

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped.

Helmets

A CSA approved hockey helmet must be worn by all skaters at or below Stage 5. Your skater will not be allowed on the ice without this mandatory piece of equipment.



Skates

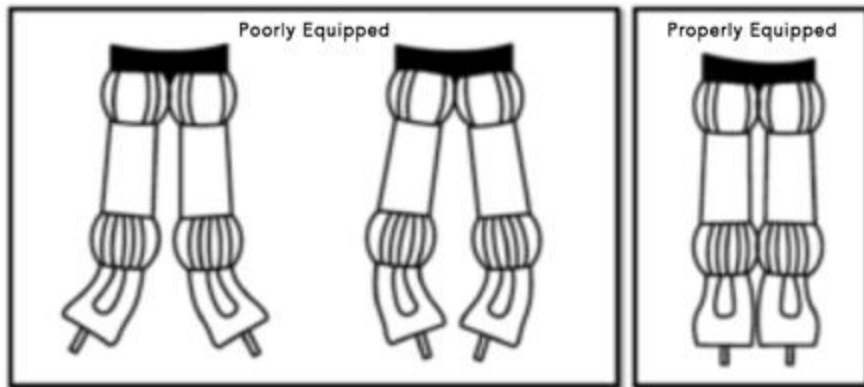
- Skates fit comfortably
 - There is room for toes to wiggle slightly
 - Heels do not lift inside the skate more than 1/4 inch
 - An adult finger can fit in the top of the boot when done up.
 - Excess laces are tucked or tied up so that they do not hang loose or drag on the ice (Please do not tie long laces around the ankle)
 - Skates will generally be approximately one size smaller than your street shoes
 - 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.
 - Have skates sharpened after purchasing
- *If you are a Junior, Intermediate or Senior StarSkater and are looking to purchase new skates, please contact a coach for help with choosing a skate to fit your skaters needs and skills.

Not Recommended:



Instead try these:





Equipment Care

- To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats.
- At the end of every session the blades should be wiped with a dry cloth to prevent rusting.
- Always remove guards for storage between sessions.

Skate Sharpening

- Skate Sharpening should be done periodically (after approximately 30hrs of skating).
- Skates should be sharpened after purchase.
- The bottom toe pick should NOT be removed. This is part of the design of figure skates, it is used for performance of some skills and is essential to proper balance.
- Blades can be expensive to replace; it is recommended that you go to a reputable sharpener. Ask one of our club coaches for recommendations.

We recommend Blade Runner Skate Services in ColdStream BC.

www.blade-runner.ca

Call (250) 260-8023

Email blade_runner@telus.net

Clothing

Skaters should dress warmly for our sessions; however, some items such as long scarves, bulky snow pants and jackets can be a hazard on the ice and restrict skaters movements. We recommend wearing mittens or gloves to keep skaters hands warm.