Upper Canada Skating Club

STARSkate Attire Guidelines for Assessments

Skate Canada Guidance and UCSC Club Requirements

Skate Canada provides guidance on appropriate attire for STARSkate assessments. Regular practice attire may be suitable for some assessments, while performance attire is recommended for others, depending on the assessment level and type. Skaters should confirm any specific attire expectations with their coach.

Upper Canada Skating Club (UCSC) has established the following attire guidelines to maintain a neat, professional appearance and allow coaches and assessors to observe skaters' body alignment, posture and movements clearly.

What to Wear for your Assessment?

• STAR 1 – Practice Attire or Assessment/Performance Attire are both acceptable

• STAR 2 and above – Assessment/Performance Attire is required.

STAR 1-5 assessments will increase in formality as the skater progresses along the pathway of development.

1. Practice Attire

For regular training sessions or STAR 1 assessments, skaters should wear:

- Fitted athletic tops, skating sweaters or lightweight jackets.
- Fitted skating pants or athletic leggings.
- Figure-skating dresses with skating tights, if preferred.
- Clean, properly fitted skates with securely fastened laces.
- Hair tied back securely and away from the face, where applicable.

Jeans, sweatpants, bell-bottom pants and loose or baggy clothing are not permitted on the ice.

2. Assessment/Performance Attire

For assessments, skaters are expected to wear neat, well-fitted skating attire appropriate to their assessment level. Both dresses and pants are acceptable for girls, while fitted skating pants and an appropriate skating top are suitable for boys.

A. Girls — Figure-Skating Dress with Tights

- Wear a proper figure-skating dress designed for skating.

- Wear skating tights in good condition, without holes, runs or visible damage.
- Ensure the dress fits properly and allows unrestricted movement.
- Choose an outfit that is neat and appropriate for an assessment.
- Hair should be neatly styled and secured away from the face. Avoid using bobby pins. Use hair clips instead. Clips will ensure hair stays in place and are less likely to fall onto the ice surface.

B. Girls — Figure-Skating Pants

- Wear fitted figure-skating pants or tailored skating pants in a solid colour, preferably black.
- Choose smooth, opaque fabric with a neat, polished appearance.
- Pants should fit closely enough to allow the coach and assessor to observe body alignment and movements.
- Pants should not be baggy, excessively flared or drag on the ice.
- Pair the pants with a fitted skating top or sweater.
- Stirrups or skate boot covers are optional, provided the overall appearance is neat and the pants do not interfere with skating.

C. Boys — Figure-Skating Pants

- Wear fitted figure-skating pants or tailored skating pants, preferably in black or another dark, solid colour.
- Choose smooth, opaque fabric with a neat, polished appearance.
- Pants should fit properly and allow the coach and assessor to observe leg alignment and skating movements.
- Pants should not be baggy, excessively flared or drag on the ice.
- Pair the pants with a fitted skating shirt, long-sleeved top or sweater..
- Avoid oversized shirts, hoodies or clothing that obscures body movements.

3. Club Requirements

All skaters must follow UCSC's attire requirements for club sessions and assessments. Coaches may provide additional guidance based on the assessment being completed.

Skaters may choose attire appropriate to their preference and comfort, provided it meets the club's requirements.

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4. Additional Notes

Gloves: Gloves (not mittens) and jackets 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.