

STAR 6 – GOLD Assessment

Proper Skating Attire

- **Dresses:** Ensure that the skater has an appropriate skating dress suitable for the low temperatures inside the rink. Skaters should wear the test dress at least once before the test during the regular skating session to make sure the skater feels comfortable in the outfit and that no stones, adornments fall from the dress. Skaters maybe allowed to wear fitted sweaters over their dresses if the arena is exceptionally cold.
- **Tights:** For girls, proper skating tights.
- **Pants:** For boys, black stretch skating pants and a nice shirt and/or a fitted sweater is appropriate.
- **Gloves:** Gloves (not mittens) and sweaters can be worn during the warmup but not during assessment.
- **Skate Sharpening:** Do not sharpen skates the day of the test. If skaters need to get their skates sharpened, a week before the test is recommended. Edges are very sharp and could affect the skater's comfort level and performance.
- **Hair:** Long hair must be neatly tied back and off the face. Please avoid the use of bobby pins. Use hair clips instead. Clips will ensure hair stays in place and are less likely to fall onto the ice surface.