

## WHAT YOU NEED FOR YOUR SKATING LESSON

**Skates** – properly fitted, blades sharpened. Do Not purchase a size bigger. **DO NOT** purchase skates and helmets online. They must be tried on and must fit properly. Visit the store in person.



**NO**

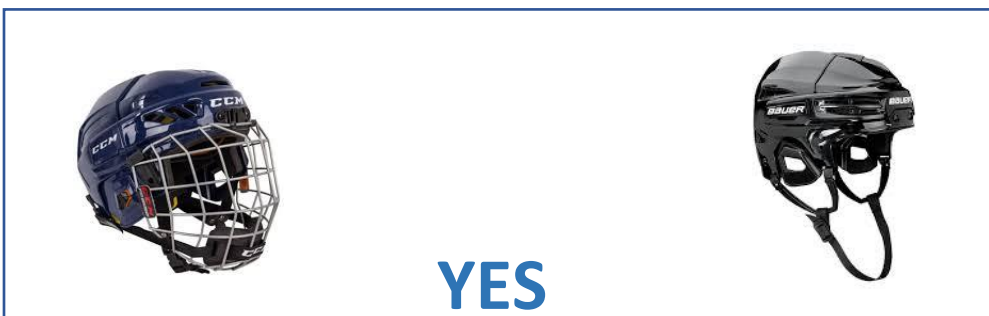


**YES**

Figure skates

Hockey skates

### Helmet – CSA Approved Hockey Helmet



**YES**



**No**

CSA approved hockey helmets with a chin strap are mandatory for all skaters in CanSkate stage 1-5 (optional for stage 6).

**Face masks (cages) are mandatory for 3 - 5-year-old skaters in Pre-CanSkate and CanSkate** and are highly recommended young skaters and skaters who wear glasses.

## SKATE CARE

### Protect and Care for Your Skate Blades

**Towel** – quick drying and absorbent towel to dry skates every after use.

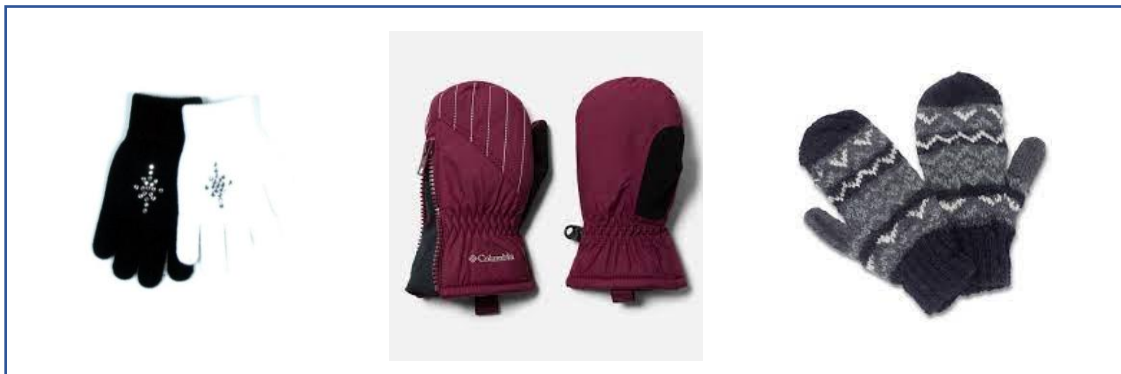
**Hard skate guards** – to use while walking to the ice surfaces. Protect blades from the debris and dirt off the ice. They are needed if there is an emergency, and skaters have to leave the ice or exit the building quickly. Never store skates in the hard skate guard.



**Soft skate guards/soakers** – to protect the blades while storing skates in a bag. The terry cloth material absorbs extra moisture to keep the blades dry.



### Gloves/Mittens



Gloves

Waterproof mittens

Mittens