

## Learn to Skate Program Equipment

For all PreCanSkate and CanSkate programs, skaters must have properly fitting skates, a CSA-approved hockey helmet, long pants, mittens/gloves and a warm sweater or jacket. We suggest skaters dress in layers in case it is a cold day at the rink, or they get warm while skating!

### Skates

We strongly recommend you purchase **“lace-up” type skates instead of molded**; this includes both hockey and figure skates. When buying skates, make sure they **fit properly** and have **good ankle support**. Have your child walk around in their skates prior to buying them and check to make sure their ankles remain upright and well supported. How well they walk in their skates off-ice will often be a good indication of how they will do on ice. Avoid buying skates 1 or 2 sizes bigger (as tempting as it may be so they can “grow into them”). Skates need to be snug in the heel area with a slight bit of wiggle room in the toe area. Light socks that are breathable work best vs heavy sport socks.

Skate guards should be worn anytime skaters are walking around off the ice, especially on any concrete or metal surfaces. This will protect your blades and will prevent premature dulling. When the skater has finished skating, a soft cloth can be used to **wipe off the blades**. Wet skate guards should never be placed back on the blades after they have been wiped dry, as this could cause rusting on the blades.

Please ensure skater’s skates are sharp for the first day of classes, and are sharpened on a regular basis (for PreCanSkate/CanSkate, skaters should get their skates sharpened every 12-16 weeks, depending how much they are on the ice).

### Helmets

A CSA approved hockey helmet is **mandatory** for all PreCanSkate and CanSkate programs, **skaters will not be allowed on the ice without a proper helmet**. No bike helmets will be allowed. For more information, please visit Skate Canada’s Helmet Use Policy (<https://info.skatecanada.ca/hc/en-ca/articles/202492904-Helmet-Use-Policy-Information-for-Clubs-Coaches-and-Parents>).

### Clothing

Skaters should wear athletic clothing and avoid bulky snow pants or jeans, as these restrict movement. It is best to dress skaters in layers to prevent them from getting cold during their skating lessons. Skaters also need to wear mitts or gloves. We suggest skaters do not wear knee pads or elbow pads as this also restricts movement and makes it more difficult for them to learn to get up on the ice and skate properly.

### Where to Get Equipment

The FSFSA coaching staff highly recommend the following places to get good quality equipment with employees who will ensure the equipment fits your child properly:

United Cycle  
7620 Gateway Blvd, Edmonton, AB  
780-433-1181

ProSkate  
9212-51 Avenue, Edmonton, AB  
780-438-9049