

WELCOME TO SKATING!

What equipment will you need?

- Skates
- Helmet
- Proper clothing



To help us keep our programs running smoothly, families are responsible for providing their own equipment.

SKATES

We **STRONGLY DISCOURAGE** using plastic, adjustable, or "grow-with-me" skates. While convenient, these often **lack proper support** and make it **harder** for skaters develop **proper technique**.

We **HIGHLY RECOMMEND** using **figure skates or hockey skates**, as they're designed with proper edges, comfort, and ankle **support**.



When buying skates, prioritize stiff ankle support and an exact fit.

Skates should **never bend** like a sock, and **toes should reach the front edge with no "room to grow."** Stick to skates that lace up snugly **without** letting knees buckle inward, and ensure blades have smooth, **rust-free bottom edges**.

HELMET

All skaters MUST wear a CSA-approved hockey helmet while on the ice.



(Bike/ski helmets are NOT PERMITTED)



Skaters **without a CSA-approved helmet will not be permitted on the ice.** Please double-check that your equipment meets the required standards **before arriving**.

HOW TO CHECK

Look on the back of your helmet for an official CSA sticker.



NOT ACCEPTED



CSA APPROVED AND ACCEPTED



PROPER CLOTHES

Dressing warm and still being able to move freely is an important step in your skater's learning.

When getting dressed, you want to have warm, stretchy layers; waterproof gloves or mitts, and a single pair of thin socks.

You also want to make sure their jacket is fully zipped. No dangling scarves or hood strings.

LOOKING FOR EQUIPMENT?

There are many places where you can get new and used equipment. We suggest reaching out to other community members or online if you are looking for second-hand items!

