

Get Ready to Skate!

Ensure your child has the right gear for a safe and enjoyable ice-skating experience. Here's a checklist of essential items!

1. Ice Skates

- **Fit:** Ensure skates fit well. Toes should wiggle slightly, the heel should fit snug, and the ankle should be securely supported. Check for adequate support – Different brands have different fits!

2. Appropriate Socks

- **Choose thin socks!**
Thick socks can cause discomfort and affect control. Thin socks help feel the skate and improve movement.

3. Ice Skating Bag

- **Protect your skates!**
A well-ventilated bag keeps skates dry and organized.

4. Skate Guards

- **Essential for blade protection!**
Use guards immediately after leaving the ice. Walk with them on but remove them before packing.

5. Absorbent Cloth or Towel

- **Dry your blades!**
A cloth is crucial for preventing rust. Thoroughly dry blades after practice.

6. Skate Soakers

- **Protect your blades in the bag!**
Use soakers to absorb moisture, avoiding rust. Do not rely on guards for this purpose.

7. Appropriate Clothing

- **Dress in layers!**
Wear flexible, fitted clothing that allows for movement and keeps you warm.
- **Flexible and form fitted** - if you are not a leisure skater but being coached, your coach will need to see your lines and how your knees are bending. Therefore, you should not be wearing large or baggy clothes. Do not wear jeans!!!!

8. Gloves

- **Stay warm and protected!**
opt for thin, quick-drying gloves. Some come with pads for added protection during falls.

9. Water Bottle

- **Stay hydrated!**
Bring a bottle of water to maintain hydration during practice.

10. Tissues

- **Keep tissues handy!**
Cold rinks can lead to runny noses. Pack some tissues in your bag.

11. Spare Laces

- **Always have extras!**
Laces can wear out unexpectedly. A spare pair can save the day!

12. Spare Hair Bands

- **Stay tidy!**
Extra hair bands help keep hair in place during practice.

13. Protective Pads

- **Consider pads for jumps!**
Foam or gel pads reduce shocks and enhance safety during more advanced maneuvers.

14. First Aid Kit

- **Be prepared!**
Carry basic bandages and pain relief. If your child has asthma, ensure their medication is easily accessible.

15. Notebook

- **Track progress!**
A notebook is great for jotting down practice notes, successes, set goals and track areas for improvement.