees
- The space at the back of the heel should be no more than a pencil width
- Tie laces loosely over the toe and front of the boot and snugly over the ankle and instep
- Skates should fit snugly around the ankle and heel with some room for movement of toes
- There should be no looseness or creases in the boot
- 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 off the ice; they should feel comfortable.

SHARPENING YOUR SKATES: Skates should be sharpened as soon as they are purchased. Use a good Skate-Sharpener Service. Re-Sharpener skates after approx. 30 hours of skating (depending on usage and care). **The bottom pick (toe pick) should not be removed.** The pick is part of the design of figure skates and is essential to proper balance. If you strongly object to the toe pick, put your child in hockey skates.

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CARE OF SKATES

- Always wear protective guards when not on the ice
- Dry blades and sole plate completely with a cloth after use
- Always remove guards before storing skates
- Unlace skates sufficiently before moving them so that the back of the boot will not break down or rip
- Air out boots after use

HELMETS

- Helmets are **mandatory** for all FUNskate Skaters, CanHOCKEY and for Canskate/CANFigure skaters up to Stage Level 3
- A CSA Hockey Helmet or Skating Helmet are the safest and of the best quality
- Fit should be snug
- Both the strap and the helmet should be adjustable.
- **Cycling Helmets are not to be worn** in place of a Hockey/Skating Helmet. Cycling Helmets are not designed to withstand repeated bumps or protect against penetration.
- Face Masks are not required on Hockey Helmets for skaters in FUNskate/CANSkate or CanFIGURE Programs, but are for our CanHOCKEY & CanPOWER Skate Programs.

CLOTHING

- Clothing should provide warmth, allow for movement
- Tight, restrictive snow suits should be avoided
- Splash Pants are a suggestion and can be worn over sweat pants to keep the skaters dry in case of a fall
- Layering of sweat suits, sweaters, ski jackets and long underwear or leotards is also recommended
- Warm mittens or gloves are a must
- If a hat is worn under a helmet in the colder weather, please ensure that the skaters vision is not impaired. Head bands work just as well.
- Long scarves are not to be worn

Safety Points for Skaters.....

- Get up quickly after falling down
- Look in the direction of travel when skating backwards
- No pushing, playing tag or bumping into others or the boards
- No gum or candy on the ice
- Program Co-ordinators should be advised of any skaters with special medical conditions prior to the start of the season.

Websites

Bradford Skating Club
www.bradfordskatingclub.com

Skate Canada
www.skatecanada.ca

Skate Canada-Central Ontario
(The Club's Section Head Office)
www.skatecanada-centralontario.com

Skating Boutiques & Skate Sharpening

Spirals 1-800-288-4192
250 Bayview Dr. Unit 1 Barrie, ON

The Skater's Edge 905-898-1968
120 Mulock Dr. Newmarket, ON

Figure Skating Boutique 416-225-1377
6174 Yonge St., Thornhill, ON