



FIRST SESSION INFO GUIDE

Pre-CanSkate • CanSkate • PowerSkating

ROUTINES BUILD CONFIDENCE: Let’s make the first ice calm, safe, and fun!

FIRST SESSION GAME PLAN

15 MIN BEFORE 1. Arrival & Prep • Check in at the club table • Grab name tag and group colour sticker • Head to designated changeroom • Quick bathroom break • Helmet check and tie skates • Wait in the changeroom for an introduction	5 MIN BEFORE 2. Meet-Up Skaters meet in the changeroom. Coaches & assistants will introduce themselves, then escort skaters on/off the ice. There will be a parent/guradian information session back in the changeroom after the skaters get on the ice.	DURING SESSION 3. Where to Watch Watch from stands or marked viewing glass. Please stay clear of gates, player benches, or boards. We have found that while skaters may be nervous, they will perform better and get comfortable quicker when anyone watching is in a viewing area, further from the glass or boards :)	2 MIN BEFORE END 4. Pick-Up Be at the door 2 minutes before end. Coaches release skaters directly to a known adult as they exit. Skaters may exit from a different door than they entered, and a RSC coach or PA will walk all the skaters down the hall when needed, so you can wait for your little ones to come to you!
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WHAT TO WEAR & BRING (BY PROGRAM)

Pre-Can & CanSkate Helmet (Mandatory) CSA-approved hockey helmet required. Face cage recommended for Pre-Can. <u>(Bike/ski helmets are NOT PERMITTED)</u> Clothing Warm, stretchy layers; waterproof gloves or mitts; single pair of thin socks. Skates Properly fitted and sharpened. Avoid loose or adjustable plastic skates. Extras Skate guards and a clearly labelled water bottle.	Power Skating Helmet (Mandatory) CSA-approved hockey helmet with full cage required. Skates & Gloves Hockey skates and hockey gloves required. Protective Gear Full CSA-approved hockey gear is mandatory including neck guard. Sticks, Rings & Pucks Hockey/ringette stick is permitted, but may not be used during every session. No pucks or rings required unless specifically requested by coach.
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FIT NOTES & SAFETY CHECKLIST			ALL PROGRAMS
Skate Fit & Support Ensure skates are snug with firm ankle support. There should be no ankle collapse or severe bending. We reccomend avoiinging plastic skates or “grow with me” skates as they do not offer the support and sturdiness needed to learn the proper mechanics of skating.	Socks & Layering Wear one thin sock only. Thick socks restrict circulation and cause cold feet. Some splash pants and winter gear may be resticting to your skaters movement, so please check in advance to ensure your skater is able to move freely in their attire.	Safety & Apparel Jacket fully zipped. No dangling scarves or hood strings. Long hair must be tied back securely. A CSA approved helmet is required for all skaters, and while not mandatory, we strongly recommend having a cage on the helmet as well for extra protection.	

We look forward to a great season on the ice! Thank you for your support and cooperation.